



Arresting the drop off

Research to inform strategy to reduce the drop off of 15 – 22yr athletes in Track & Field

December 2018





What we'll cover today

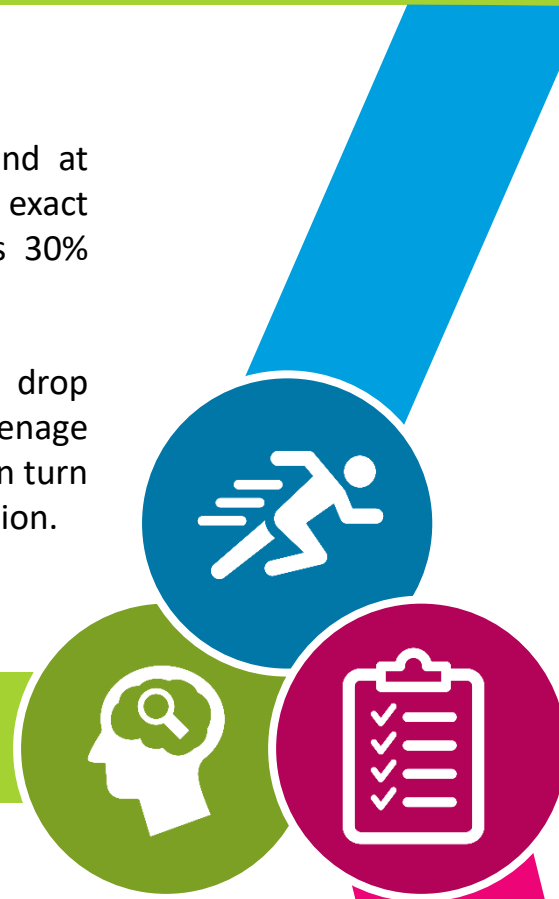
- 1 Who are our lapsed Track & Field athletes?
- 2 Why do they drop off?
- 3 Understanding young athletes' context
- 4 Understanding individual factors
- 5 The role of the sport
- 6 Looking forward to solutions
- 7 Moving forwards

Background

- Track & Field participation has at best plateaued and at worst dropped off in recent times, and although exact figures are hard to pin down, this is anticipated as 30% churn year on year.
- England Athletics have seen the most significant drop between the ages of 15 and 22 years. The messy teenage years where hormones rage and focus can wane. This in turn effects conversion into adult years and senior competition.

Objectives

- To better understand the drivers and barriers around participation in Track & Field for young athletes
- To identify ideas to help arrest drop off in young athletes



Sample and methodology

Aligning and refining needs and objectives

Capturing experts perspectives
(n = 56 + 6 wider consultations by EA)

Current and lapsed athletes
(n=28)

Prioritizing key barriers to address and develop ideas to arrest drop off

Current and lapsed athletes
(n=8)

Current (n=366) and lapsed
(n=162) athletes sourced via database & social channels

Kick off meeting

Bulletin Board with experts

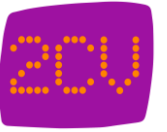
Video auditions

Ideation workshop

Skype interviews

Quant Survey

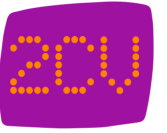
Debrief



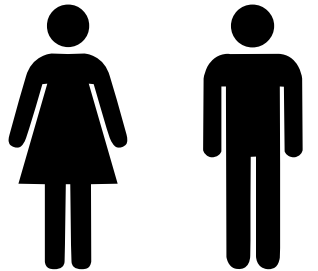


Who are our lapsed Track & Field athletes?

Lapsed athletes show some demographic differences to current athletes, being predominantly female, from the Midlands / South, and more likely to be working



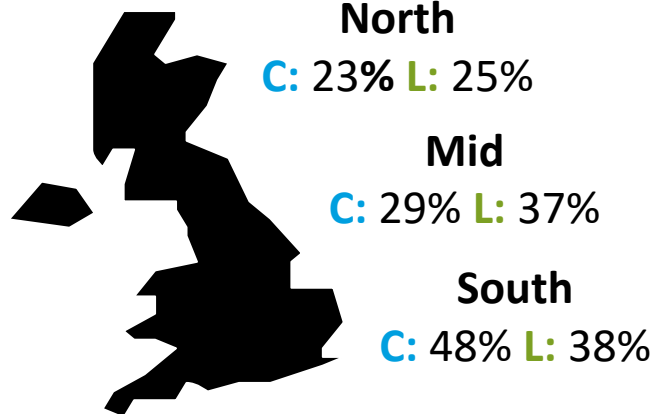
Lapsers are more likely to be **female**...



C: 50% **L:** 62%
C: 49% **L:** 36%

*"When I **reached puberty** my figure made it less easy to be as fast anymore"*

To live in the **Midlands**...



Are regional skews reflective of provision availability and contest locations?

And to currently be **working** full or part time...

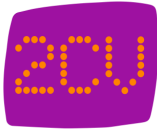


C: 43%
L: 55%

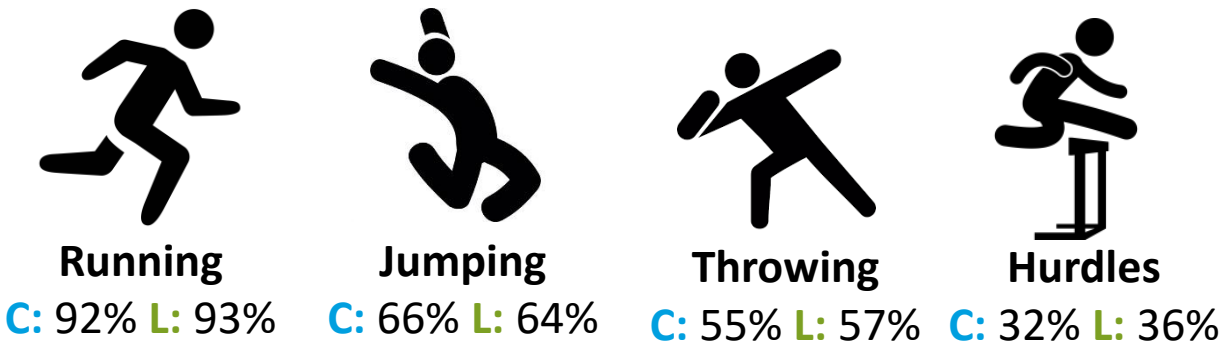
*"Didn't really have much time for it due to **work commitments**"*

All of these factors could potentially influence their lapsing behaviour, interacting with T&F participation in different ways

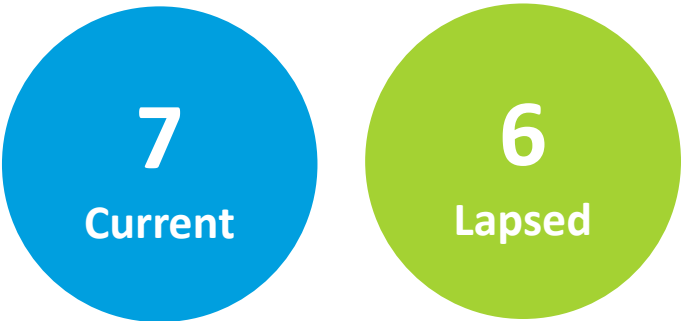
Their participation in Track & Field events however, shows many similarities; the majority participate(d) in running events, usually alongside another discipline



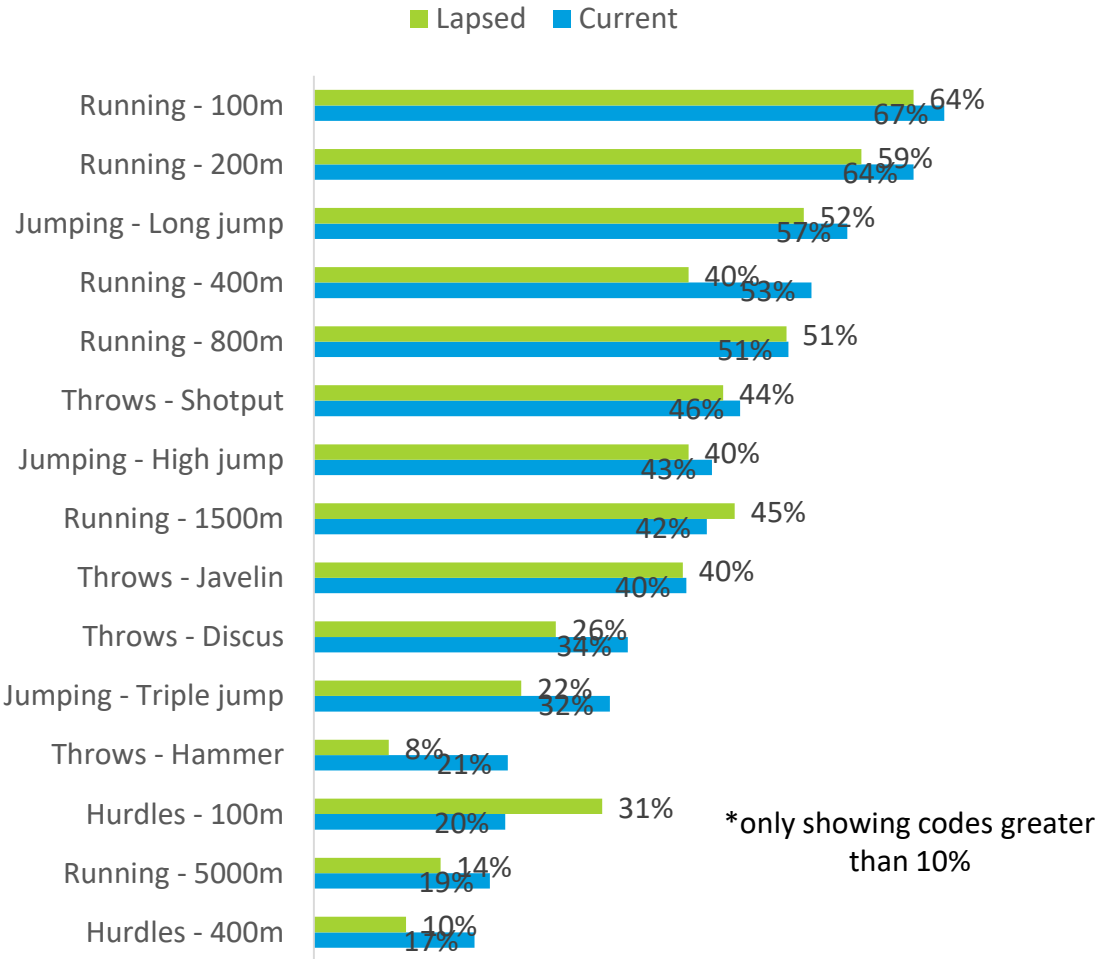
Event participation



Average number of events participated in



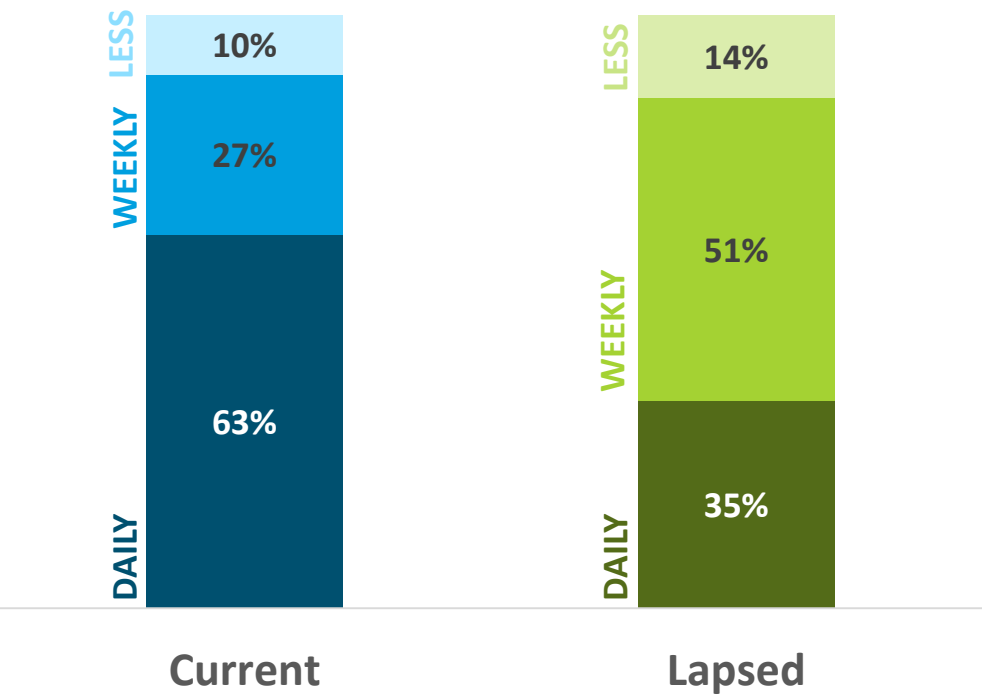
Event participation



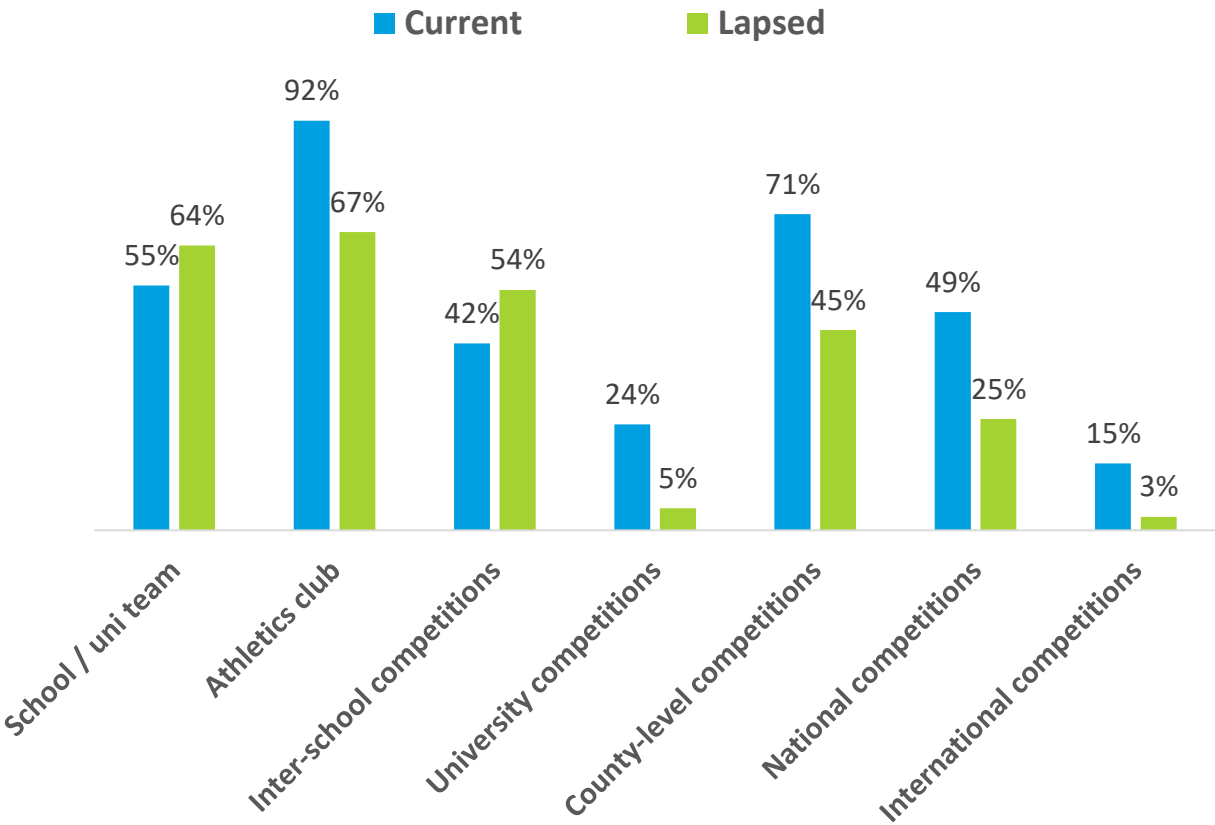
But, lapsers engagement with training and competing is markedly lower than current athletes – with lower frequency of training and range of competing



Frequency of T&F participation



Club & competition participation



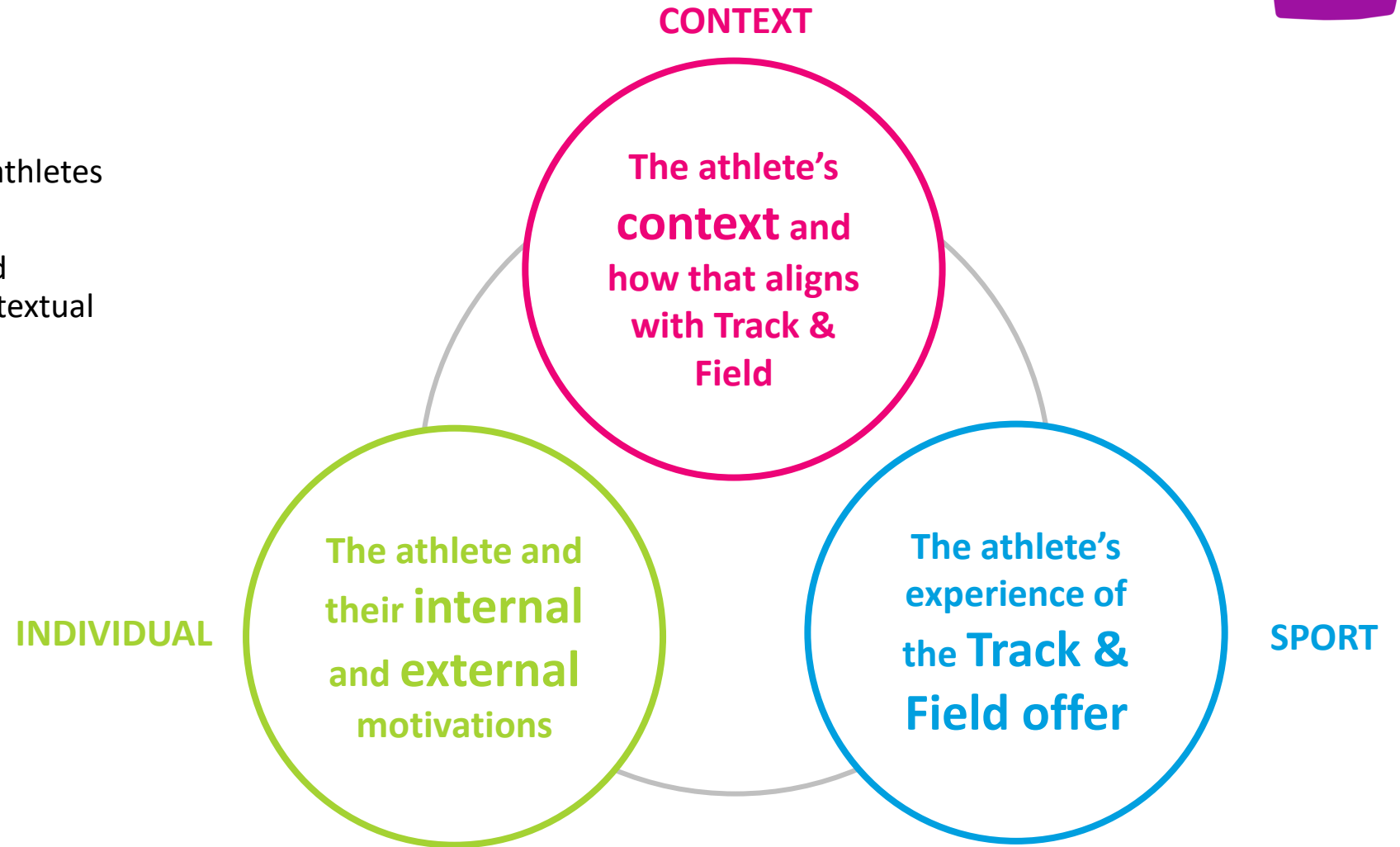
Lapsers skew to more school-based engagement with T&F, suggesting there will be difficulty keeping these athletes engaged in the sport post-school



Why do they drop off?

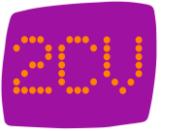
Drop off occurs for multiple and complex reasons

- There is no single reason why young athletes drop out.
- The reality is much more complex and challenges occur at an individual, contextual and sport level



There are many potential opportunities to arrest the drop off but to do so we need to understand what's happening at an individual, contextual and sport level

Current athletes often have better alignment between their needs and the sport



Emily's Track and Field Journey:

20 years old, Specialises in 400m hurdles



7yrs

9yrs

14yrs

15yrs

19yrs

20yrs

Parents had a background in athletics and are coaches. They encouraged her to try it

Luckily she had good natural ability and family involvement to get her interested

Quit athletics for a year as it got boring doing the same activities and competing against the same people all the time.

Luckily the schools athletics programme got her interested again and there was a particular person she wanted to beat at sports day

Enjoyed training, attending competitions and winning.

Luckily she was a successful young athlete, her parents were able to regularly drive her to competitions and act as her supporters

Struggled with her mental health, and the added pressure of exams made stress and anxiety become overwhelming

Luckily she received support from the school, her parents and coaches. They were all very understanding and helped reduce her training workload which enabled her to cope

Feeling that the Upper YDL and seniors work just as hard as the younger athletes but the encouragement and rewards disappear. Feels disillusioned

Luckily she was made an assistant coach and gets a huge amount of satisfaction out of the sessions

Trying to juggle training, coaching, work and studying for a degree. The club committee are completely out of touch with the younger members who's views are disregarded. Championship standards are ridiculously high and unachievable to all but the elite. Feeling completely disillusioned and unsure of her future in the sport...

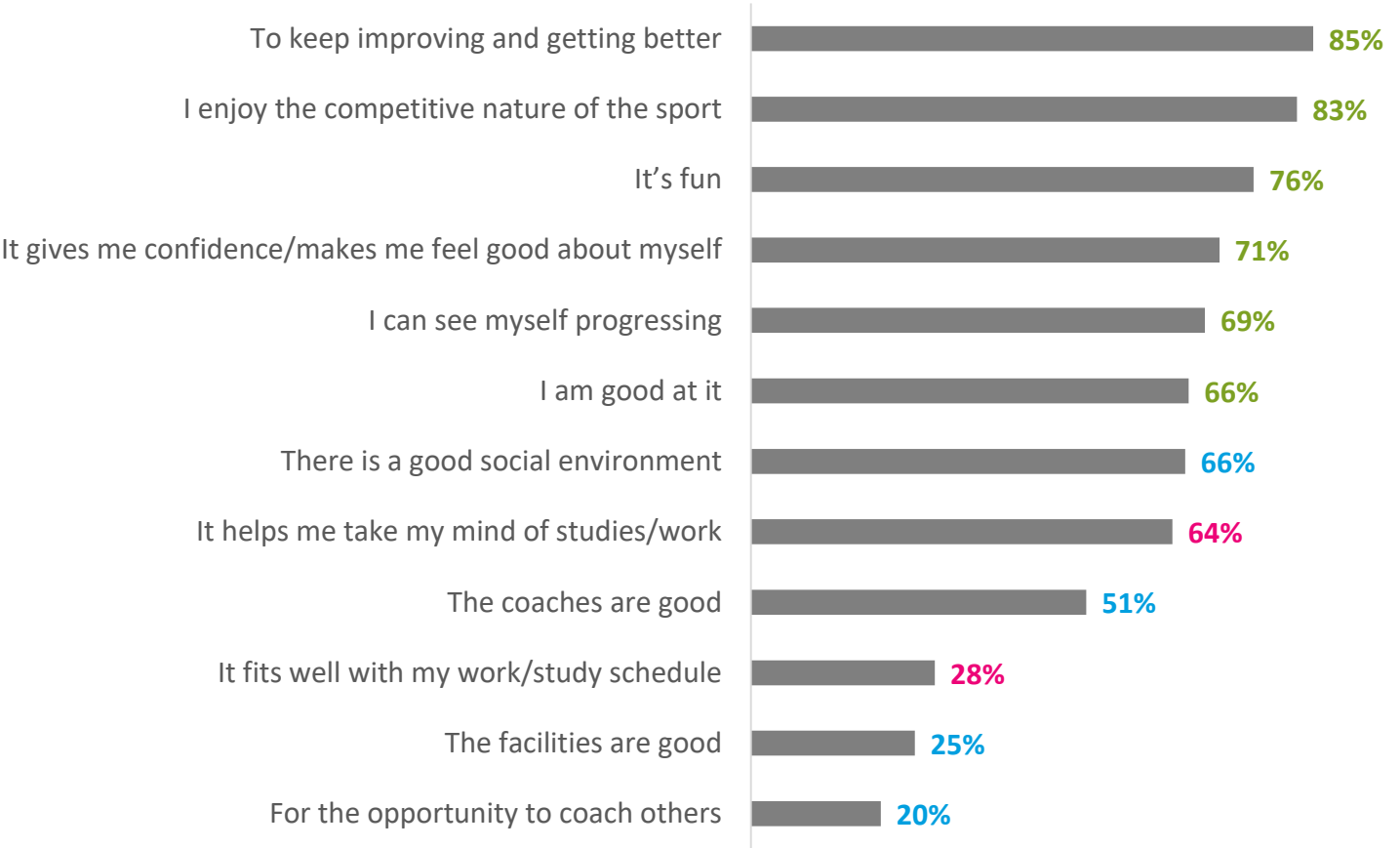


For current athletes, their alignment between what they need and what Track & Field provides, feels a product of luck and good fortune rather than design

In particular, the sport meets their needs for visible progression / achievement, which has a positive impact on their self-esteem



Why they participate in T&F (all reasons)

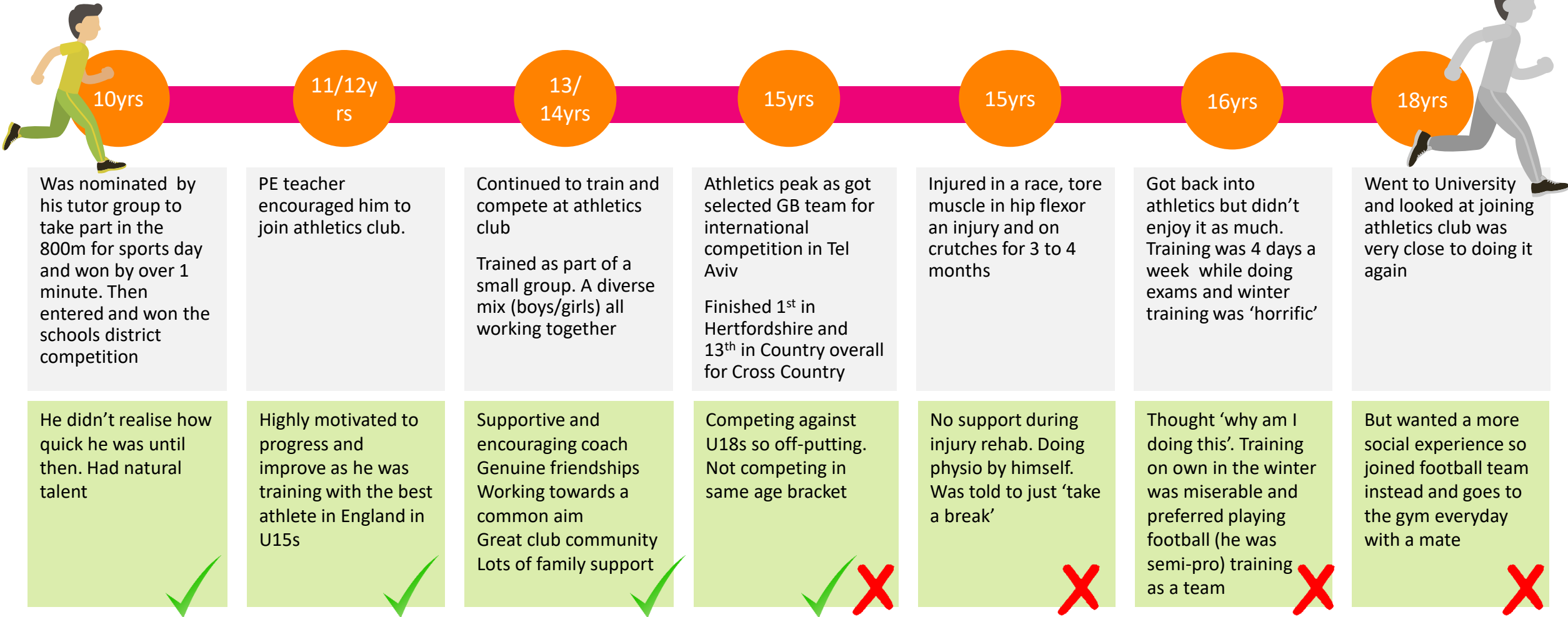
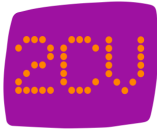


For current athletes, there is alignment with the sport on an individual, contextual and sport level

Athletes who lapse show a disconnect between Track & Field and their needs

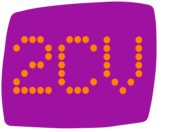
Tom's Track and Field Journey:

400m/800m middle distance runner

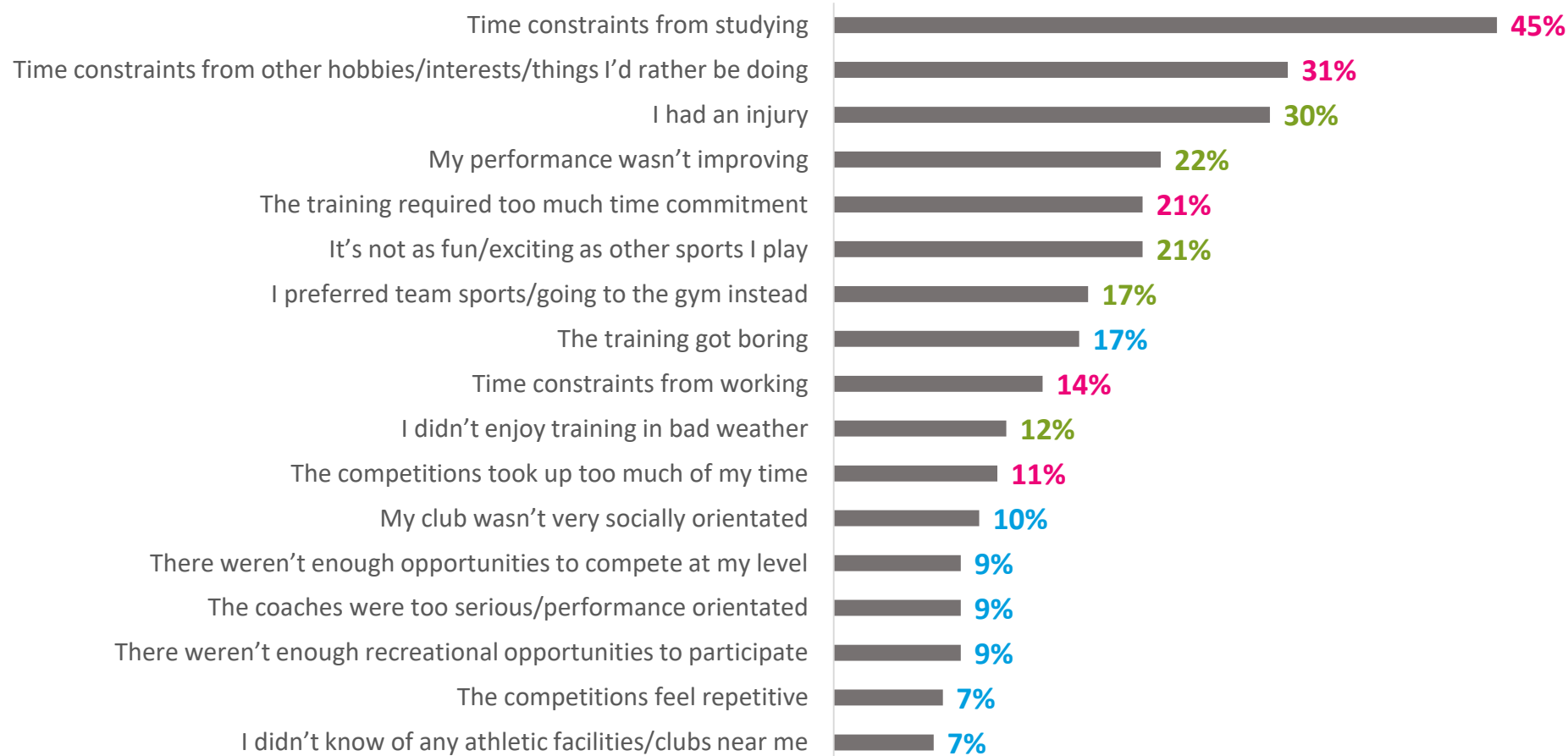


It currently feels as though young athletes who remain within the sport, do so despite the odds

But there is rarely a single disconnect causing this drop off - contextual factors have the largest impact, followed closely by individual factors



Reasons for lapsing (all reasons)



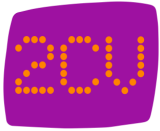
CONTEXT
67%

INDIVIDUAL
65%

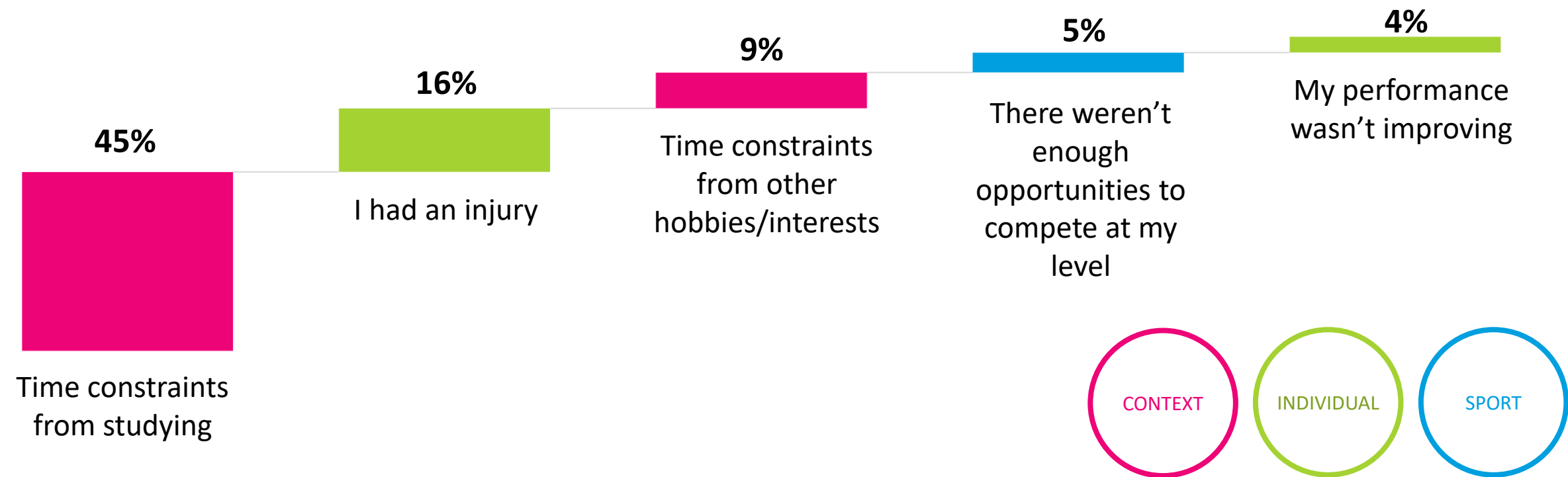
SPORT
43%

To prevent lapsing, Track & Field needs to meet young athletes where they are – rather than expecting them to adapt to the demands of the sport

TURF analysis helps to pull this apart, establishing time constraints from studies as the most crucial influencer on lapsing. Injuries have the second largest influence



TURF analysis – top 5 unique reasons for lapsing

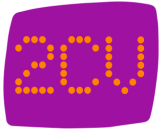


Aiding young athletes through the high pressure experience of balancing exams and training is paramount to future retention

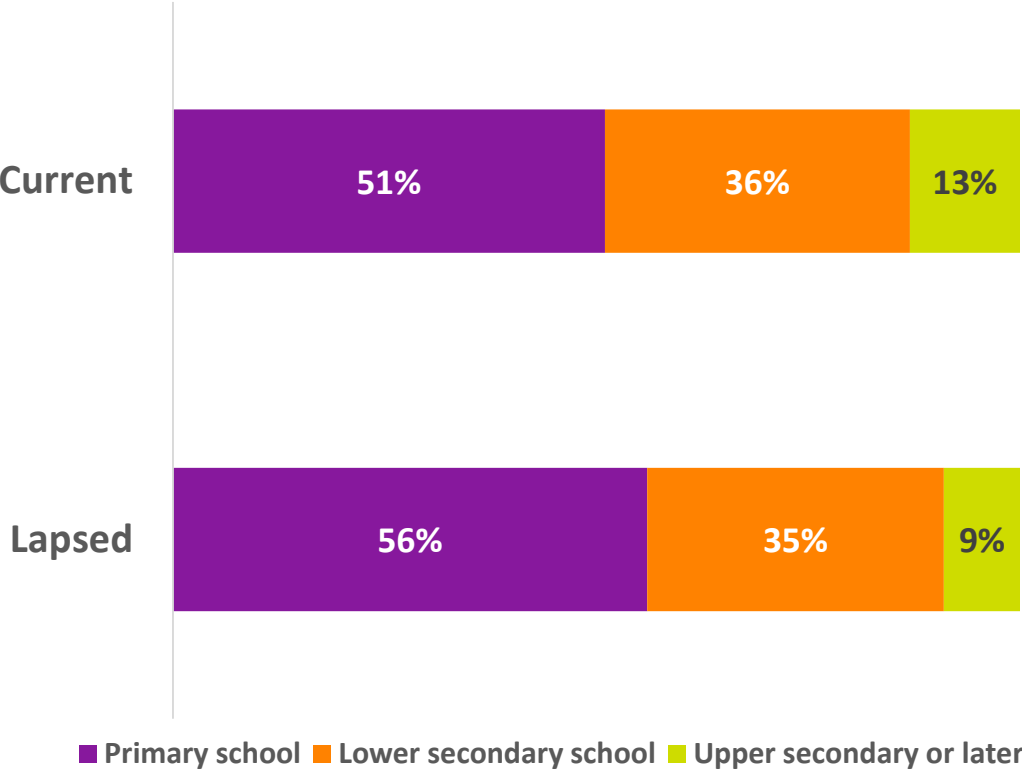


Understanding young athletes' context

Whether lapsed or current, many T&F athletes followed the same route into the sport – starting in late childhood due to natural ability and encouragement



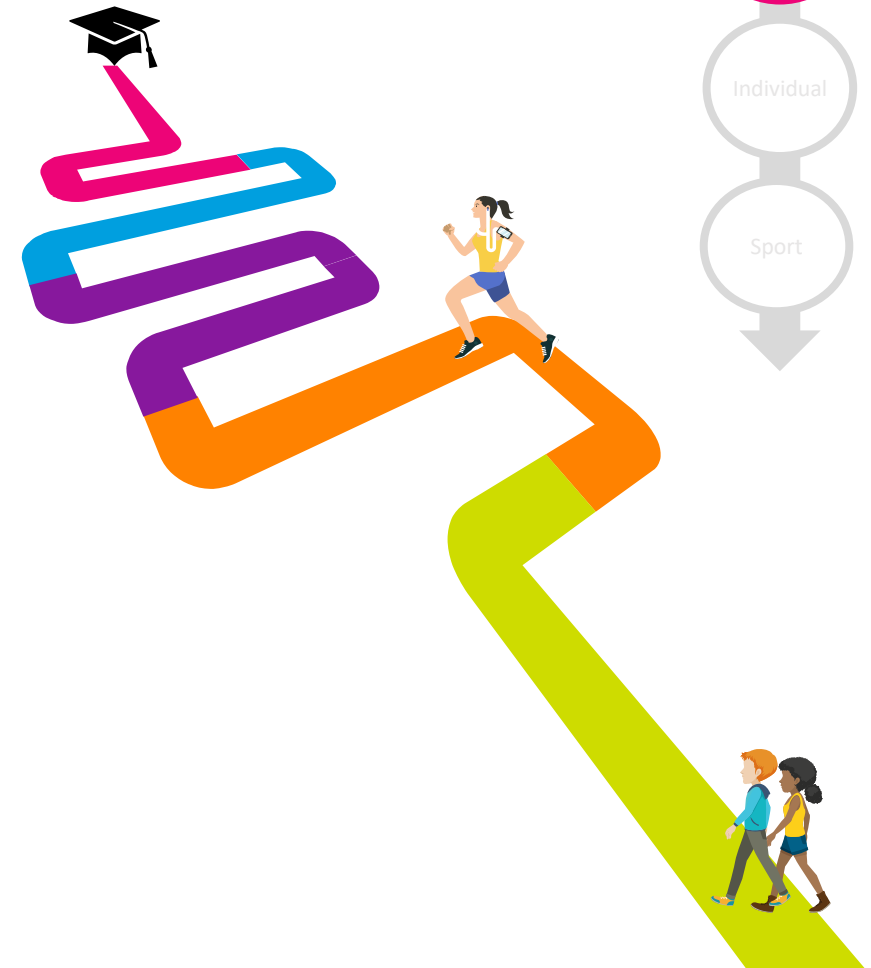
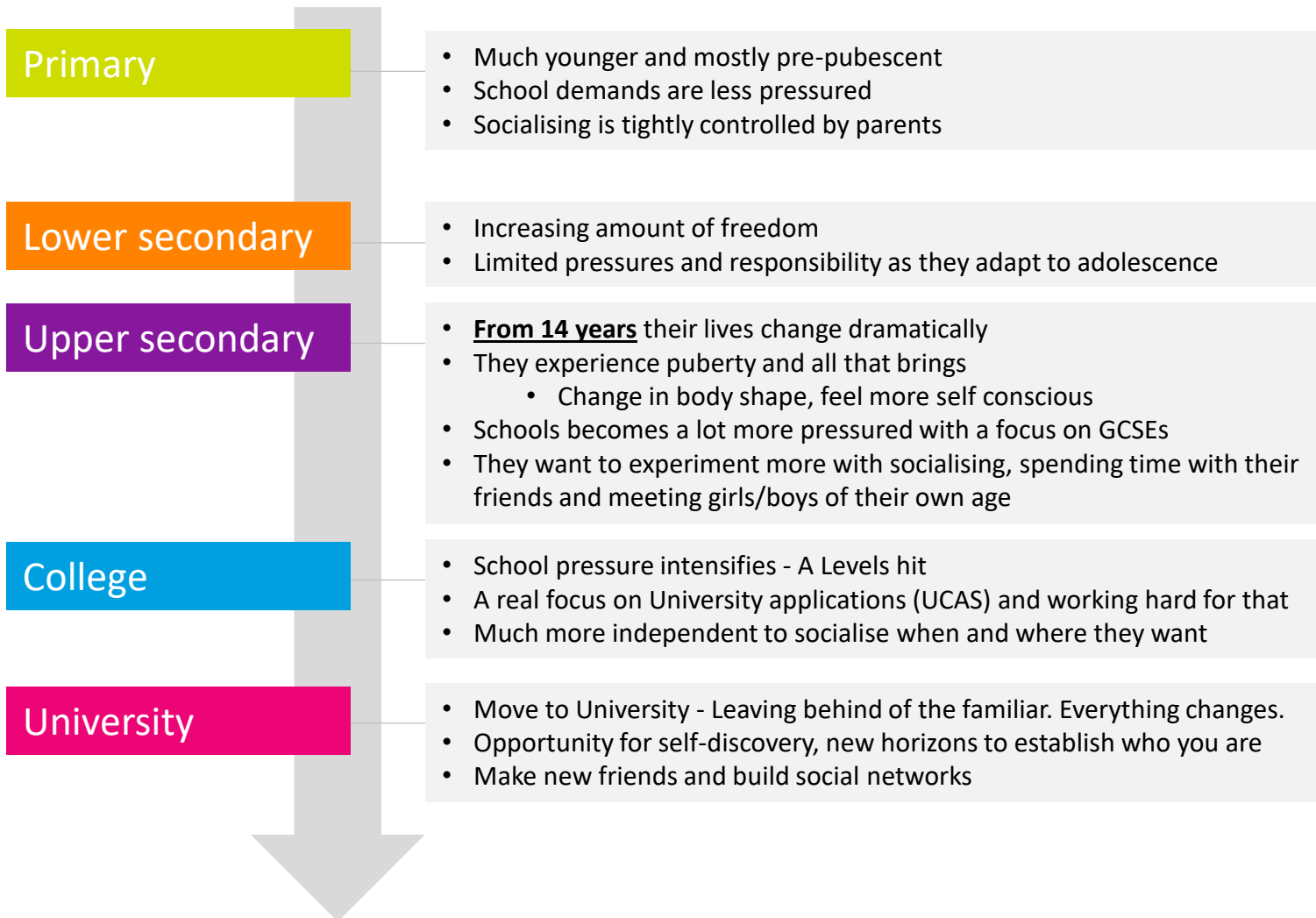
Start of T&F participation



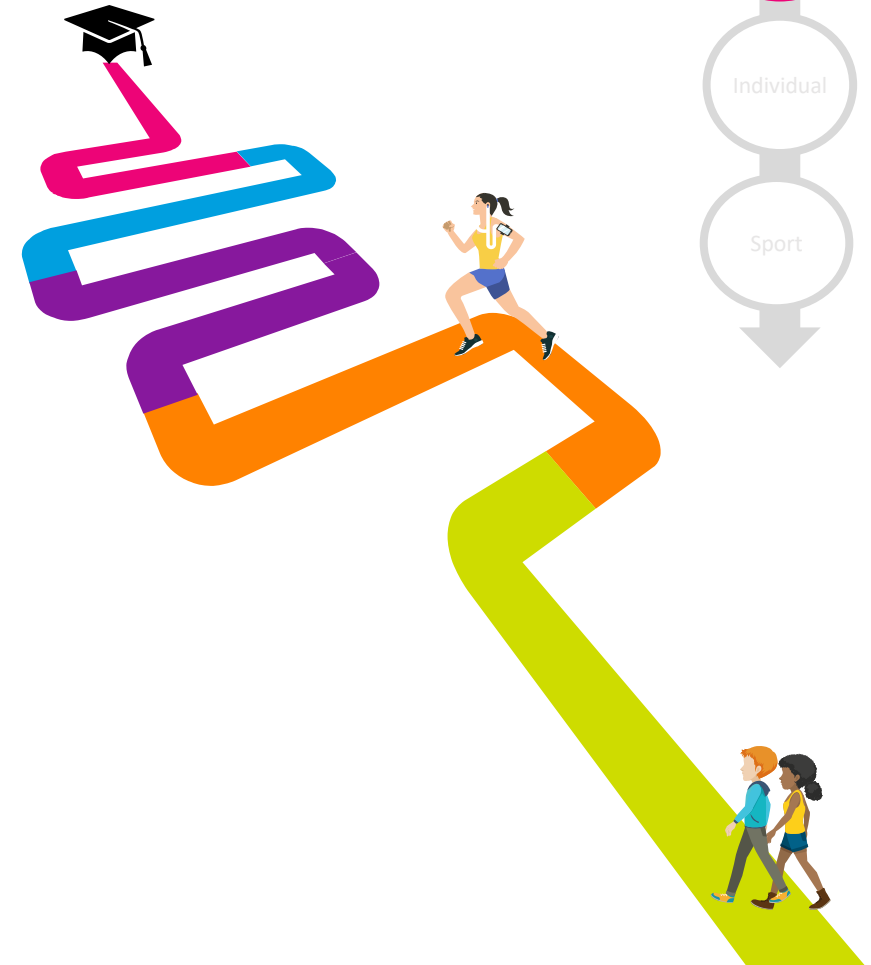
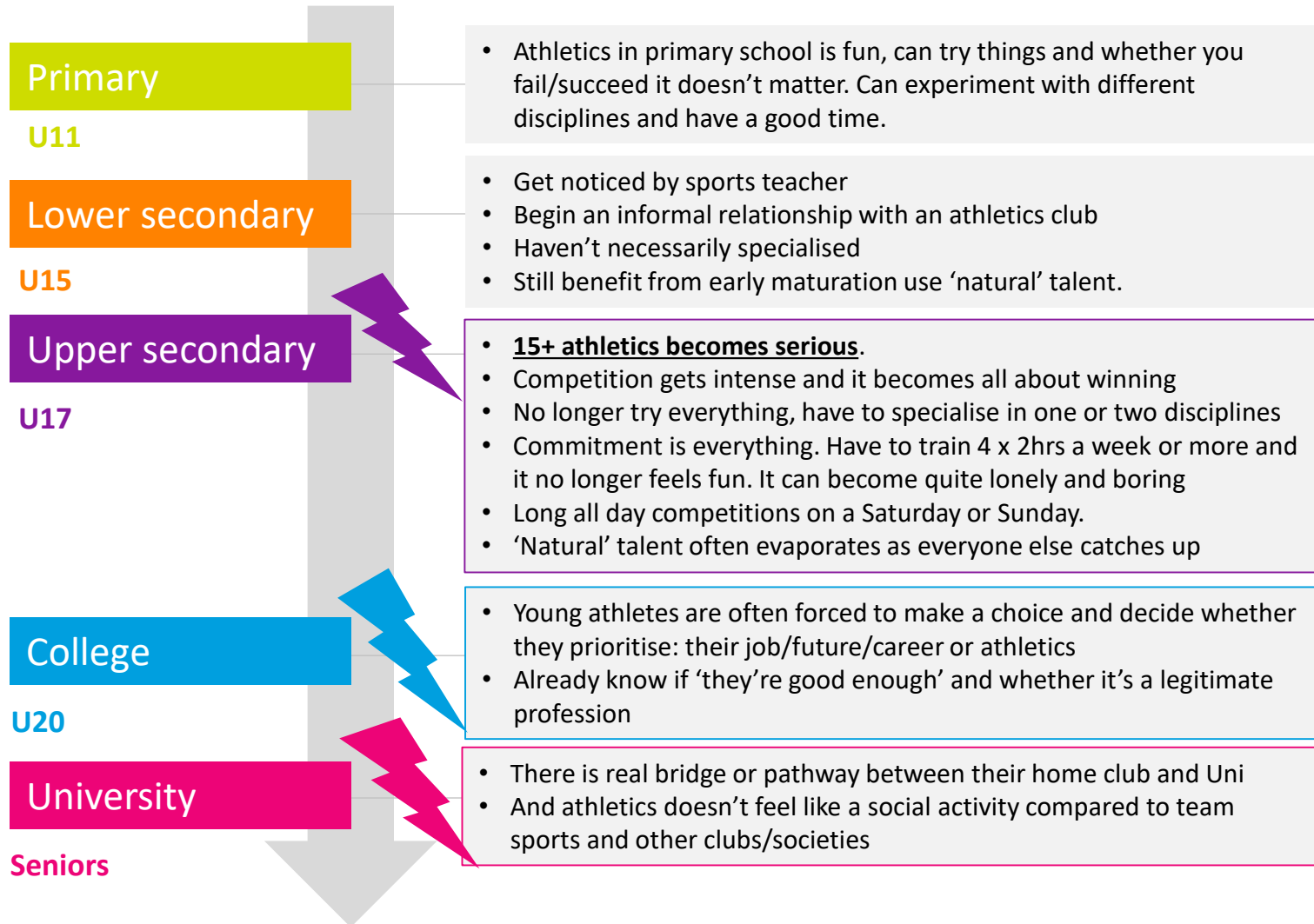
Main reason to start participating
(top 5 from list of 11)

Current	Lapsed
I was good at running / sports (30%)	I was good at running / sports (25%)
I enjoyed running / sports (19%)	My teacher encouraged me (23%)
My teacher encouraged me (14%)	I enjoyed running / sports (20%)
My parents encouraged me (11%)	To keep fit / healthy (7%)
I aspired to be like an athlete I saw (5%)	My parents encouraged me (7%)

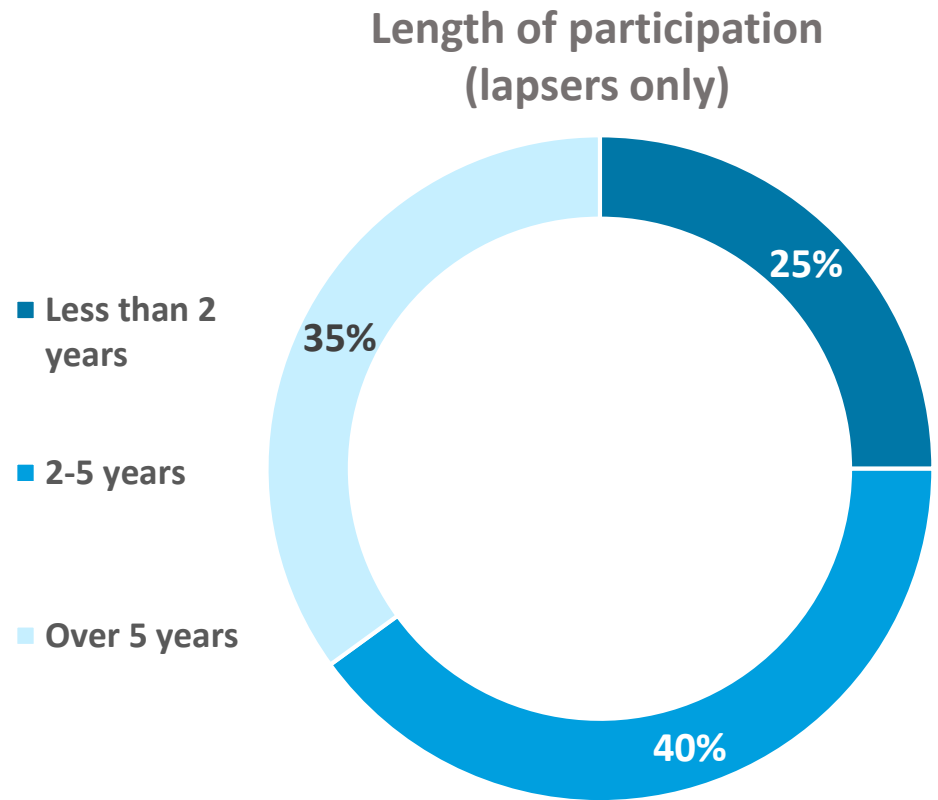
Context is key, and the lives of young people change dramatically throughout their school life, especially from the age of 14



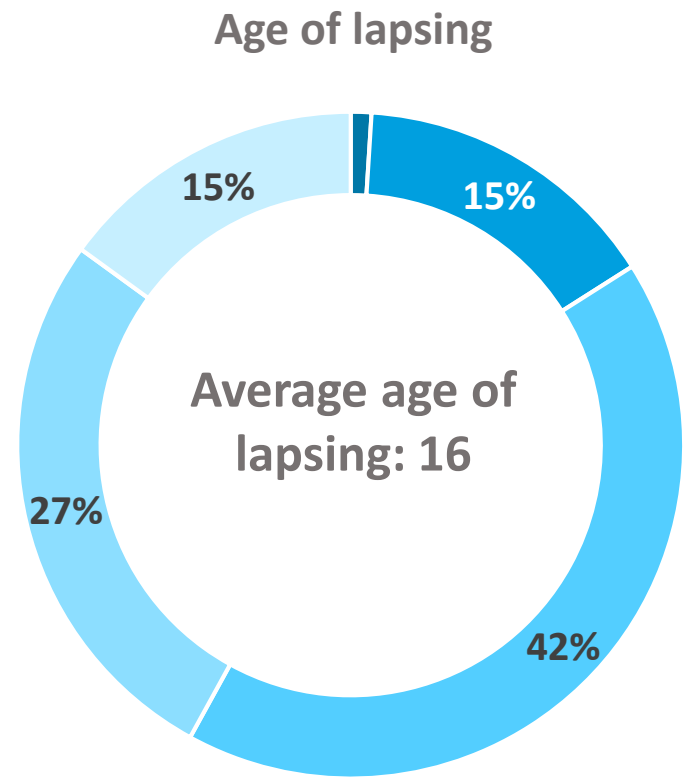
As a result, young people's life journey and athletics journey can conflict and create a 'perfect storm' of tension points...



This is particularly evident at critical exam times (namely GCSE's and A-Levels), when the highest proportion of athletes will lapse, after many years of engagement

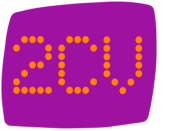


- Primary
- Lower secondary
- Upper secondary
- College
- University



"There is so much pressure to do well in your exams, that it just becomes your only focus. There was too much expected in me both at school and in athletics that it became too much" Lapsed, female, thrower

Consideration needs to be given to how to help alleviate these points of tension



Primary

U11

Lower secondary

U15

Upper secondary

U17

College

U20

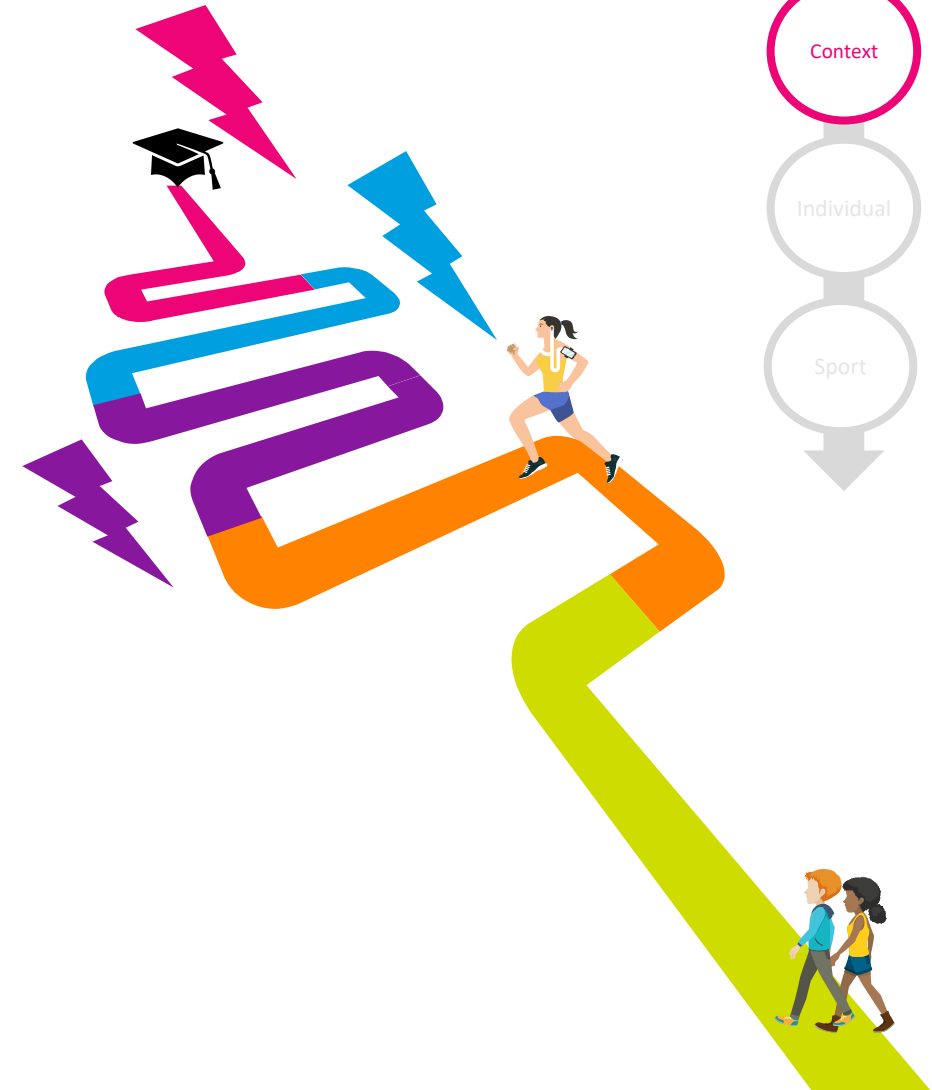
University

Seniors

- How to make athletics less serious and less intense
- Increase opportunities for more sociability
- Foster a sense of loyalty and fun at the club to harness attendance
- Acknowledge and adjust training practice to fit around school commitments, revision and other pressures
- Schedule competitions outside of exam/revision periods

- How can Track & Field fit around their commitments? And be something that fits into their week rather than something they need to choose?
- How can T&F help not hinder the pressures faced by Young Athletes?

- How can athletics offer opportunities for re-entry or re-engagement at Uni if they do drop out whilst at school.



These are the key moments where the most support is required from England Athletics

From the athlete's themselves...

"My PE teacher told me at sports day that I should join athletics' because of my long legs and general speed. I loved being better than everyone else" Current, female, sprints



"I felt that it was getting too serious and not fun anymore – everyone started to want to be an Olympian and I just wanted to have a good time and stay fit." Lapsed, Female, middle distance



"I actually stopped triple jump during my AS levels as it was just too much doing both – luckily I fell back into it during my A levels as I needed a stress reliever and my old coach encouraged me but it wasn't easy at all" Current, Male, triple jump



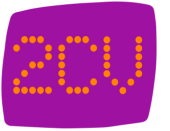
"I went to a university that just didn't have great facilities and I didn't know about any clubs I could have joined that would have suited my level" Lapsed, Male, Long jump





Understanding individual factors

To stay within track and field, athletes need a perfect blend of internal and external motivations



INTERNAL MOTIVATIONS

- A fundamental enjoyment of the sport and the training
 - Really enjoy running/sports and are good at them
- Are results driven and are motivated by improving their performance
 - Want to progress and improve to achieve better and better results
- Highly competitive
 - Want to win or place at key events
- Often have aspirations to be an elite athlete



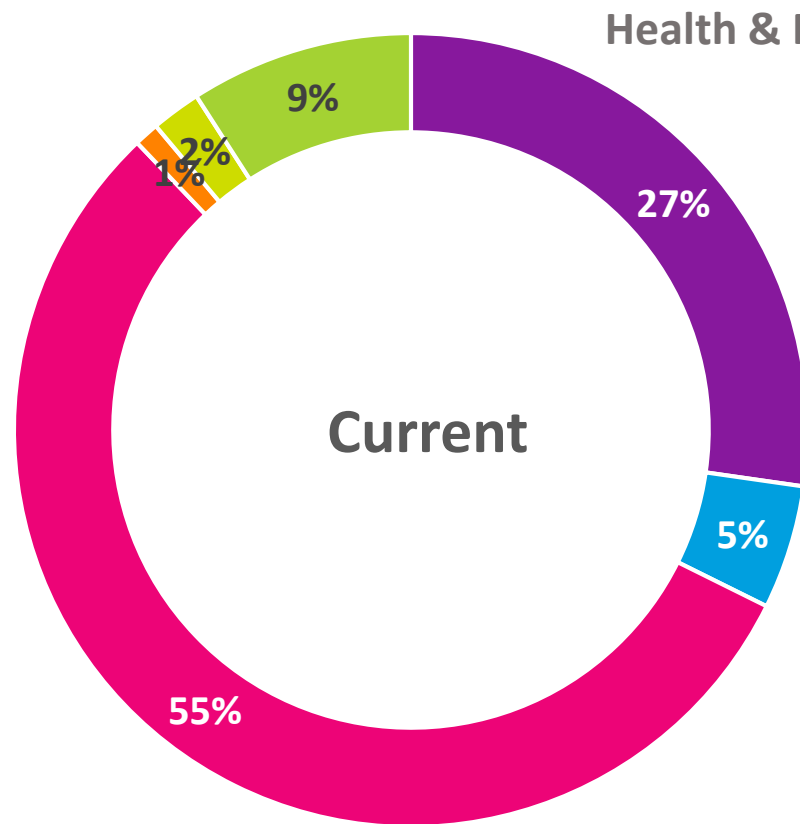
EXTERNAL MOTIVATIONS

- Have strong family support to help them with training commitments
 - Provide momentum and encouragement
- Supportive teachers at school who provide entry to the sport and fuel enthusiasm
- Consistent and enjoyable coaching support
 - A good relationship that leads to real achievement

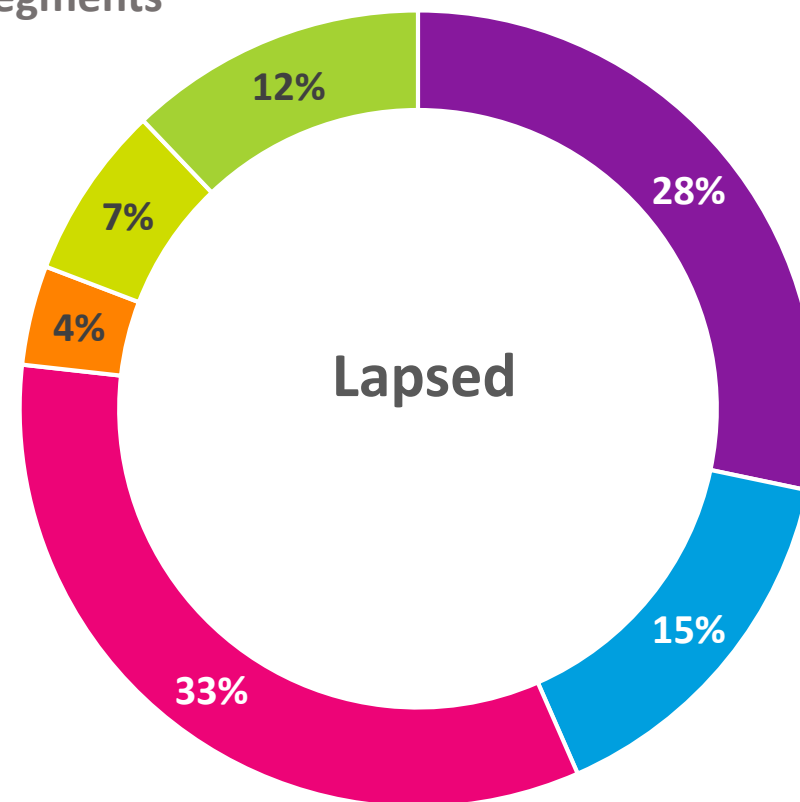
It's very difficult for every athlete to share these exact motivations

Lapsed athletes are more likely to belong to segments that do not naturally hold this blend of motivations, making it more difficult for them to stay engaged

- Connected Challengers
- Self-conscious Strivers
- Active Escapists
- Guilty Grafters
- Hesitant Aspirers
- Indifferent Passives



Over 80% of current athletes are **active escapists** or **self-conscious strivers**. Internal motivation is essential for a largely-solo sport, and interest in competing also reflected



Lapsed athletes less likely to be active escapists – with higher proportions in segments who find it hard to balance sport with other life demands and struggle to maintain consistency



Many of our Track & Field athletes drop off when their internal motivations are no longer being met...

Losing the early maturity advantage

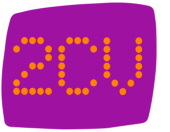
- All the time that improvement is demonstrated and results are visible their internal motivations are being satisfied
- However, as soon as results or progression tails off, they lose motivation and lead to drop out
 - This is exacerbated when they arrive in the sport because of early maturation or specific body shape
 - As soon as other athletes catch up (either via training or their own maturation) results are much harder to achieve

Reframing results or increasing the number of targets of success within athletics could help to maintain motivation

Getting injured

- Athletes get injured
 - Which means they can't participate for weeks (or months)
- They receive little support while out injured
 - Rehab can feel lonely and hard to focus
- When they return they're not performing at the same level
 - Feel a massive set back
- The journey back to their previous performance feels remote and very far which is very demotivating and leads to drop out

Actively offering support during injury to be the bridge between rehab and return could help sustain motivation. As could better management of performance expectations and a viable and supportive pathway



From the athlete's themselves...

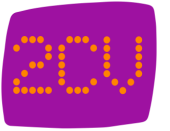
2020

*"I moved away with work and after a difficult year with couple of injuries mainly due to growing really, I missed out on about 6 months of training and have never managed to find my way back, and now the longer it goes on the harder it is and the **motivation isn't there** to go back" Lapsed, Male, cross country*

*"Athletics' is really competitive, and it's really demoralising if you're having an off day, week or even season which you definitely experience as you **grow up and your body changes**. Football suited me better as even if you're having a bad performance there is always a team around you to support you and encourage you which I just didn't get in athletics" Lapsed , Male, sprinter*



Many athletes also drop off when external motivations are removed...



Parents

Reasons to stay

Many young athletes have parents who are invested in athletics and actively encourage their child to perform and compete. Driving them to competitions and cheering them on

Reasons for drop off

When parental support lessens or disappears it's much harder for the athlete to sustain a commitment to Track & Field all by themselves

Parents often switch their focus to school exams. A persuasive influence on young athletes.



School

School teachers play a big role in spotting early talent and actively encouraging participation in Track & Field

Teachers change across year groups creating inconsistent support

Focus on school results and exams starts at GCSE and athletics training frequently becomes secondary



Coaches

Supportive and encouraging coaches who believes in our Young Athletes have strong influence in motivation and sustaining momentum

Many young athletes cite Coaches who are not supportive or encouraging.

- Either feeling pushed too hard so it's no longer enjoyable or they get injured
- Or ignored when the coaches focus is on the 'elite' rather than them

How can England Athletics strengthen coach support to provide genuine external motivation and offer more holistic support

From the athlete's themselves...

20V

"Once I'd moved away from home to university, my dad was no longer there to support me and drive me to training. I didn't realise how difficult it would be without that support and I quickly stopped going to uni training sessions even though they weren't that far away from my house" Lapsed, Female, middle distance

"I took a break to concentrate on my exams as I really needed good results for my uni – even after a little break I felt too far behind and I just couldn't catch up. It was no longer fun or rewarding for me"
Lapsed, Male, hurdles





The role of the sport

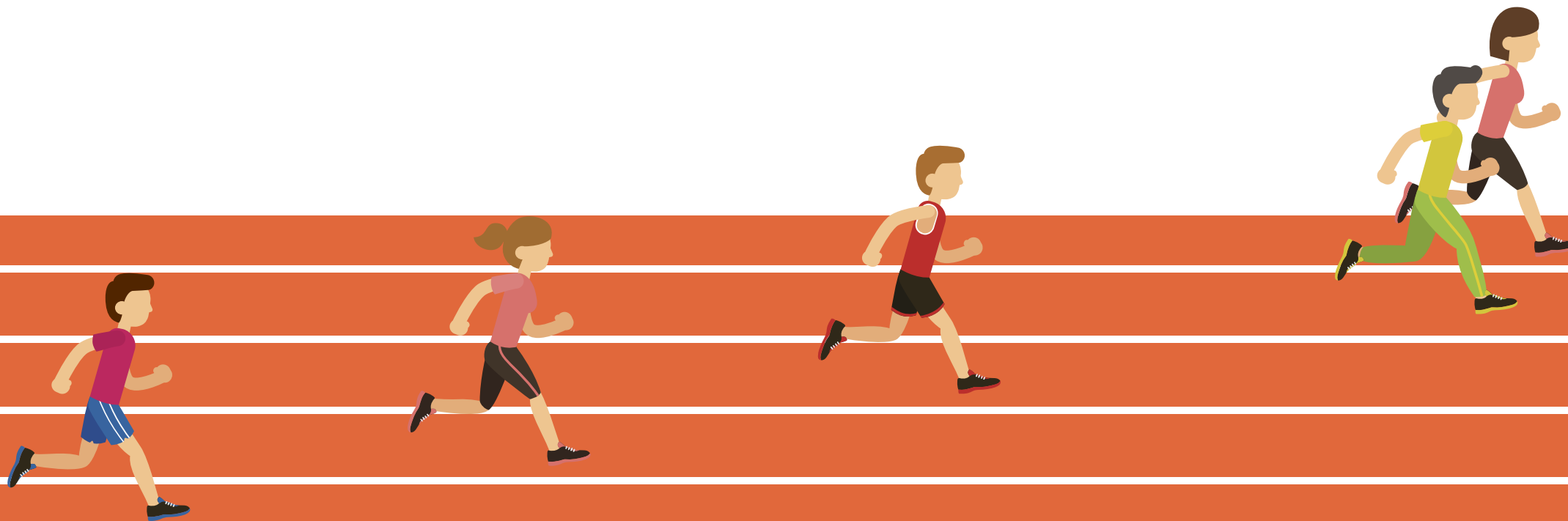
Finally, the Track and Field offer lacks relevance to young athletes at all key touchpoints



Clubs

Coaching/
training

Competitions



Clubs lack relevance for young athletes

Clubs

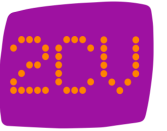
Coaches

Competitions

- Young athletes don't see clubs as fun or social spaces only training
 - Organised social occasions are very infrequent and formal
- They feel old fashioned rather than modern day
 - Talked about as "Old boys club atmosphere" which are not appropriate for teenagers
 - Limited and out of date online presence
 - Social media is non-existent many cases
- Often clubs are dominated by older club/committee members and elite athletes
 - So can feel very political and cliquey
- Importantly, young athletes have little ownership or representation within the club
 - Thus have limited opportunity to influence
 - And there is very little in the way of welfare and support for young athletes

Impact on young athletes

The clubs lack relevance for our young athletes. They're not designed to meet their needs or provide what they want out of life/athletics



"The volunteers and people who run the club and events are reluctant to change anything – they are basically an 'old boys club'. The committee doesn't represent me or my athletic friends"
Current, Female, long jump

"In taekwondo there are loads of socials and things, it made us feel like a social unit. Athletics was the opposite – you trained, then you went home." Lapsed, Male, middle distance

"It was very political and I felt bullied in my training group and club so I stopped. Such a shame as I had developed such a talent in my discipline". Lapsed, Female, Middle Distance



Coaching and training can really turn young athletes off

Clubs

Coaches

Competitions

COACHING

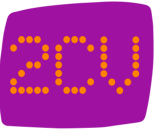
- Many coaches seem less able to relate to young athletes
- They often place too high an expectation on young athletes and expect athletics to be their only focus in life. Sometimes forget they're people, not just athletes
 - Few attempts to adopt a more holistic approach that takes life context into account (i.e. exam periods, weekend work etc)
- Many seem to only focus on the 'best athletes' or most likely to succeed
 - And noticeable politics between coaches can make athletes feel uncomfortable

TRAINING

- Repetitive drills begin to feel very stale and boring
 - Takes all enjoyment out of the sport
- Training becomes more and more solo, especially as young athletes specialise and reach a higher standard
- And often Winter training is outside
 - Runners doing Cross Country in the cold and wet feels very miserable

Impact on
young athletes

There is a lack of understanding from coaches regarding what young athletes want to get out of the sport. Coaches often don't look at athletics through the eyes of young athletes today. How can they be more holistic in their approach?



Individual

Context

Sport

"At age 12, I joined my local Athletics club as I wanted to further improve in my abilities and compete more. Although I really enjoyed being part of a long-distance group, I did struggle with my coach's coaching style. We were in a mixed, long-distance group and it often felt like he was only ever interested in the highest performing athletes i.e. those representing GB/in the leading 'pack' at national club competitions. We'd run lap after lap at training and there was sadly a sense that he did have his 'favourites' – stopwatches and encouragements by name were often focused on a few individuals." Lapsed, Female, middle distance

"I enjoyed it but training was a very solitary activity. Lots of my friends stopped at 15 as we didn't have time to be friends there. We played Xbox together online in our free time but at training there wasn't the atmosphere to be friends and I felt lonely." Lapsed, Male, short distance



Competitions feel rigid and fail to engage young athletes

Clubs

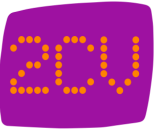
Coaches

Competitions

- Competitions feel geared towards the elite rather than for everyone
 - YDL's feel fierce and intimidating with little interaction between athletes
 - Very serious rather than fun social events
- Competitions lack excitement and feel quite boring
 - No music to stimulate performance and atmosphere
 - No commentary leads to a flat feeling day, lack of dynamism
 - Competition structure often mean that young athletes end up competing against the same people all the time
 - Very demotivating as races play out the same again and again
- Long travel times to competitions is commonplace, with athletes often only taking part in one discipline which is over very quickly
 - Some competitions take up the whole weekend meaning the athletes social lives become non existent
- Many competitions clash with exam periods which adds to the athletes stress greatly

**Impact on
young athletes**

Competitions can be demotivating and unenjoyable for many young athletes. Many feel competitions are only fun if you win, with the day's themselves leaving competitors feeling bored and deflated



Individual

Context

Sport

"I was 28th in the country and not good enough for the standards. Only 2 people in the country could achieve the standards they were expecting"

Current, Female, hurdles

"I'd prefer shorter events with music and food and drink, to be more relaxed. Currently you have to travel from 9am to 7pm and everyone gets grumpy and feels exhausted"

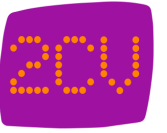
Current, Female, triple jumper



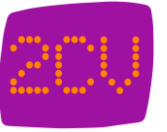


Looking forward to solutions

Overall, 5 key themes emerge for how young athletes desperately want to improve their sport



These were developed into concrete solutions and presented to both current & lapsed athletes



More opportunities for young people to be involved with clubs and competitions



More of a social focus at clubs



Personal targets so you can improve no matter your ability



New types of Track & Field training that helps you improve at other sports



More events and competitions aimed at people your age



Opportunities for paid work within athletics

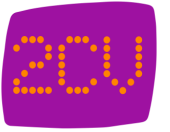


More Track & Field opportunities/support at university

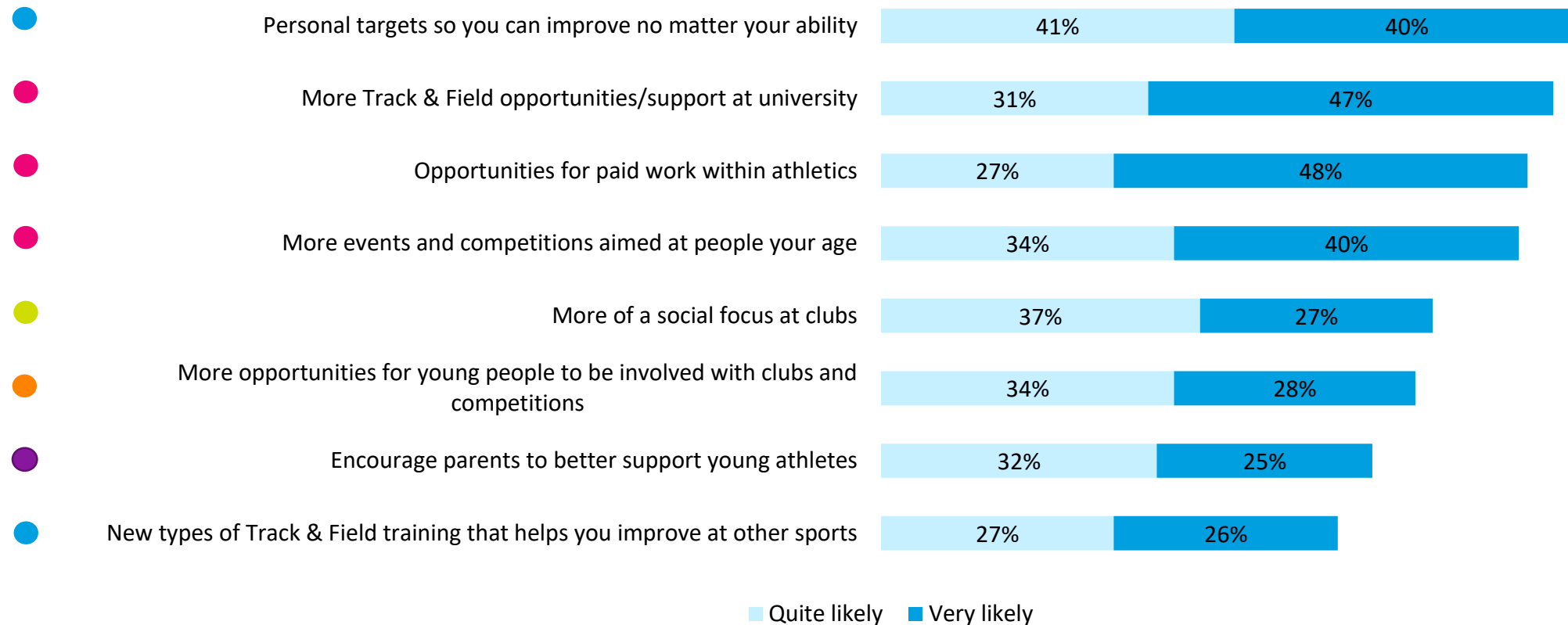


Encourage parents to better support young athletes

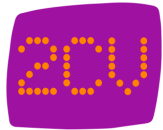
For current athletes, personal targets & support through university (including paid work) would help to prevent them dropping away from the sport



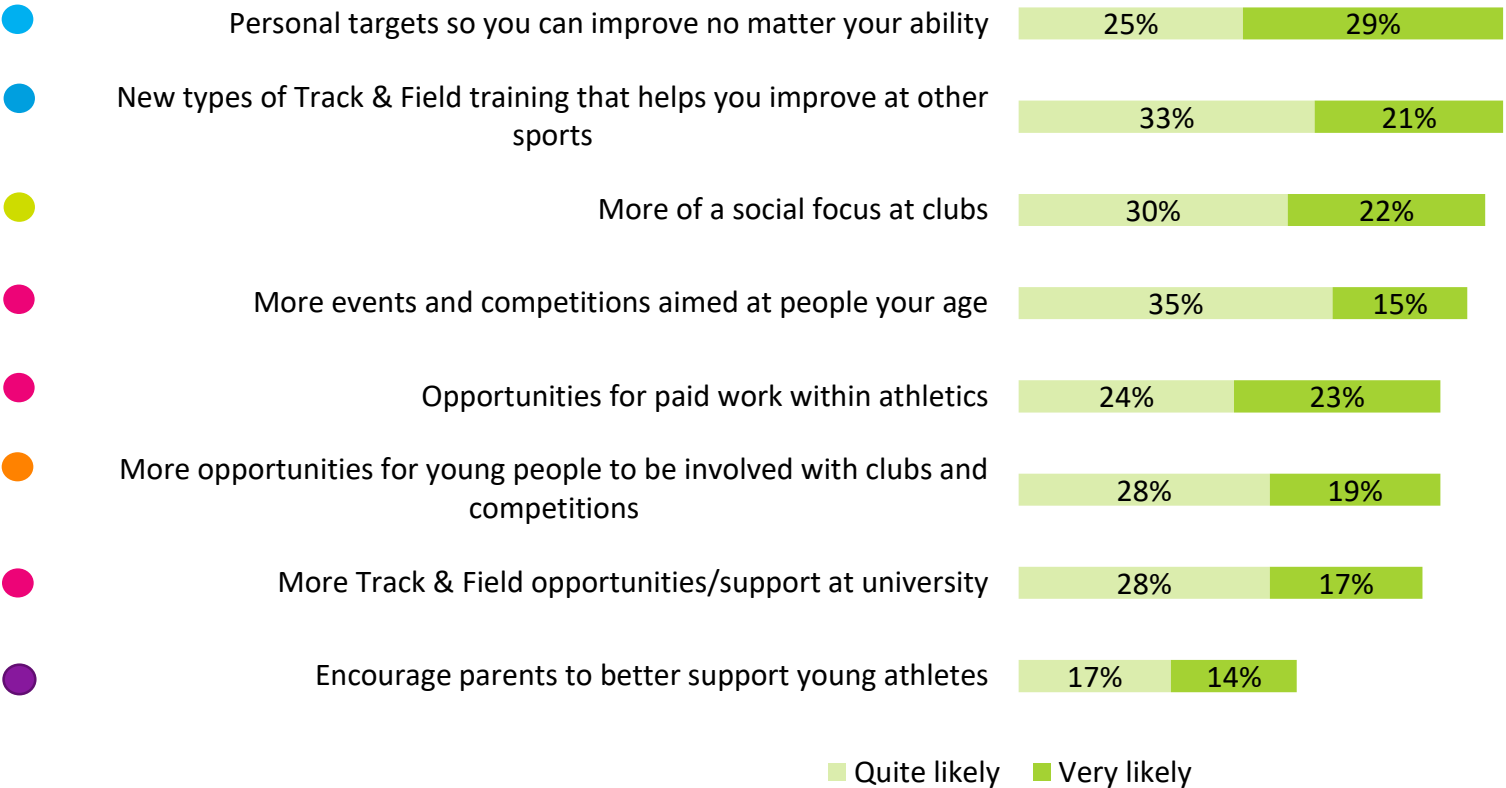
How likely would the following ideas be to encourage you to remain a Track & Field participant?



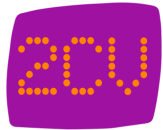
For lapsed, personal targets and new types of training might have stopped them from lapsing by keeping training fresh & aligned to their needs



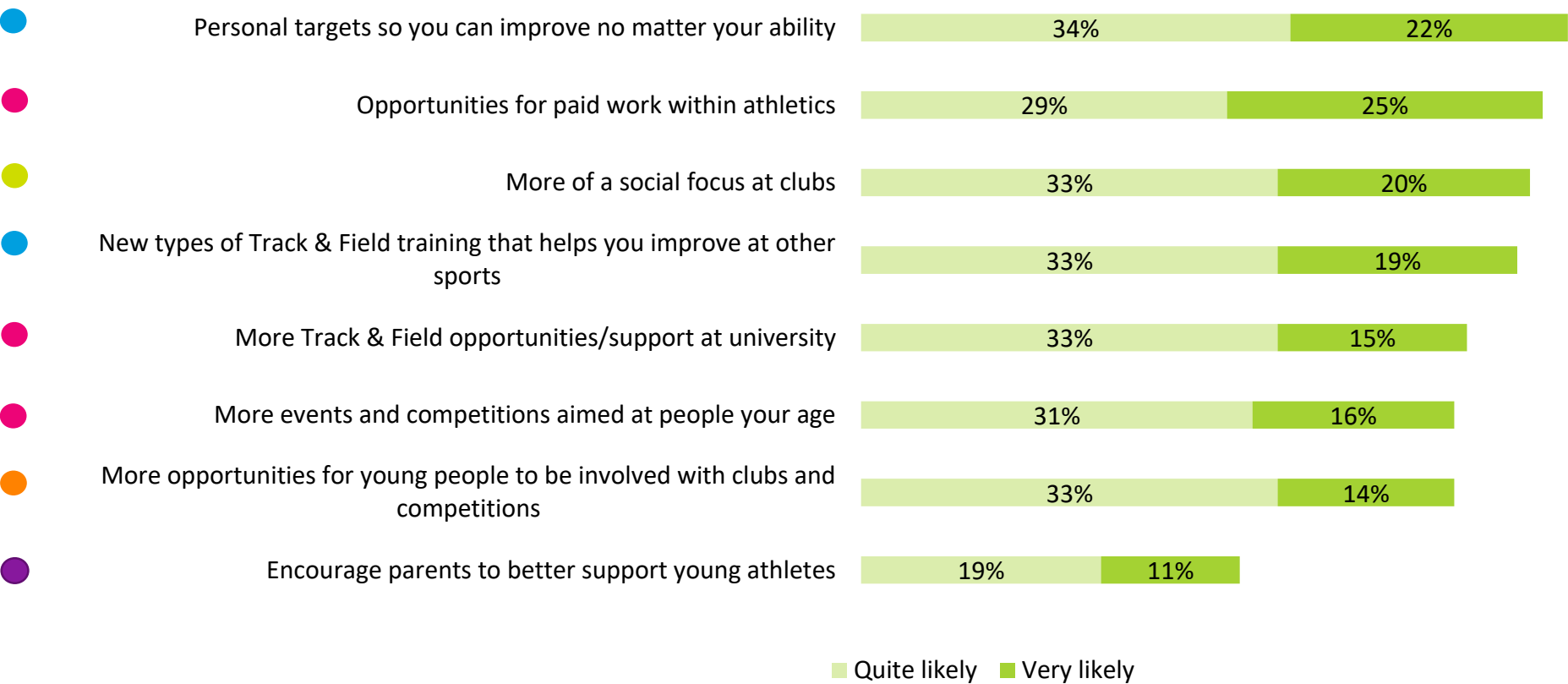
If these ideas had been available when you participated in Track & Field, how likely would you have been to continue?



The idea of personal targets is also what is most likely to bring them back to the sport, as is opportunities for paid work and more social focus



How likely would the following ideas be to encourage you to become a Track & Field participant again?



We need to deliver to their internal motivations and help young people feel a sense of achievement by reframing success around personalised targets



- Current targets lead to young athletes feeling very demotivated
 - They're framed around being the best in the county/country, they only reward a few young athletes and the targets set are unrealistic for many
- Power of 10 is not motivating to many young athletes
 - Feels very limited and lacks relevance as impossible to achieve (except the very best)
- Young athletes show that they're motivated by achieving results and gaining a sense of progress and achievement
 - We need to develop a more personalised targets and reframe results to help fulfil their internal motivations
 - Benchmark their progress against a relatable comparison rather than every young athlete in the country/country
 - Track and compare: hours a week trained, top speed, heart rate throughout, the science behind the results

Personal Targets and recognition



- Recreational 'Power of 10' – setting personal targets so you can improve no matter your ability.
 - Not just about trying to be the overall best in your discipline
- You set personal targets with a coach which are logged online
 - Gives everyone a goal to aim for regardless of their ability level
- Recognition and awards given to personal achievements (not just fastest, furthest, highest etc)
 - ie beating personal targets, commitment to club etc
- Athletes can build online community, invite friends to see their progress and share and celebrate personal achievements
- Annual awards evenings to officially recognise personal targets/achievements
- Reward dedication, commitment, relative improvement and nice acts - not just the elite athletes winning competitions



"The power of 10 can be really demoralising if you have had a bit of time out or even an injury – you are pitted against the whole country. As I've got older I've realised the attraction of doing things for your own achievement"
Lapsed, Male, sprints

We need to increase understanding and support for young athletes for their lives away from the track



- Currently athletics support is only provided when young athletes are doing well and show up to the club
- It's frequently lacking during critical periods i.e.
 - When injured and home-bound
 - During exams when need to study
- Young athletes need their club and coaches to have greater empathy, understanding and support to what is going on in their lives
 - A 360 approach with the young person at it's core
- This can include:
 - In-built support within clubs to manage athletes around their exam pressures and other life events
 - Be an understanding voice not a competing voice
 - Ensure welfare support is a visible and important part of the club
 - Use social media and an encouraging voice to connect with young athletes
 - Highlight that the club is aware of these issues and they genuinely want to support athletes without judgement or repercussions

"Clubs need to understand what is going on in our lives and that we don't always live and breath athletics – anything to support us or not feel pressured would be welcome"
Current, male, triple jump

"I initially slowed down due to injury but I still wanted to progress – once coming back from injury there was a lack of proper support"
Current, male, middle distance

We need to make Track & Field feel genuinely fun and social



- Currently athletics clubs, training and competitions can feel very boring for young athletes
- The athletic experience is not competing with the experiences they're having outside of athletics (socialising, making new friends, relationships)
- The sport needs to think about every touchpoint through the eyes of a 14, 15, 16 year old - What do young athletes want to experience?
 - How can clubs feel more like fun and social spaces for them
 - How can training have time for fun and relaxation, where you can play games and be a bit silly
 - How can competitions be social as well as athletics events where young people get a chance to chat and share with members of other clubs

Reinvigorated approach to Club Training



Festival-feel competitions



- Create more Track & Field through cross country
- Focus of training as well as about performance
- Offering after school pizza nights
- Focusing on the benefits to the club
 - i.e. squad

- Creating Festival JumpFest
 - Shorter competitions
 - Conclude their
 - Include a or Big B

Clubs need to prioritise being 'fun and welcoming spaces' as much as 'athletic performance'



- Creating a fun and welcoming club environment for all athletes (inclusive of all abilities, ages, sizes, shapes etc)
- Ensuring a supportive atmosphere at all times
- Recognising not every athlete wants a competitive environment
- Young Athletes actively involved in shaping these spaces (ie via Youth Board)
- Social ideas are developed for Young Athletes by Young Athletes (eg Young Athletes are asked what they'd like to do socially and help to facilitate these ideas)



"There are the YDLs which feel very competitive and parents can get quite nasty. I'd prefer something where you can meet new people. I'd love to meet other triple jumpers my age and hear about their techniques and strategies"
Current, female, triple jump

We need to give young athletes a voice and a chance to influence clubs, competitions and communications



- Currently clubs and the sport in general doesn't feel a particularly inclusive or relevant space for young athletes
 - They have no voice, no ownership and no representation in how their clubs and competitions are run and how they communicate
- But they're an incredibly passionate and engaged audience
 - They love their sport and want other young people to be equally engaged
- We have a real opportunity to build on this engagement and give young athlete's the power to make a positive difference
- Give them a platform and resources to reach out to other young athletes and build the club and community for the future
 - A youth board that meets separately as well as regular meet ups
 - Genuine influence and power within the club to make a difference

Elected Athletic Club youth board

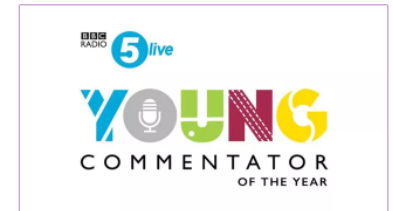


- Create an elected youth board for each Club which is re-elected each year
 - Allocate roles: Chair, secretary, event organiser, liaison, Health secretary
- Opportunity for Young Athlete experience which is relevant to application's

Young athletes actively involved in running competitions



- Young Athletes themselves are involved in the organising of athletics competitions
- Giving them responsibilities to oversee different aspects of the day
 - Organising music/DJs
 - Social media presence
 - Create posters/emails to publicise the competition
- Opportunities to train YA's to become commentators
 - Link to BBC best young commentator



"This would be great, you'd get different ideas coming across. It would help change the way the adults think as they don't currently know what younger athletes want"
Current, female, hurdles

We need to better align the sport to the lives of young athletes by offering coaching qualifications, opportunities for paid work and links to University



- Currently athletics is competing for young people's time during an especially busy and stressful time in their lives
 - The sport requires them to be either 100% all in or not at all, there's no mid ground
- But, they'd love opportunities where athletics is better aligned with their lives and helps them actively fulfil other areas of their life
- Athletics clubs have the opportunity to give young people something that tangibly contributes towards their future
 - E.g. real skills building, personal development
 - Provide meaningful qualifications that can be used for UCAS form and CV
 - Paid work to help earn some money (rather than weekend part-time work)
- In addition, Athletics clubs can help young athletes continue their sport by helping to create a smooth transition between school/cub and university

Youth Coaching qualification



- Developing a youth coaching suitable Young Athletes to do for their peers/athletes you
 - Supports their personal development relevant for UCAS form
- Opportunity for Young Coach time employment

Supporting athlete's pathways (between schools, clubs and universities)



- Better links between:
 - Schools and Athletics Clubs
 - Universities and Athletics Clubs
- Support each athlete and their potential athletics pathway
 - Encouraging athletes to think about their continued future training before starting at Uni
 - Communication between coaches creating a smooth transition between clubs for athletes

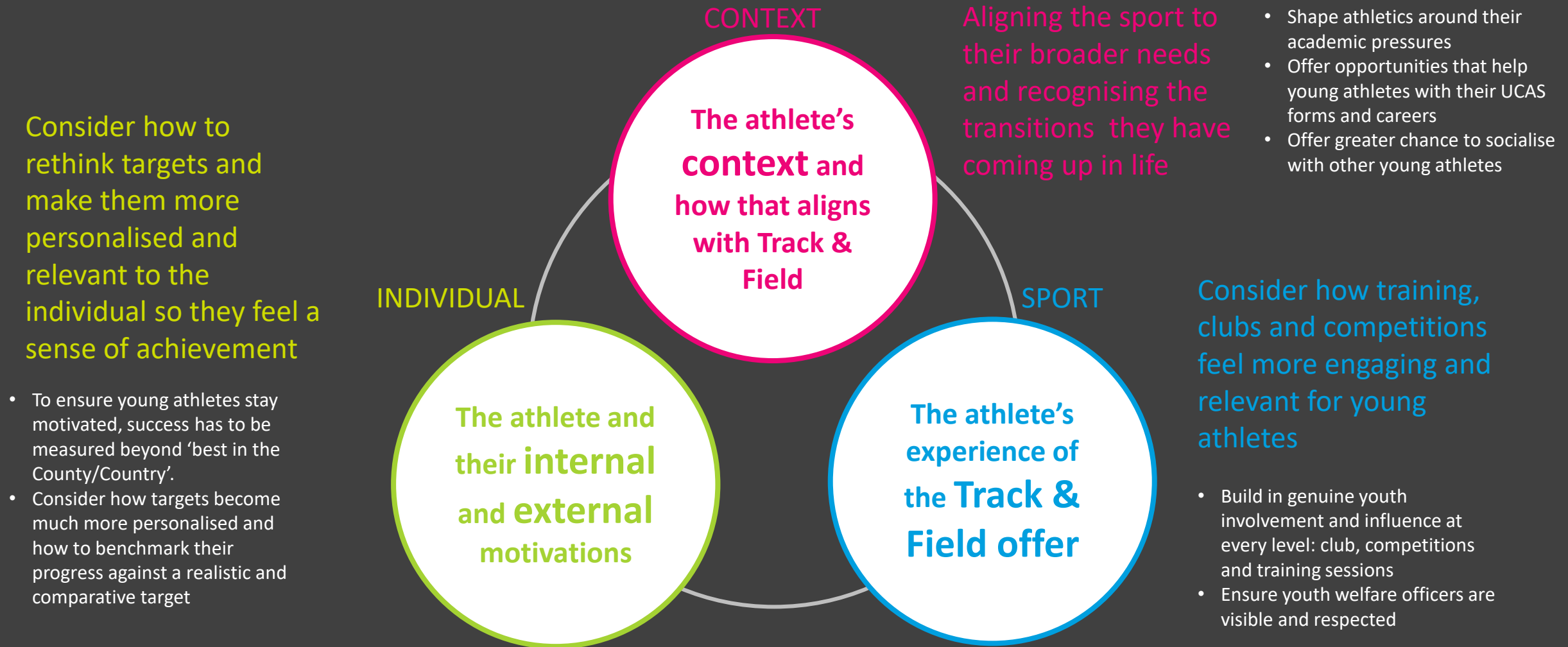


"I would have liked that, something for my UCAS form. I was head boy at school and loved that. If I could have coached I could have helped people avoid feeling the way I did" Lapsed, male, sprints



Moving forwards

There is no single silver bullet to arrest the drop off, ultimately we need to better align Track & Field to the needs of our Young Athletes





Thank you

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