

NGC Youth Elite Athletes Stay Engaged and Focused Online

Track and field may be out of reach at this time due to COVID-19 restrictions but athletes who are part of the NGC/ NAAA Youth Elite Programme are staying on track despite the challenges of not being able to physically train in the normal fashion. The NGC Youth Elite Programme (YEP) is intended to facilitate the holistic development of young track and field athletes between the ages of 14 and 20, who have been identified as those with "podium-potential" by 2024. These athletes were selected based on their performance in local, regional and international games in 2016.

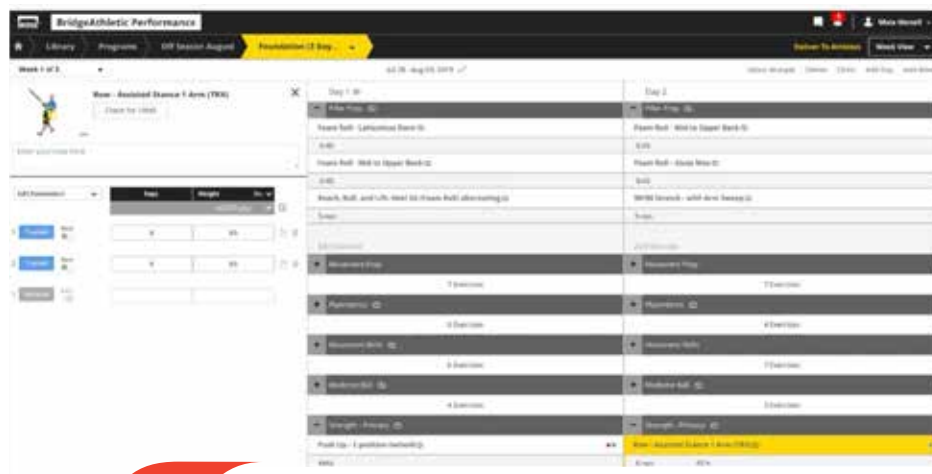
NGC/NAAA YEP athletes remain committed to training via the use of technology and it is playing an increasing role in their developmental regimen. Prior to the pandemic, BridgeAthletic offered world-class software geared towards coaches and personal trainers to deliver custom training programmes and track athlete performance. Understanding the limitations of this new reality, BridgeAthletic opened the platform to be accessible to the athletes as well.

The YEP athletes have embraced the use of online platform – BridgeAthletic. The platform builds high-performance training tools for coaches and athletes who compete at the highest levels. The integrated BridgeAthletic platform leverages the power of technology to revolutionise the way coaches create, deliver and track athlete progress. With customised training programmes delivered directly to their smartphone or tablet, athletes train smarter, power through plateaus, and perform better come game time.

YEP athletes participated in the following webinars:

- March 30th, 2020: *MJP, Bridge Athletics—About the App and How to Use it*
- April 7th, 2020: *MJP, Bridge Athletics—How to Navigate the App*
- May 27th to 1st, 2020: *Coaches Webinars (CCCP)*
- April 30th, 2020: *Coaches Webinar*

In the upcoming months, the YEP will be hosting an online training symposium, scheduled for August 12th, 2020. The



Screenshot from BridgeAthletic's online tutorial

topics will be on: Health Awareness for Teenagers; Social Media Etiquette for Teenagers and Career Guidance.

Members of the YEP shared their training experience during the COVID-19 stay-at-home period. See their comments below.



Kelsie Daniel, a member of the Panthers Athletic Club: "I am pleased to be a member of the YEP which is designed to elevate my performance. Since the COVID-19 pandemic, my training has been constant. The YEP provides access to platforms which allow me to maintain my training."



Natasha Fox, a member of the Point Fortin New Jets Athletic Club: "During the pandemic, I was able to continue my training programme to maintain my fitness level and muscle mass with the assistance of my coach and the NAAA team."