



**EDGE**



ATHLETIC PERFORMANCE

Youth Athletic Development  
Academy

# Youth Athletic Development Academy

Our youth athletic development academy takes each athlete through everything they need to support and complement their sports schedule and give them the tools to optimise performance and fulfil their athletic potential.

The sessions include:

- Physical competency assessments and regular field testing to achieve targets and meet the highest standards of performance.
- Speed, agility and movement based training to bridge the gap between the weight room and the sports field/court.
- Strength and power training that is specifically tailored to the levels of development, individual needs and abilities.
- Injury prevention strategies to develop physical robustness and resilience.
- Elite level coaches with the background to drive high performance standards and achieve the best results.
- Follow goal oriented programming every week and train with peers in an enjoyable, motivating and challenging environment.

These sessions also educate the young athletes about gym etiquette to build confidence in the weight room, nutrition and recovery to support performance and how to develop a training mindset for long term health and success.

# Girls Only Youth Athletic Development

With the success of women's sport on a national level, our girls only athletic development sessions will support young female athletes to fulfil their potential whilst also reducing the risk of injury.

The girls only sessions will include all of the content from the youth sessions. In addition:

- The sessions will support each individual based on their current biological age and level of physical competency.
- Each athlete will be educated of the importance of injury prevention and how to manage their training schedule.
- Build confidence to utilise strength training and movement mechanics to cope with the forces experienced on the field or court.
- Build a training mindset for long term health in a nurturing, motivating and supportive environment.





# Book Your Place

## Next Intake: Monday 16<sup>th</sup> October

Our youth athletic development sessions will be up and running on the 16<sup>th</sup> October. Sessions will then run every Monday. Sessions are open to 14–18-year-olds and each athlete will be assigned to an appropriate group within the session (junior or senior academy). Sessions are held at Northampton School for Boys and are approx. 1 hour in duration.

- Session cost is £20 per session per person (paid as £180 for 9-week block).
- **Bring a friend and save** - £15 per session per person when booking with at least one other person together. (Paid as £135 for 9-week block)

### Signing Up and Payment

If you would like to sign your son/daughter up, we ask that you complete the 'Athlete Questionnaire' to give us some background information.

### Athlete Questionnaire

We also ask that you complete the PAR-Q (Health questionnaire) on the link below on behalf of your son or daughter. Please complete both questionnaires by Friday 29<sup>th</sup> September.

### PAR-Q Health Questionnaire

Please make payment of £180 / £135 for 9 sessions via bank transfer to  
Christopher Hart  
HSBC

Sort Code: 40-12-62  
Account Number: 20518018  
REF :EDGEAPAthleteName

# Coming Soon...

## Adult Athletic Development Sessions

Our adult group athletic development sessions give all of the benefits we see in junior athletes to adults. Learn to:

- Look after your body with full range and quality of movement.
- Learn the compound strength lifts from professional coaches and gain the extensive health benefits of resistance training.
- A movement-based programme that will keep you active and able to take part in all family activities.
- Train as part of a group with the opportunity to push yourself as much as you want to.
- Session cost is £20 per session per person.
- **Bring a friend and save** - £15 per session per person when booking with at least one other person together.

Please register your interest for these new sessions by emailing us:

[info@edgeathleticperformance.co.uk](mailto:info@edgeathleticperformance.co.uk)



# Coaching Staff Biographies

Both Marc and Chris have extensive experience working in elite sports so you can be reassured that your son/daughter are in very capable hands.



## Marc Finney

Marc has spent over 20 years working in elite sports helping athletes achieve their potential. Following a 10-year spell at Northampton Saints RFC, Marc founded Altius Personal Training, providing targeted PT and consultancy services to a broad range of elite athletes, corporate sector clients, youth athletes and anyone looking to seriously invest in their health and wellbeing.

Marc has most recently provided consultancy services to Coventry RFC taking a lead on their rehabilitation and reconditioning of injured players. Marc also supported the Ikale Tahi Tonga Rugby team as the Head of Strength and Conditioning during their autumn international tour 2021.



## Chris Hart

Chris has been working in elite sport, specifically rugby union, since 2008. After successfully leading the academy athletic development programme at Northampton Saints which culminated in the team winning the U18 Premiership, Chris moved to support the senior squad.

Chris has also worked as Head of Strength and Conditioning in the Premiership as well as recently working with the Scottish Rugby Academy and being the lead S&C coach for the national U18 team. Chris is currently working as Head of Performance in the English Rugby Championship. Chris is accredited by both the UKSCA and ASCA.

If you require any further information or would like to discuss any of our courses in more detail, please contact Marc (07826936955) or Chris (07920044012) or alternatively email :

[info@edgeathleticperformance.co.uk](mailto:info@edgeathleticperformance.co.uk)







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