



WINTER DEVELOPMENT SQUAD STARTS 24 APRIL 2026

We are excited to offer a Winter Training Programme for our Development Squad (12 years and over). This programme is particularly well suited to older athletes preparing for Colgate Games and secondary school competitions.

The programme will run throughout the winter season every Friday from 3:30pm to 5:00pm at Trigg Stadium. Participation is free of charge and open to registered Club Members only.

This type of programme is vital for long-term athlete development. It focuses on building robust, resilient athletes by reducing injury risk while enhancing speed, power, strength, coordination, and overall movement quality—all delivered in a positive and engaging environment.

The goal of the Development Squad is to progressively prepare athletes for higher levels of training and competition. Sessions will be tailored to individual needs, taking into account age, ability, and relative performance measures, and will be closely monitored and adapted as athletes develop.

Programme focus areas include:

- Speed, core, and strength development
- Hurdles and flexibility
- Speed endurance
- Introduction to plyometrics
- Nutrition guidance
- Functional movement screening

The programme will be led by Carolyn Smith and Ady McKenzie, both of whom bring extensive experience in competitive athletics, coaching, and high-performance environments, with a particular focus on youth development.

Places are limited. To register interest or for further information, please contact Carolyn Smith:

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