



Excelsior High School - A Case Study on Youth Athletics

Jamaica Association of Sports Medicine Conference

September 10, 2017

Outline

- 2012 Problem
- Excelsior's Approach
- Action Plan
- Results
- Lessons Learnt

2012 Problem (1)

- Small Team (less than 30 students)
- Teams have asymmetric performances
 - Girls team stronger than the Boys
- Teams ranked outside of Top 25
- No National Jr Representatives
- Not a Sponsored Team
- Excelsior was successful in Sports except T&F
- Students Unaware of School's Rich T&F History

2012 Problem (2)

How Can We Grow Both Teams Simultaneously?



2012 Problem (3)



Searched For A Model Among
Co-Ed High Schools in Jamaica

2012 Problem (4)

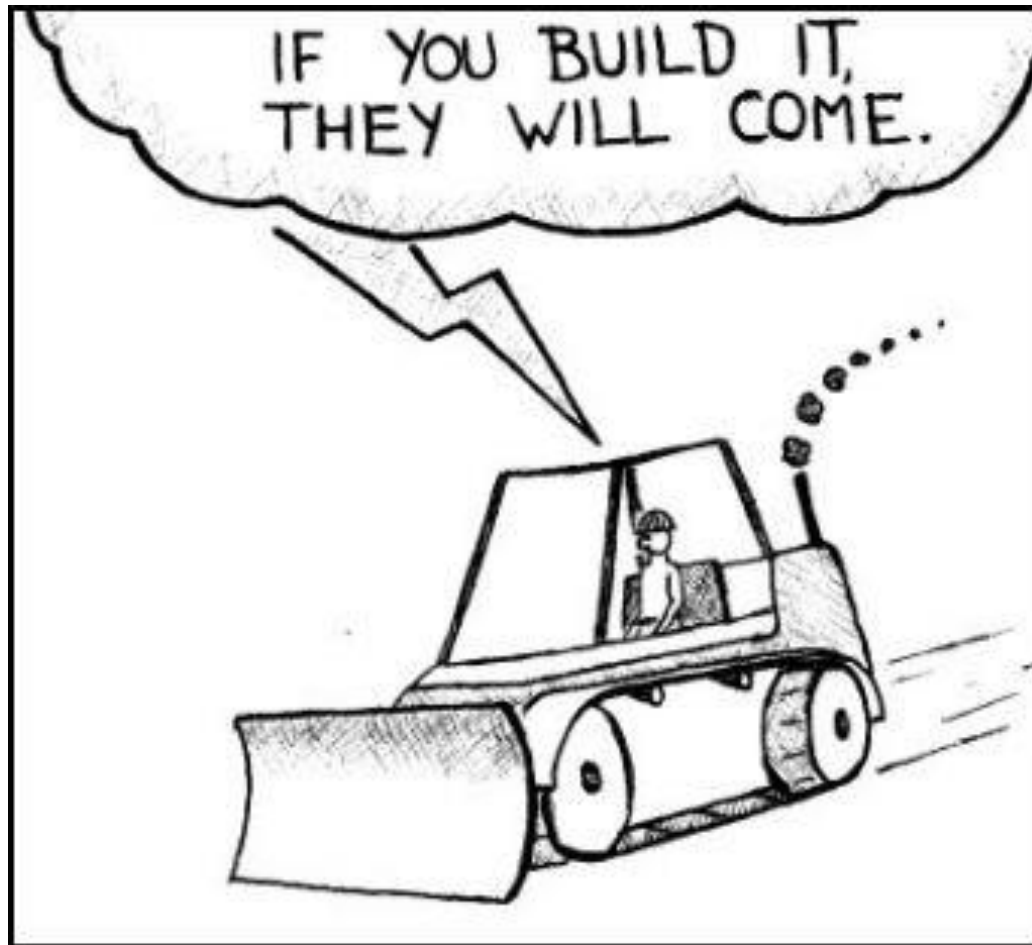
**No Model Existed Among
the Co-ed schools**

2012 Problem (5)

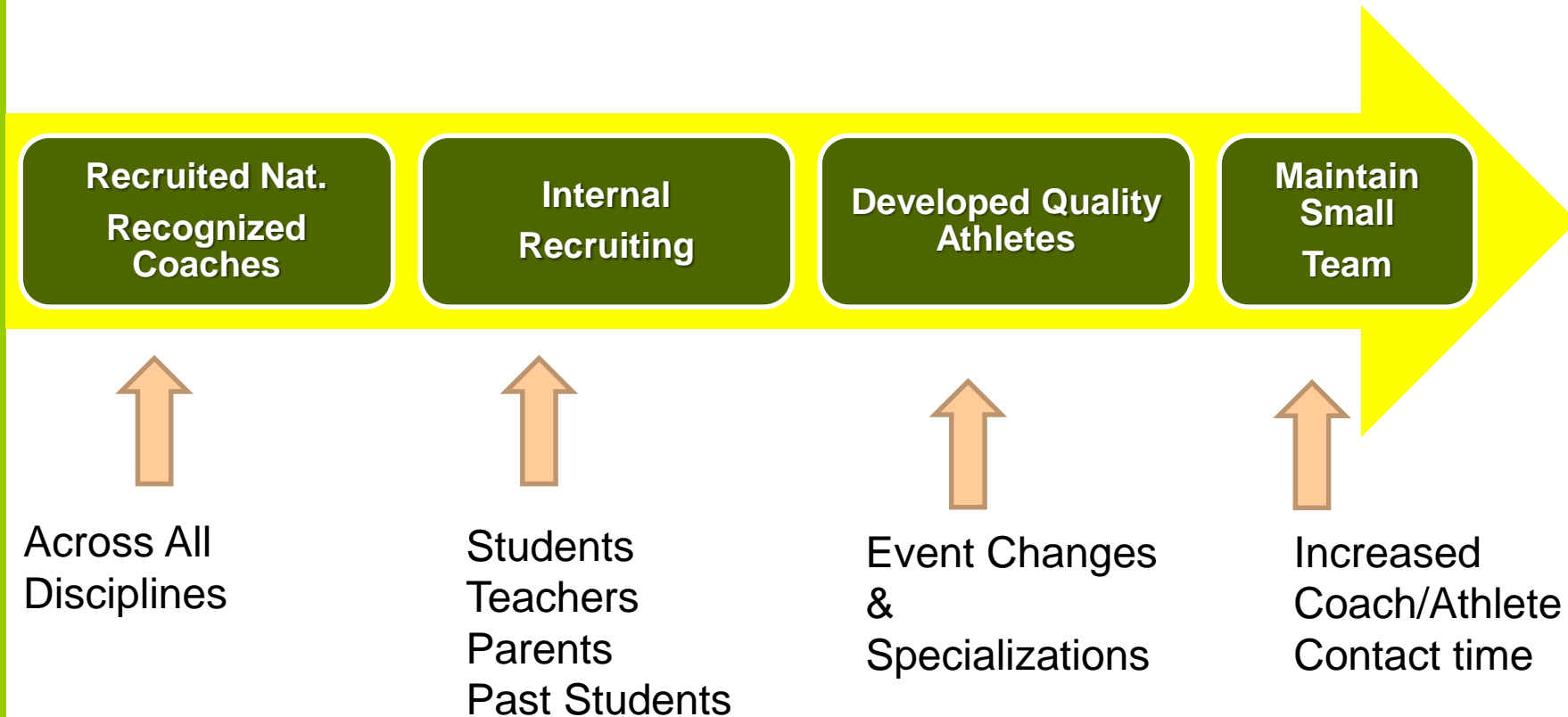
Rebuilding had already begun
with D.A.S.H. Athletics



The Excelsior Approach (1)



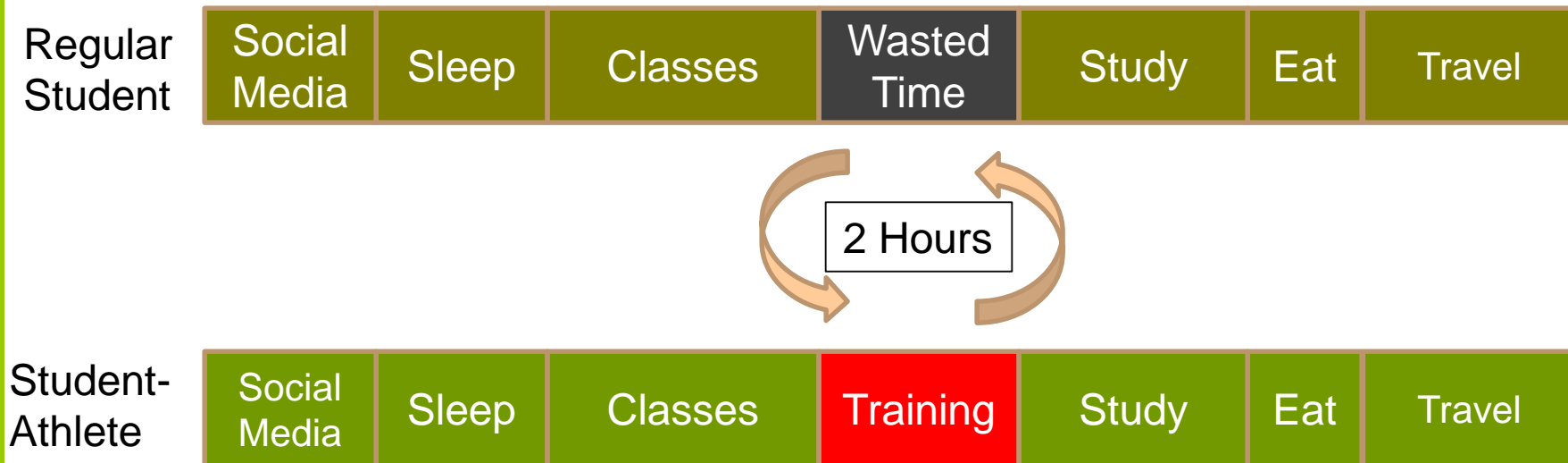
The Excelsior Approach (2)



Action Plan (1)

Implemented Model A²

- A Program to balance Academics & Athletics



Action Plan (2)

- Increased the Value of T &F
 - Partnering with Parents (Monthly PC Meetings)
 - Daily Study Hall Before Training
 - Academic Monitoring of Student-Athletes
 - Tutoring Session on Saturdays
 - Overseas Scholarships for Seniors



Action Plan (3)

- Pre-Participation Screening from 2012
- Introduce Performance Testing
- Optimize not Maximize Athletic Performance



Action Plan (4)

- Restriction on Training Hours (Max 2 hours/day)
- Age Appropriate Training
 - Male vs Female
 - Under 16 vs 16+
- Teach Athletes how to listen to their bodies & how to communicate discomforts
- Documentation
 - Gym Cards, Test Cards
- Proper Dieting (Provide Meal Suggestions)

Results (1)



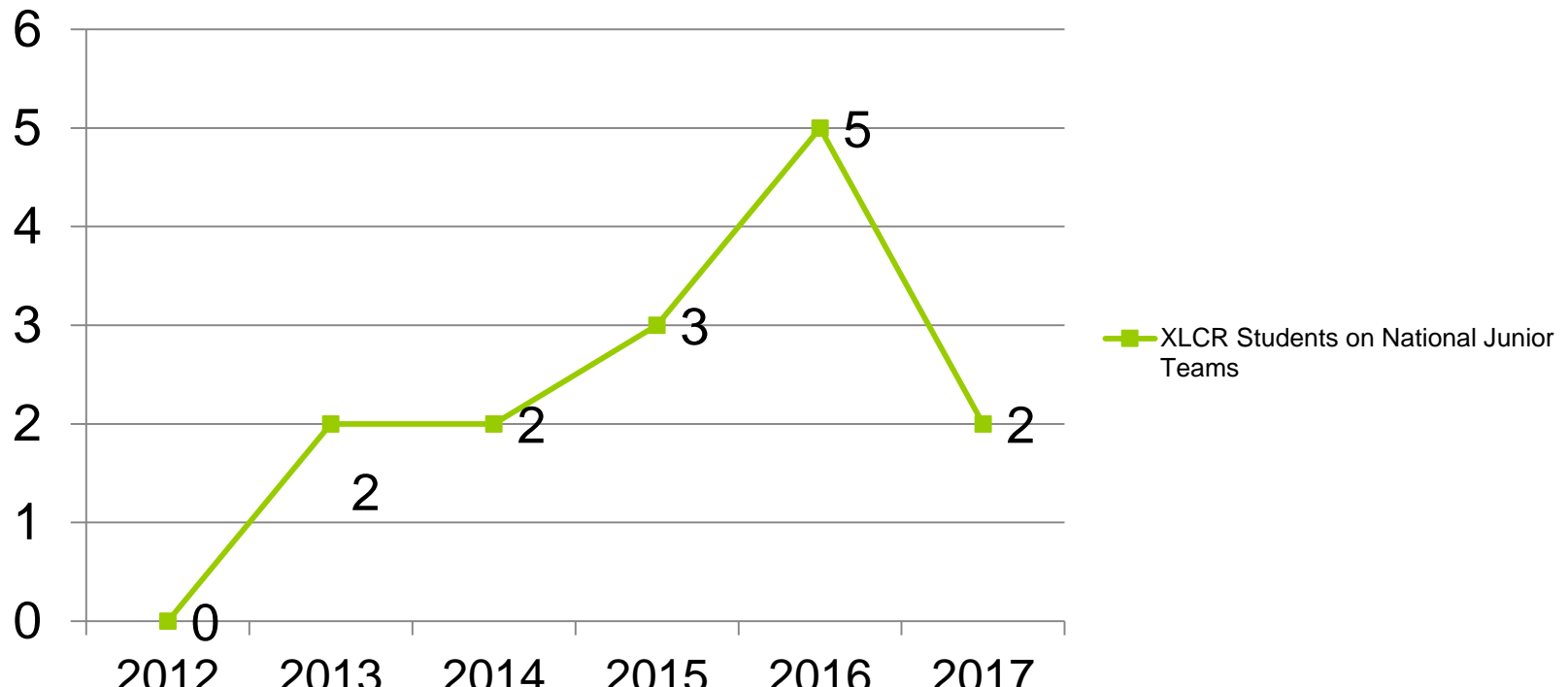
- Increased Participation at Champs
 - 35 in 2012
 - 109 in 2017 (2nd Largest Contingent at Champs)



Results (2)

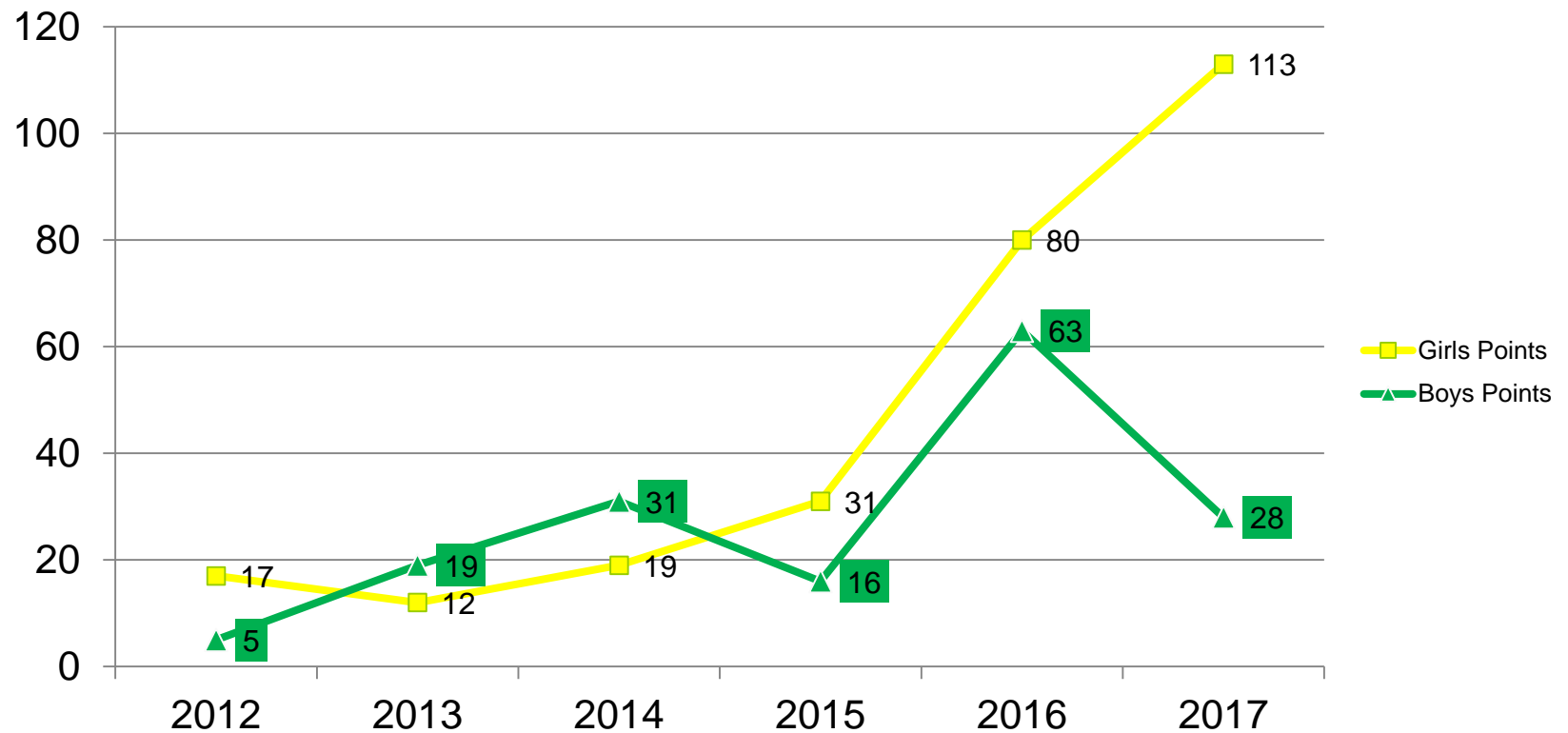
- In 2016 we had 5 National Junior Reps on Carifta Team to Grenada

XLCR Students on National Junior Teams



Results (3)

● Points Score at Champs



Lessons Learnt

- A Successful Junior Track and Field Program must have the following components:
 - 1. **Produce** – Athletes should be made better
 - 2. **Protect** – Athletes should be protected even from themselves
 - 3. **Promote** – Athletes should move on to the next level with an interest in participating

Questions

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