



Excellence in Sport

# The Canterbury Institute of Sport

at The Canterbury Academy

## Athletics Academy

*"The support and professionalism  
of these programmes is outstanding.  
I can recommend them".*

Jack Green



For more info email Jesse Sazant - Head of Elite Academies  
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Working in partnership with  Simon Langton Boys to provide a  
grammar school band in a comprehensive school

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# The Canterbury Institute of Sport Athletics Academy



## Programme Overview

The Athletics Academy has been running in Canterbury for 12 years. It has worked with young athletes who have won county honours, gained national rankings, achieved international recognition and competed at the Olympics.

The academy recruits athletes who are high achievers and supports them with a personalised programme to suit their ability and chosen discipline.

The academy programme is based around a macro/meso/micro cycle programme focusing on general fitness and building strength in the early part of the year and tapering training to full competition season in the summer. A typical week's training comprises: 5 training sessions, track/hill/grass runs, gym, circuits/core stability, mobility/flexibility, balance, technical and video analysis. Some athletes work on a double competition season, whilst others use a single.

The academy has an outstanding £4 million sports centre and gym facility providing top class equipment to support development, including an innovative and personalised strength and conditioning programme.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme and this is combined with academic study.

Academy coaching staff are NGB qualified and are recognised as leading coaches in their field. Lead Coach, June Plews, coach for development and performance, has over 15 years experience in working with athletes to international level and to top ten world rankings. June coaches a variety of disciplines, with a speciality in sprinting and hurdling.

Other development and performance coaches include: Darren Hatton, an ex Great Britain decathlete, James Bridge, an ex-sprinter and qualified sports masseuse and Pat Hanyis, all of whom have detailed knowledge of the sport and in the development and support of young people.

Student successes include Jack Green who represented GB in the 2012 Olympics in 400m hurdles in addition to attaining Euro Junior and World Junior Champion; Ryan Dynham, GB 400m hurdler; Montell Douglas, GB sprinter; Gary Carr, Scottish international sprinter.

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