

**Program Philosophy & Outcomes**

*09/25 – 07/26*

*Our track program is built around the belief that every athlete deserves a responsible coach who prioritizes their long-term development, both physically and mentally.* We focus on individualized programming, technical development, and fostering a strong, supportive training environment.

Our outcome goals are simple:
a) Help athletes reach their personal potential in speed, power, and performance
b) Develop confident, disciplined competitors who understand the technical and mental side of sport
c) Support student-athletes in balancing sport, academics, and well-being
d) Build a culture of accountability, respect, and continuous improvement

We communicate this consistently in training sessions, team meetings, and parent interactions so everyone — athletes, coaches, and families — understands the purpose behind our process.

Any questions, please reach out to Club President, Joe McDonough via email (lakehead.running@gmail.com) or 807-620-5248. Note, due to the large volumes of emails during the seasons, anticipate 1-3 days response times.

Regards,

Lakehead Track & Field Coaching Staff