



## **The National Gas Company of Trinidad and Tobago Limited Media Release**

### **Podium Potential to Podium Reality using Technology**

**May 26<sup>th</sup> 2020**

The NGC NAAA Youth Elite Programme (YEP), launched in 2017, is intended to facilitate the holistic development of young track and field athletes between the ages of 14 and 20, who have been identified as those with 'podium-potential' by 2024. These athletes were identified on the basis of their performance in local, regional and international games in 2016.

Due to COVID-19 restrictions and current social distancing measures, these athletes are unable to train in their usual manner, which can impair their ability to perform at future events. As such, an innovative way to continue their arduous training was proposed by Michael Johnson Performance (MJP), an international sports science institute led by multiple Olympic gold medalist Michael Johnson, that is a supporting partner to the NGC NAAA YEP. NGC NAAA YEP has started using technology to ensure that they do not lose momentum and continue with their training regimen. BridgeAthletic offers world-class software geared towards coaches and personal trainers to deliver custom training programmes and track athlete performance. A portion of the platform is also available to athletes to gain access via any smart device such as a phone, tablet, or laptop.

The NGC NAAA YEP athletes have embraced the use of this software which builds high-performance training tools for coaches and athletes who compete at the highest levels. The integrated BridgeAthletic software leverages the power of technology to revolutionise the way coaches create, deliver, and track athlete progress. With customised training programmes at their fingertips, athletes can continue to focus on their development. So far, the NGC NAAA YEP athletes have been involved in the following webinars to facilitate the transition to the new platform:

30th March 2020: MJP, Bridge Athletics—About the App and How to Use it

7th April 2020: MJP, Bridge Athletics—How to Navigate the App

27<sup>th</sup> April to 1st May 2020: Coaches Webinars (CCCP)

30th April 2020: Coaches Webinar

This pandemic has forced everyone to think out of the box and find alternatives to sustaining business, entertainment, communication as well as sports. The success with use of the software has prompted the NGC NAAA YEP to consider integrating this tool into the programme going forward. NGC's commitment to developing the next generation of high performing athletes with the NGC NAAA YEP has not waned despite the challenges posed by COVID-19. The pandemic has however made technological innovation even more important if the current programme momentum is to be maintained.

#### **For more information:**

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