PARTNERSHIP OVERVIEW

RAIDER ATHLETIC DEVELOPMENT PATHWAY

A progressive, age-appropriate dryland strength & conditioning framework for Raiders athletes from U8 through U18.

U8-U9	U10-U11	U12-U13	U14-U15	U16-U18
MOVE	LEARN	BUILD	DEVELOP	PERFORM

BACK ON TRACK STRENGTH & CONDITIONING CENTRE

6 Antares Drive, Ottawa, Ontario

Private training environment • Small-group coaching • Fully equipped performance facility • Integrated physiotherapy expertise

Develop better athletes. Build more resilient hockey players.

PARTNERSHIP PHILOSOPHY

A development system, not a collection of workouts.

Our role is to provide the right training emphasis at the right stage of an athlete's development - while keeping programming responsive to the individual and the demands of the hockey season.

PRIVATE PERFORMANCE ENVIRONMENT

Raiders athletes train in a dedicated private centre without unrelated gym members or clients competing for space, equipment or coaching attention.

AGE-APPROPRIATE DEVELOPMENT

Training priorities evolve with the athlete. Younger players build movement literacy and confidence; older athletes progressively develop the physical qualities required for higher-level hockey.

COACH-LED SMALL GROUPS

Small-group delivery creates energy and team culture while still allowing coaches to observe movement quality, provide feedback and modify activities when appropriate.

PHYSIOTHERAPY + PERFORMANCE

Back on Track brings strength & conditioning and physiotherapy expertise under one organization, supporting a connected approach to athlete health, resilience and performance.

OUR PROGRAMMING PRINCIPLE

The objective is not simply to make players tired. Training is purposeful, progressive and developmentally appropriate - with exercise selection, loading, progression and conditioning managed by Back on Track's coaching team.

U8 - U18 PATHWAY

One philosophy. Different priorities at every stage.

The pathway communicates what we are developing without prescribing a one-size-fits-all workout.

U8-U9	MOVE **Athletic Foundations**	Movement literacy • coordination • balance • body control • agility • confidence • enjoyment
U10-U11	LEARN **Movement + Speed**	Movement quality • acceleration concepts • deceleration • change of direction • foundational strength
U12-U13	BUILD **Strength Foundations**	Strength fundamentals • unilateral control • jumping and landing • speed development • work capacity
U14-U15	DEVELOP **Performance Development**	Progressive strength • explosive power • speed • agility • physical resilience • conditioning
U16-U18	PERFORM **High Performance**	Advanced strength and power • acceleration • repeated-effort capacity • individualized performance development

Development is competency-led, not simply age-led. Within each division, athletes may differ substantially in physical maturity, training history and movement skill. Back on Track coaches scale challenge and progression accordingly.

TRAINING EMPHASIS

How the focus changes as Raiders athletes develop.

The proposal describes training domains and outcomes while the detailed programming methodology remains within Back on Track.

U8-U9 | ATHLETIC FOUNDATIONS

Create positive early experiences with athletic training. Emphasis is placed on movement exploration, coordination, balance, body control, agility, reaction, jumping and landing, and introductory strength concepts.

U10-U11 | LEARN TO TRAIN

Introduce greater structure while continuing to prioritize movement quality. Athletes develop acceleration and deceleration concepts, change-of-direction ability, foundational resistance-training patterns and trunk control.

U12-U13 | BUILD THE FOUNDATION

Progress toward more deliberate strength and athletic development. Focus expands to foundational resistance training, unilateral control, speed, jumping and landing competency, and work capacity.

U14-U15 | DEVELOP PERFORMANCE

Increase the emphasis on progressive strength, power, sprint qualities, agility and physical resilience. Conditioning becomes more closely aligned with intermittent high-intensity sport demands.

U16-U18 | PREPARE TO PERFORM

Provide a high-performance environment with greater individualization. Training emphasizes advanced strength and power qualities, speed, repeated-effort capacity, robust movement and preparation for higher-level competition.

PROGRAM DELIVERY

A premium small-group performance environment.

The value of the partnership is not only what is trained, but how the experience is delivered.

DEDICATED PRIVATE SETTING

A focused team environment without unrelated public traffic during training.

PURPOSEFUL COACHING

Sessions are actively coached rather than merely supervised, with instruction and appropriate modification.

FLEXIBLE USE OF EQUIPMENT

A fully equipped gym plus rowers, bikes and treadmills supports a broad range of performance objectives.

PROGRESSIVE PROGRAMMING

Training evolves across the season and across years. Back on Track manages the progression details internally.

INTEGRATED CLINICAL PERSPECTIVE

The broader physiotherapy environment provides an important point of connection when pain, injury or return-to-sport considerations arise.

TEAM CULTURE + INDIVIDUAL ATTENTION

Small groups allow athletes to train alongside teammates while retaining meaningful coaching attention.

Back on Track manages the methodology. The Raiders receive a clear developmental framework and professional delivery; detailed exercise selection, sequencing, progression criteria, loading and conditioning prescriptions remain part of Back on Track's internal coaching system.

THE BACK ON TRACK ADVANTAGE

A performance partner built around the athlete.

- **PRIVATE PERFORMANCE CENTRE**

  A focused environment reserved for the athletes being coached.

- **PROGRESSIVE U8-U18 PATHWAY**

  A consistent development philosophy that grows with the player.

- **PROFESSIONAL SMALL-GROUP COACHING**

  High engagement with meaningful feedback and scalable challenge.

- **PHYSIOTHERAPY INTEGRATION**

  A unique connection between performance development, injury expertise and return to sport.

- **PROTECTED METHODOLOGY**

  Raiders receive the benefits of a structured system while Back on Track manages the detailed programming and progression.

PROPOSED PARTNERSHIP

Back on Track Physiotherapy & Health Centres
Strength & Conditioning Centre - 6 Antares Drive

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