

# FMG PROJECT ***PROGRAMME REPORT***



*Supporting and empowering  
young people through fitness*



[www.fmgproject.co.uk](http://www.fmgproject.co.uk)





Welcome Message	1
Cohort 3FB at a Glance	2
Barriers to Sport/Exercise	3
Attendance Rates	4
Retention Rates	5
Athlete Potential Indicators	6
Fitness Testing	7
Athlete and Parent Feedback	8
Our Young People	9

---

# TABLE OF ***CONTENTS***





# WELCOME *MESSAGE*



**Sam Crocker-Green**  
FMG Project Manager

---

Thank you for your continued support of the FMG Project charity. FMG Project runs free gym-based coaching programmes for local young people to help empower and equip them for their futures. We primarily work with young people who are facing barriers to participation in sport and exercise, such as, ill or poor mental health, learning difficulties or disabilities, coming from a low-income family, having a criminal record, disengaging with mainstream education and more.





# COHORT 3FB

## ***AT A GLANCE***

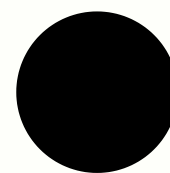
This report is designed to provide insight into the most recent Foundation Programme run by FMG Project. The Foundation Programme and its content was designed and created by FMG Project, in order to support and empower young people through fitness. This was the third programme of its kind that we have completed.

- **80%** had at least one major barrier to participation in sport or exercise
- **88%** were not a member of a non-school sports club or gym
- **67.5%** attendance
- **88%** retention rate
- **+2.7/10** average improvement in Athlete Performance Indicators
- **8.7%** increase in fitness test scores
- **100%** of athletes and their parents who responded to our feedback form felt that their confidence, resilience and motivation had all improved as a result of the programme.





# BARRIERS ***TO SPORT/EXERCISE***



**7 out of the 8 athletes (88%)** had at least one major barrier to participation in sport and exercise, and just **one of the group was part of a sports club or gym outside of school**. We are hoping to increase this number by connecting them with local sports clubs and gyms in order to support their long-term development.

We aim to enrol over 80% of each cohort having at least one barrier to participation in sport or exercise, as these are often the most vulnerable young people and the ones that need our support the most. We managed to achieve this for cohort 3FB.

The main barriers that we consider are:

- Free school meals
- Parents/guardians claim benefits
- Council/supported housing
- Criminal Record
- Live/lived in care
- Have caring responsibilities
- Diagnosed mental health condition
- Learning difficulties
- Disability
- Persistent non-attendance/engagement in academia



# ATTENDANCE *RATES*

For the 7 athletes who completed the programme, the **average attendance was 67.5%**. Ideally, we would like this to be over 80%, however, with a larger group, this is always harder to achieve. The main reason for this was that we had a couple of young athletes attending less towards the end of the programme due to summer commitments. We also had one young person with a particularly chaotic home life, which made his attendance throughout the programme very sporadic.





# RETENTION *RATES*

Overall, we started with 8 athletes on the programme and only had 1 drop out. This is a fairly positive result as one of the young athletes who dropped out only came to week 1 and had other commitments and the second athlete finished school and had summer commitments. However, we have invited them back to our next programme. We included weekly 1-1 coaching sessions with the coaches, which may have helped this overall statistic.

Therefore, we had an **88% retention rate** for this cohort. Ideally, we want to keep this above 90%, so we were extremely close to our target.

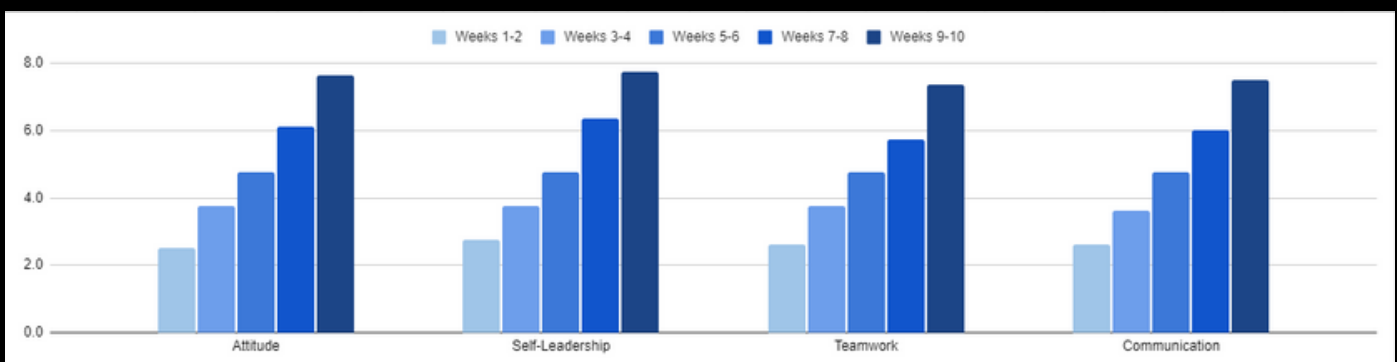




# ATHLETE *POTENTIAL INDICATORS*

Over the course of the programme, we mark our athletes out of 10 after each session in the following key areas: **Attitude**, **Teamwork**, **Self-Leadership** and **Communication**. This shows how they have improved outside of the gym and become more ready to be part of a sports team, or succeed more generally in life, in the future.

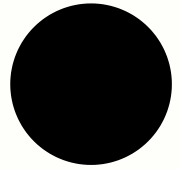
This group **increased, on average, from 2.9 out of 10 to 5.6 out of 10 in their final week**, showing a significant improvement in these areas, particularly their communication and self-leadership. We also noted from their feedback forms that both the athletes and their parents felt that their confidence, resilience and motivation have also greatly improved as a result of taking part in the programme.







# FITNESS *TESTING*



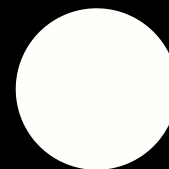
Our athletes completed fitness testing at the start and end of the programme to track their progress and improvement in the following key areas: strength, endurance, flexibility, power and muscular endurance.

On average, this cohort of athletes **improved their fitness testing scores by 8.7%**. This score could have been higher, however, if more of the young people had attended the sessions within which we completed the fitness tests, as a few of the young people missed some parts of this. This was still an amazing achievement and shows the validity of the programme for improving different aspects of fitness in just 10 weeks.





# ATHLETE AND ***PARENT FEEDBACK***



This section provides a bit of feedback from both the athletes that took part and their parents so that you can better see and understand the impact that it has had on their lives.

**"We are so grateful- this was a hugely positive experience- you are wonderful!"**

**"Thank you all so much for being so patient and building trust with the kids. So important. It's all a credit to you guys."**

**"You have been so positive and kind and it's had a huge effect in \*Sophie, her life has improved from being with you. Thankyou."**

**"My child had been having Physio's sessions at the local hospital which felt medical and isolating for her- she felt different to other kids. The hospital referred her to FMG as an alternative and at FMG she felt curious and interested and excited about being part of a group, it sparked joy and enthusiasm in her. She made friendships and had fun. Working in a small group of peers was enriching for her, and the excellent leadership kept the group positive and fun."**



# OUR *YOUNG PEOPLE*



\*Lily was diagnosed with PANDAS and POTs, and later PPPD, and it was acknowledged her condition was real and physical; she experienced constant vertigo because of her conditions. She was referred to FMG by her team at the Children's hospital and it has brought a huge amount of joy and a renewed enthusiasm into her life. She had become very shy since being ill but has found it much easier to make new friends when working out together / with the FMG instructors there to break the ice with others. From week 1 to week 10 we have seen a massive improvement in \*Lily's confidence and she has made friends with people she had never met before. Her resilience was one key thing that stood out to us, we wanted to create a space she felt comfortable and safe to push herself in, and she definitely did that!



# OUR *YOUNG PEOPLE*



\*Jack suffered a total blow to his confidence with the breakdown of secondary school and home-schooling during COVID. From the 10 week programme, he wanted to improve his confidence, meet like-minded people and enjoy going to the gym. We saw his self leadership improve massively as well as his teamwork and believe that \*Jack would be a great candidate to progress to our Academy Programme when the time is right.

\*Holly has autism and struggles to engage at school, focus for a long period of time and be paired up with/work with people she hasn't met before. From the 10 week programme, \*Holly worked with different people, learned new skills and had 100% attendance- something that her parents say is close to a miracle!



# OUR *YOUNG PEOPLE*



\*Kayden has dyslexia and finds school difficult and is often excluded.

\*Kayden was referred to Seaside View for assessment for for Developmental Condition Disorder. He also struggles socially and was particularly anxious during our initial taster sessions, refusing to complete some of the exercises and saying that he was unable to run. By the end of the programme, \*Kayden was able to take part in everything that was asked of him, as well as complete our sprint test- he can definitely run now!



\*Kayden's friend \*Josh also took part in our programme, albeit very sporadically. It was clear through talking to \*Josh that his home life was very chaotic and he missed a number of sessions because of this, as well as struggles with his mental health. Although he did not attend every session, it was great to see \*Josh's enthusiasm for the gym and we have since had him back to our open gym sessions- the young people gain free access to these once the programme is over.



# OUR *YOUNG PEOPLE*



\*Sophie joined the programme to improve her confidence, self-leadership and responsibility. Through our weekly 121s, we set personal challenges/goals for each young person to complete.

\*Sophie didn't speak to many people during the first couple of sessions and this was something she wanted to work on straight away. With support and encouragement from the coaches, \*Sophie made new friends, turned up to every session early and made big improvements in her communication and confidence.

\*Jordan had previously worked with us on one of our Summer Camps, so we invited him back to attend the Foundation Programme. He receives free school meals and lives in council housing with his parents. We knew that he had a positive attitude, but when exposed to a new group of young people, he initially found it difficult to initiate conversation and connect with others. \*Jordan has grown in confidence and managed to work well with a number of the group during the final few sessions of the programme.

