



VARSITY TRACK & FIELD

PROGRAM OVERVIEW | 2026-2027

STRIVING FOR GREATNESS

WELCOME TO YOUR BEST
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THE ST. JAMES PERFORMANCE ACADEMY Track & Field is designed to develop athletes through advanced training, competition exposure, and comprehensive performance support. Key features include elite training facilities, high-level competition environments, specialized strength and conditioning tailored to track and field athletes, and customized wellness and nutrition support.





BEST-IN-CLASS COLLEGE-PREPARATORY ENVIRONMENT

The St. James Performance Academy Track & Field program mirrors a collegiate atmosphere, with a robust and holistic blended learning experience that helps prepare each student for success at the next level of their track and field athletic pathway.

Each Academy Scholar-Athlete is expected to maintain a 3.0 grade-point average throughout the school year and perform community service hours towards Academy graduation requirements. Success factors include, but are not limited to, self-sufficiency, academic success, personal responsibility and ownership, mental and physical toughness, and a holistic mindset towards measurable personal and athletic development.

The St. James Performance Academy provides each member of the Track & Field program with unparalleled access to expert coaches and trainers that are focused on more than their on-field performance, including crucial areas such as mental health, strength & conditioning, nutrition, sports medicine, and athletic recovery services.



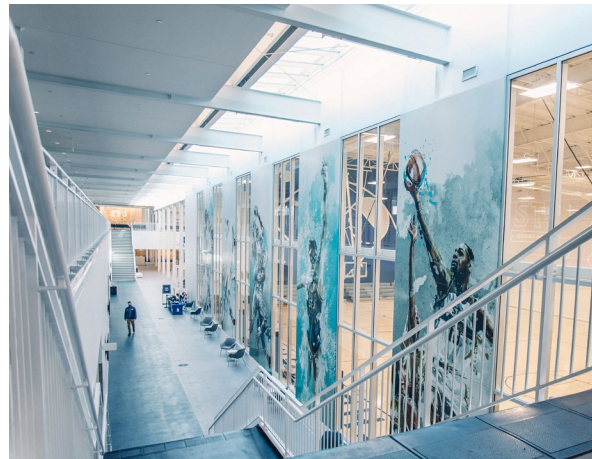
Our High-Performance Development team plays an integral role in the overall development of each student athlete. They integrate into the program's larger support system, ensuring that each student-athlete feels confident and prepared off the track, so they understand what it takes to succeed in college and in life.



OUR HOUSE

At 450,000 square feet, The St. James Flagship offers unparalleled access to best-in-class athletic facilities and training. Simply put, there's no better place to play.

A 110,000 square foot field house containing a FIFA-regulation turf field, Four NBA regulation hardwood courts, eight WSF regulation Squash courts, two NHL-regulation ice rinks, a 50-meter Olympic-size pool, and so much more. Our Performance Club is an elite wellness center modeled after the top professional and collegiate athletic training facilities. State-of-the-art equipment, athletic turf, heavy weight stations, and recovery amenities create an optimal environment for athletes to reach their best.



TRAINING SCHEDULE

August

- › Orientation
- › Training camp (3-week evaluation period for all players)
- › Strength and conditioning, functional movement, and mobility training
- › Performance & USATF style Combine testing.
- › NCAA eligibility center registration
- › SAT/ACT sign-ups
- › Senior/Post Grad recruitment meetings
- › Open practices for college coaches, USATF, and professional scouts

September–October

- › September-October
- › Team practices with tactical & skill development with 2-3 small group workouts per week
- › Individual development plans are distributed to players and parents.
- › College placement meetings*
- › College application process continues/Common App finalized*

November–February

- › Winter season competitions and showcase events begin.
- › Underclassmen recruitment planning
- › Continued college placement meetings*
- › Narrowing college choices/list*
- › Individual development plans

March–April

- › Spring season begins; Teams will travel to National/Regional events.
- › Emphasis on specialized strength and conditioning for track & field athletes
- › Individualized skill development training
- › Finalize college selections and enrollment paperwork*

May–July

- › Final player evaluations
- › Summer training plan distributed
- › End of year recognition banquet
- › Underclassmen official visits
- › Strength training emphasizing hypertrophy-based principles
- › Recommendations for summer showcases and development opportunities
- › Focus on off-season improvement goals and injury prevention

* Applies to Seniors and Post Grads only



TEAMS

With multiple teams within the program, The St. James Performance Academy Track & Field program provides the nation's most effective training environment for student-athletes regardless of age or skill level.

WHITE TEAM

The St. James Performance Academy's White Team competes against some of the nation's top programs while earning unparalleled exposure during showcases and national-televised events and meets. Student-athletes within this team aspire to compete for top D1 programs or at the USATF and professional levels. Training consists of intensive workouts and team development that mirrors that of an elite collegiate program.

BLUE TEAM

The St James Performance Academy Blue Team accommodates student-athletes at various levels of their developmental pathway. Members of the Blue Team compete against regional and national programs and also take on a challenging seasonal schedule. Student-athletes have an opportunity to gain collegiate exposure during meets and tournaments in the winter and spring seasons.

GRAY TEAM

The St. James Performance Academy's Gray Team provides student-athletes with the chance to develop and prepare for their progression towards the Blue and White teams. Middle school student-athletes will be exposed to high-level skill development and training that build a foundation for incremental growth.





COACHING STAFF

MAURICE "MOE" HUTTON
Head Coach & Director of Track & Field

As the former Head Coach at South County High School (Lorton, VA), Hutton led his teams to VHSL State Championships in 2022 and 2023, with runner-up finishes in 2021 and 2024. His athletes have won 12 VHSL individual state titles and 31 individual state championships. Nationally, his coaching has produced 12 USATF National Champions, 13 NSAF Nike National Titles, and 63 NSAF Nike All-Americans. Hutton's coaching philosophy emphasizes a comprehensive approach, balancing technical skill development with mental preparation, leadership, and academic success.

He holds the USATF Sprints Hurdles Emerging Elite certification and was recognized as the 2023 Nike Coach of the Year. His leadership has helped facilitate over 50 NCAA Division I placements, with athletes now competing at 22 Division I institutions nationwide.

DANIELLE GRAY
Head Coach, Cross Country & Assistant Coach, Track & Field

Danielle Gray serves as Head Coach of Cross Country at The St. James Performance Academy, bringing extensive collegiate coaching experience and a strong record of athlete development. She works alongside Director of Track & Field Maurice Hutton to build a competitive, high-performance distance program focused on long-term success.

Gray previously coached at Virginia Military Institute (VMI) and Stevenson University, where she guided athletes to NCAA qualifiers, conference championships, All-Region honors, and multiple school records. Known for her recruiting expertise and athlete-centered approach, Gray continues to develop championship-level runners both on and off the course.

COREY HODNETT JR.
Assistant Coach

JULIAN BELLAMY
Assistant Coach

JUSTIN JONES
Assistant Coach

AALIYAH PYATT
Assistant Coach



MATEUS MANOEL
Director of High Performance

Mateus leads The St. James High Performance department by working closely with a team of coaches that deliver a refined, holistic, data-driven approach to clients of various ages and abilities to develop their athleticism, optimize sports performance, and mitigate sports injuries.

With over a decade leading successful professional sports programs, Mateus held senior staff positions in MLS franchises such as Sporting Kansas City, Inter Miami CF, and DC United and was the High-Performance Coach with the US Men's National Team at the FIFA World Cup in South Africa. His expertise transcends the pitch, as he's experienced with NBA, NFL, MLB, and NHL athletes at the world-renowned EXOS training center.

