



ATHLETE DEVELOPMENT & TRAINING HUB

JESSICA BYERS

“Going forward is to develop, not just athletes, but to develop people.”

- Brandnew Athlete Transformation Program, Jamie Pitblado (Byers, 2023)

This thesis explores how evidence-based interior design can benefit the professional and personal growth of competitive athletes, of all sports, aged 17 to 25. The proposed Athlete Development and Training Hub at 21 Ossington Avenue, Toronto, will serve as a 'home base' for athletes to meet, work, and access resources between sports commitments. It will include amenities such as game broadcast viewing, a media studio, physical and mental health spaces, communal kitchen, and more. This project should be treated as a guide for future institutions, teams, and organizations who look to improve or expand on their current business model and facilities to answer the question of how they can better support their athletes. Data was collected through interviews with athletic therapists, sport institution directors, athlete career development coordinators, sport and media experts, through an athlete survey and case studies.

“It will not only relieve stress, but some of these spaces will enhance my performance as an athlete that I would've never known I needed.” - Ontario Athlete Survey Response (Byers, 2023)



COMMUNITY

- 1 - Main Entry
- 2 - Event/Lounge Atrium
- 9 - Pool Table Lounge
- 10 - Sports Retail Store
- 11 - 'Bleachers'
- 20 - Kitchen & Cafeteria Seating

HEALTH & WELLNESS

- 3 - Fitness Gym & Movement Studio
- 4 - Athletic Therapy Clinic
- 5 - Health & Wellness Reception
- 6 - Private Treatment Rooms & Mental Health Spaces
- 7 - Hydrotherapy / Ice Baths
- 8 - Changerooms, Showers, Washrooms
- 15 - Multi-Sensory Room
- 16 - Nap / Retreat Room

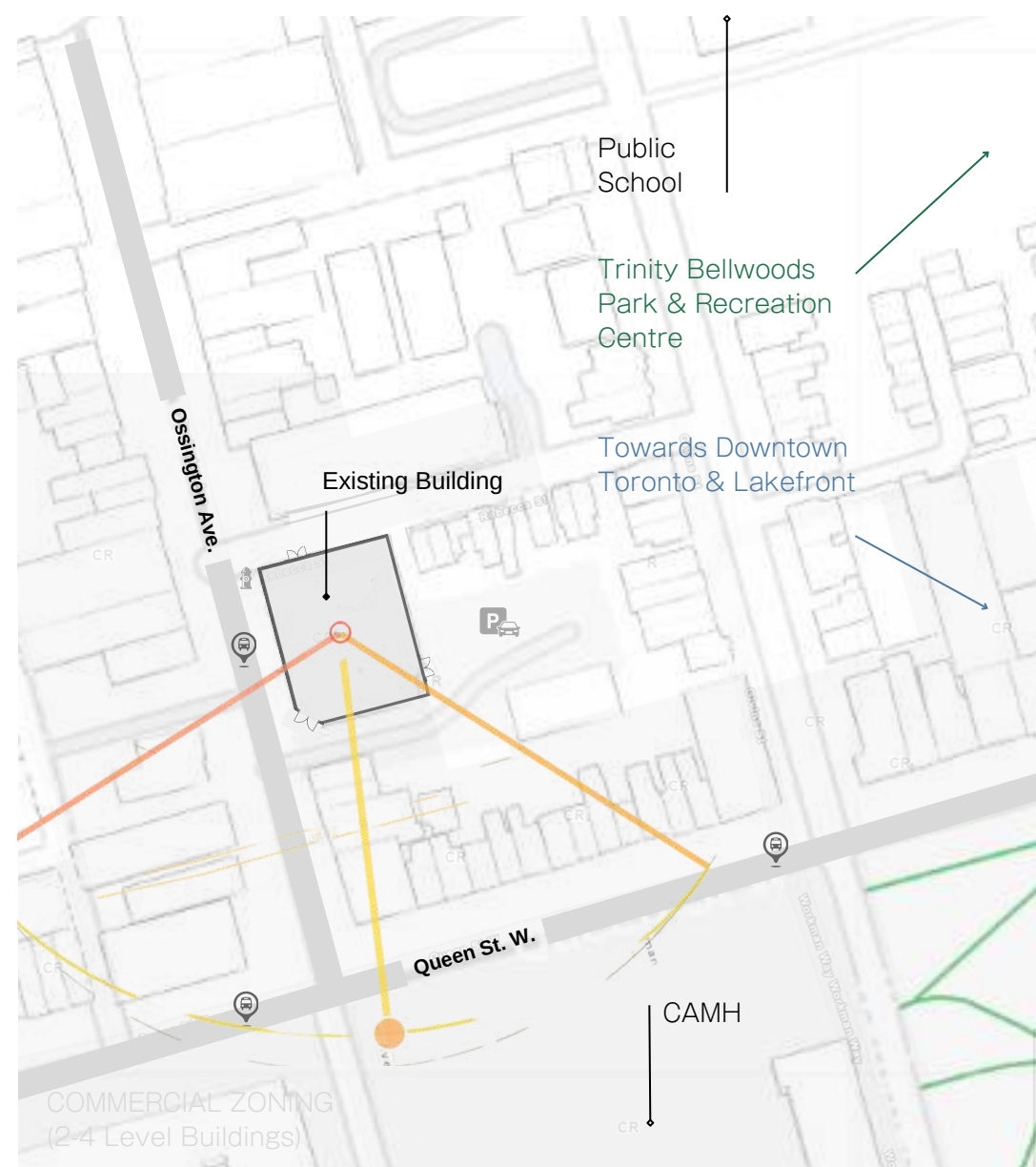
CO-WORKING HUB

- 12 - Open Workstations
- 13 - Meeting Room
- 14 - Academic, Career & Financial Advising Offices

SPORTS MEDIA

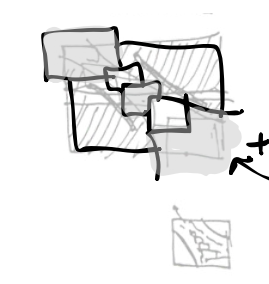
- 17 - Game Broadcasting Room
- 18 - Media Lab & Creation Space
- 19 - Photography Studio

SITE CONTEXT



CONCEPTUAL DEVELOPMENT

LEVERAGE



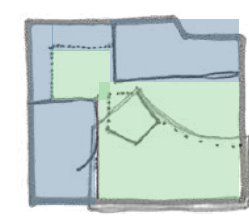
HONE



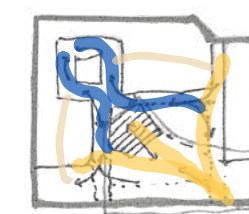
ENVISION



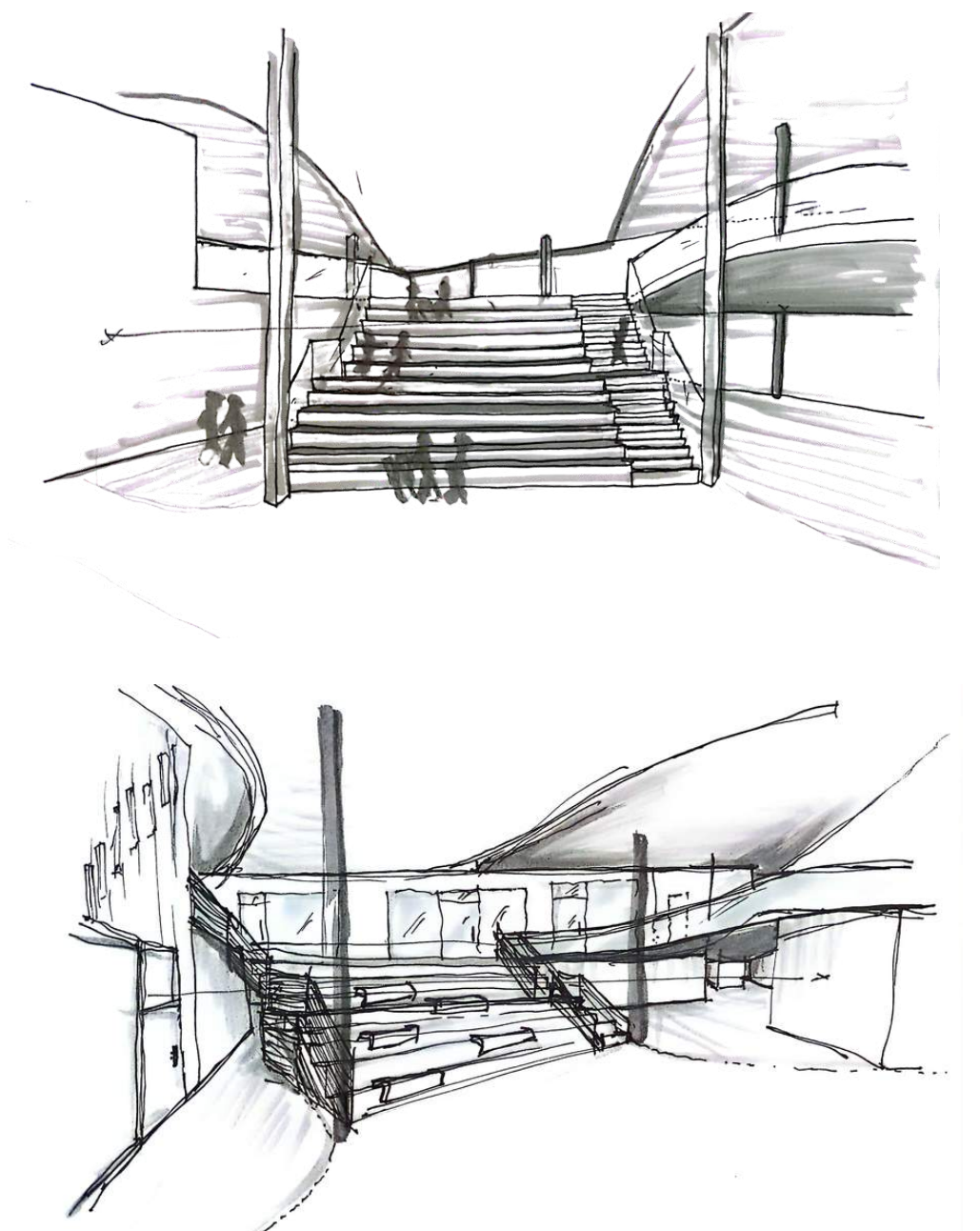
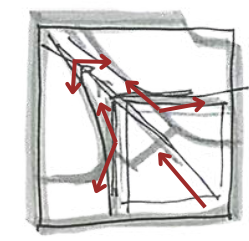
Zoning Diagram



Movement Diagram

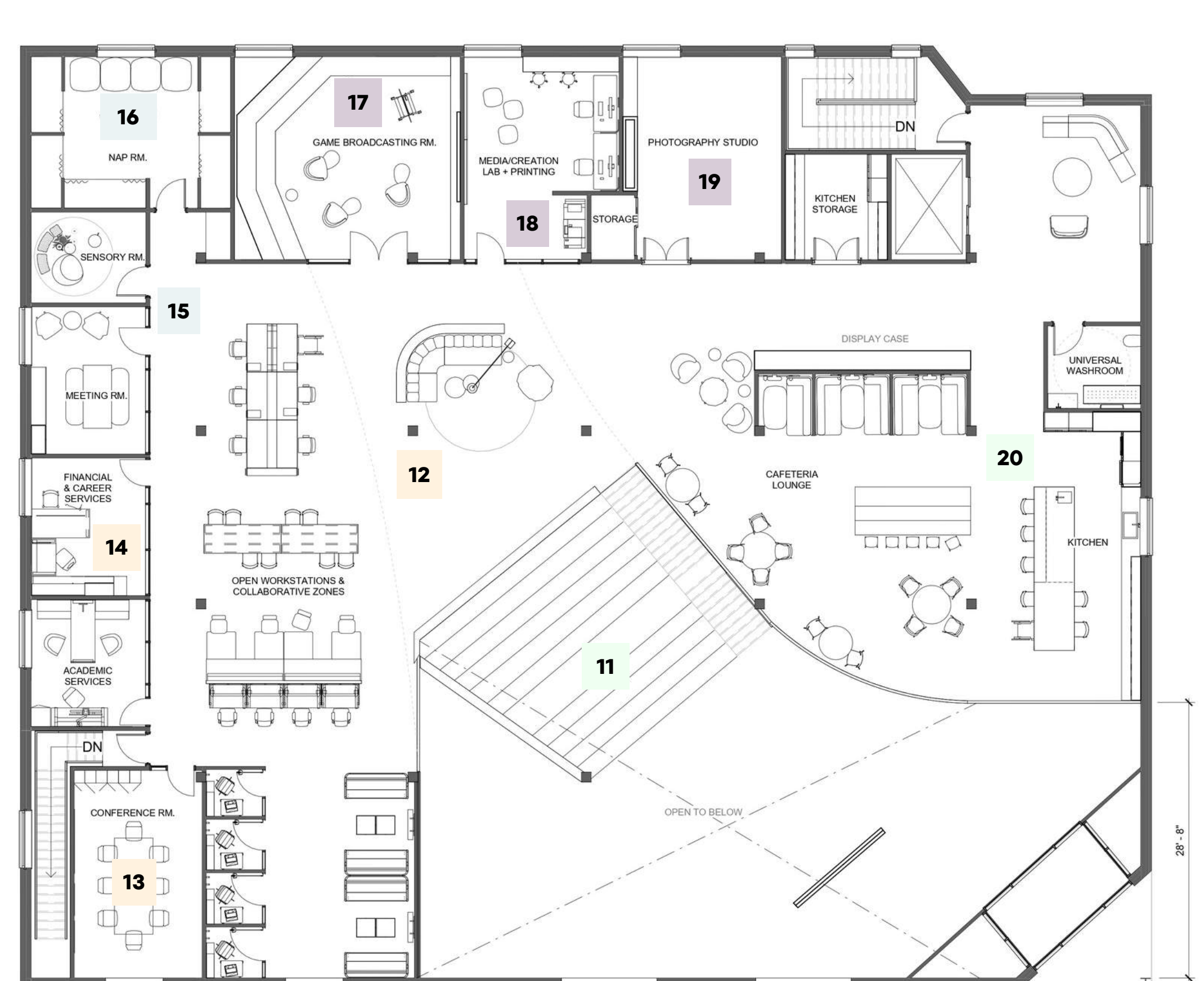


Sightlines Diagram

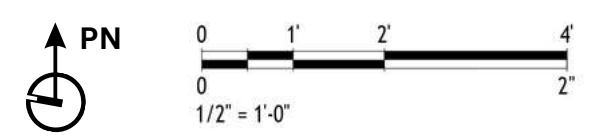


1 Level 1

Ossington Ave.



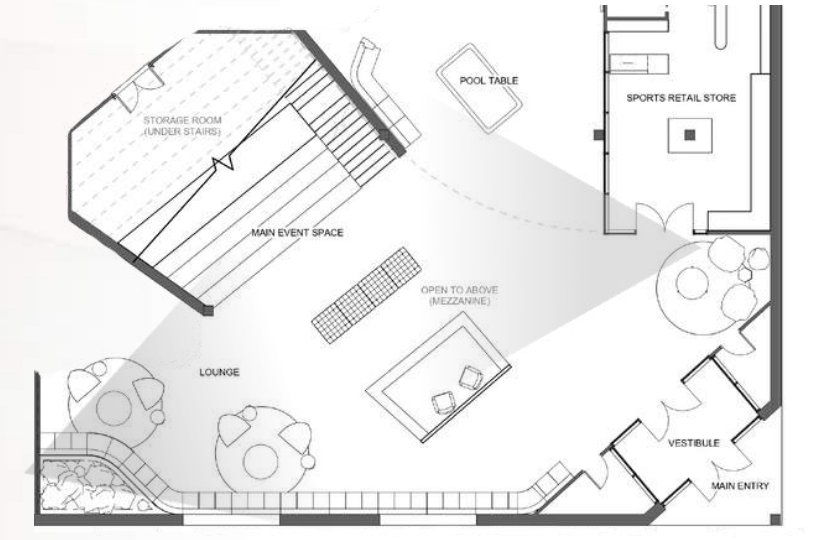
2 Level 2



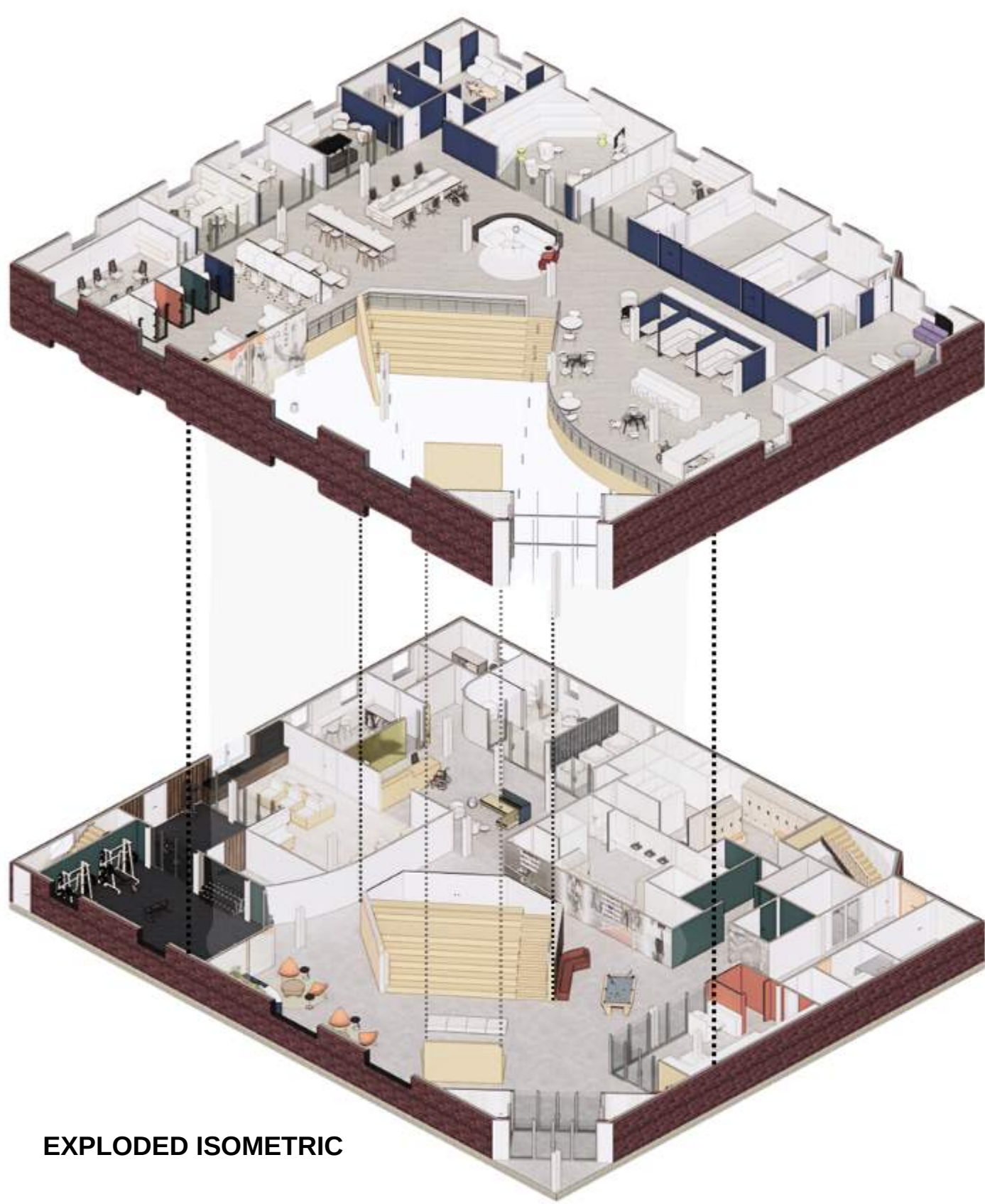
As a competitive curling athlete, this designer focused on addressing the gap in inclusivity and accessibility to accommodate sports and athletes who may lack tailored support systems. This design allows each user to navigate the building in a predictable and personal way. Through a system of connections and layers, creating an upward movement communicates the strength and lifestyles of young athletes. Incorporating holistic interior design strategies such as specific lighting applications, inspiring use of materiality and graphics, and effective wayfinding aims to promote increased awareness of physical, psychological, and interpersonal well-being. The main double-height focal area 'bleachers' were inspired to replicate the joys of gathering to celebrate sports.



VIEW FROM LEVEL 1 ENTRY



FOCAL AREA



EXPLODED ISOMETRIC

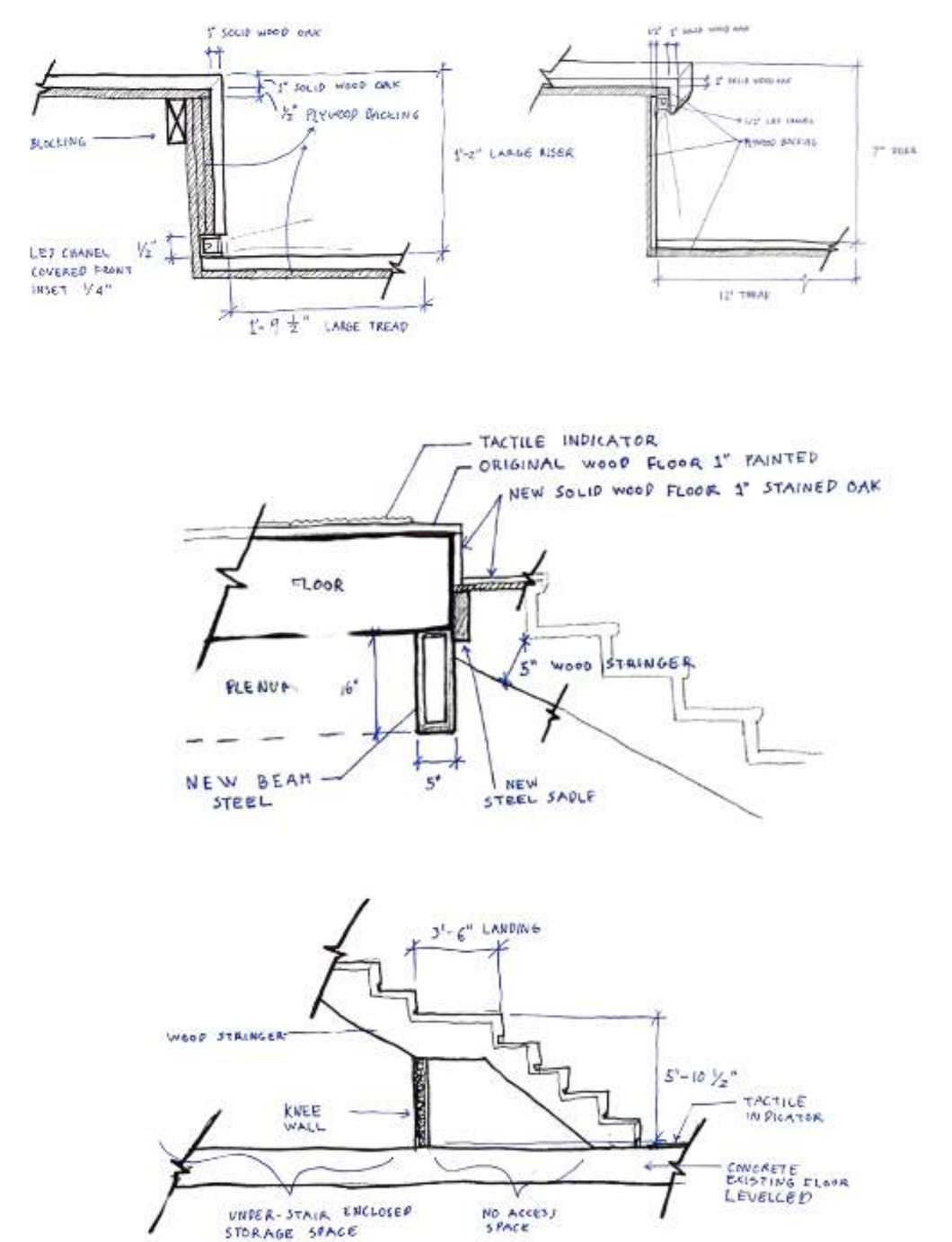


VIEW FROM LEVEL 1 LOUNGE

ATHLETIC THERAPY CLINIC



FITNESS GYM



FEATURE STAIR DETAILS

