

ELITE SPORTS PROGRAM

**JUNIOR
ATHLETE DEVELOPMENT**



**HANDBOOK
YEARS 7 AND 8**

ELITE SPORTS PROGRAM

WELCOME FROM THE PROGRAM LEADER

Mount Ridley P-12 College has a well-earned reputation of involvement in interschool sport and has taken a step forward to develop an exclusive 'Elite' program to further develop the skills and knowledge of our high performing athletes. Our aim is to provide the students in the Elite Sports Program (ESP) with a pathway which leads them to success in their post-secondary College years.

Personal success is a key value to the College, and we believe that academic performance flourishes when students are exposed to and participate in enhancement and enrichment programs. Students involved in the program are expected to be 'Student Athletes', instilling high expectations of academic success to ensure they reach their full potential in their curriculum programs as well as their sport endeavours.

The Elite Sports Program is unique to Mount Ridley P-12 College and the only sports specialist program in the Hume region. This sports specialisation program is based on the following elements; academic focus, qualifications, community leadership, access to elite facilities, elite coaching, and additional competition opportunities.



Helen Casey
Assistant Principal



Hamish Pearce
Director of Specialised Programs



Aaron Neal
Elite Sports Program Leader



ELITE SPORTS PROGRAM

PROGRAM OVERVIEW

The Elite Sports Program has been established to nurture and develop the academic and sporting achievements of our students from Years 7 to 12. The Program aims to further develop each student's physical, and mental capacity as an athlete and a student, building leadership, interpersonal and communication skills. Students in the Elite Sports Program have access to elite training and conditioning allowing for a blend of academic development and practical learning specific to their selected sport.



AIMS OF THE ELITE SPORTS PROGRAM

- To promote a culture of excellence with a focus on academic, personal and sporting development and performance through a range of programs
- To utilise student interest and passion around sport as a vehicle to engage and promote lifelong learning and connectedness to the College
- Assisting students to develop advanced skills, knowledge and an understanding of pathways that foster direct connections with the sport industry beyond the College
- Providing students with exposure of the requirements of an elite junior athlete by replicating the high expectations of a professional environment
- Develop students' skills such as leadership, communication and teamwork together with enhancing their wider knowledge of the various components of the sporting industry

WHO IS THE PROGRAM SUITED TO?

The Elite Sports Program is not appropriate for all students. It is both rewarding and demanding, with high expectations of elite behaviours and academic success.

The Junior Athlete Development program (Years 7 & 8) suits students who:

- might be interested in being part of the Years 9-12 specialised Elite Sports Program (ESP)
- want to be challenged with like-minded athletic students
- demonstrate capability to manage the expectations of a specialised program
- are hardworking and committed to both their training and academic program
- want to be ambassadors for sport at Mount Ridley P-12 College

CHARACTERISTICS OF THE JUNIOR ATHLETE DEVELOPMENT PROGRAM

- The Junior Athlete Development Program will form one mentor class each at Year 7 and Year 8
- Their Health and Physical Education class will be with like-minded ESP students
- Students will undertake an accelerated Physical Education class completing tasks of higher standard
- PE opportunities include; coaching, leadership responsibilities, team management, physical development – functional training
- Students will take part in one afterschool training session which is additional to their regular curriculum program
- Training sessions will require an afterschool commitment for 60 minutes, with a time to be scheduled in to best suit coaches and teachers and will run from 3:30pm-4:30pm
- Students will have additional competition opportunities

JUNIOR ATHLETE DEVELOPMENT PROGRAM

The key focus of the Years 7 and 8 program is athlete development, which comprises of:

- The fundamentals of movement; running, jumping, agility, strength, power, speed, coordination, balance.
- Building a strong robust athlete that will meet the demands of their sport
- Exposing students to a range of sports before specialisation in future years
- Challenging students to the demands of a specialised program
- Exposing students to the requirements of an elite training program

BENEFITS OF THE PROGRAM

- Priority placement in the Years 9-12 Elite Sports Program
- Higher academic expectations
- Enhanced competition opportunities in addition to the College Inter-school Sport program
- Exposure to the ESP resources
- Mentoring and close monitoring
- Opportunities to attend sport related excursions and incursions
- Development of a variety of skills such as leadership, communication and teamwork
- Enhancing knowledge of the various components of the sporting industry
- Community leadership and coaching opportunities

STRENGTH & CONDITIONING

The Strength and Conditioning aspect of the Elite Sports Program is designed to teach and develop the fitness components that are most relevant to our athletes and their specific sport. The fundamental components taught are strength, speed, power, agility, flexibility/mobility and endurance. The Strength and Conditioning aspect of the program also focuses a large proportion of time to prehabilitation, focusing on educating students on injury prevention and recovery. Students complete formalised fitness testing at the beginning of the year and at the end of every term to monitor and assess their individual performance needs and to expose students to aspects of the elite training environment.

CURRICULUM LINK

Year 7 and 8

- ESP Mentor Class
- ESP Health and Physical Education class
- Practical training class – Junior Athlete Development; afterschool training

Students in the Elite Sports Program are placed in the same mentor class in Year 7. Students will utilise Physical Education class time for additional training; strength and conditioning, as well as focus on training aspects of their Individual Development Plan.

YEAR 7 and 8 WEEKLY PROGRAM

SUBJECT	SESSIONS PER WEEK
English	5
Mathematics	5
Health & P.E. (ESP accelerated)	3
Mentor	1
The Arts	2
Humanities	3
Science	2
Technology	2
LOTE	2
ESP after-school training session	1

ELITE SPORTS PROGRAM

REQUIREMENTS OF THE SELECT-ENTRY SPORTS PROGRAM ONCE ACCEPTED

As part of taking on a specialised 'Elite Sport Program' students are expected to demonstrate and take part in a range of activities. Students in the Elite Sports Program should model expected behaviours, advocate for sports within the College as well as assist in building the sport culture at Mount Ridley P-12 College. Listed below is an outline of the expectations:

- Actively represent the Elite Sports Program standards externally and within the College and their effort and behaviour is exemplary
- Students are expected to actively participate in a range of sporting and community events (including but not limited to; Community days and College Swimming and Athletics carnivals).
- Students are expected to participate in a range of interschool sports, with a **minimum representation in 2** or more of the following; summer sport (cricket, volleyball, tennis), Winter Sport (AFL, soccer, rugby league, netball, basketball), athletics, swimming or cross country.
- Students maintain an average GPA of 3.5
- Attendance for school and training sessions must remain above 85%
- Provide a written note to support any absences from training sessions
- Maintain an open line of communication regarding managing College academic requirements, out of school sport, injuries, and other issues that may arise
- Students follow the process of notifying teachers of upcoming events (sporting and other events)

STUDENT PERFORMANCE CONTRACT

Student _____ Year Level: _____

The following is an agreement of conditions that will govern your involvement in the Elite Sports Program and attendance at this College.

I accept, that as a student in the Elite Sports Program at Mount Ridley P-12 College, I will:

- Abide by all College values, policies and rules
- Arrive to Elite Sports Program sessions and College classes on time
- Maintain an overall attendance above 85% in **all** classes including ESP training sessions and community events. If attendance drops below 85% training and playing opportunities can be suspended
- Attend school in full school uniform
- Attend Elite Sports Program sessions in full sports uniform including appropriate running shoes or training boots.
- Ensure that I refrain from behaviours that result in cautions, redemptions and suspensions
- Demonstrate exemplary behaviour at all times as by being a part of the 'Elite Sports Program' the expectations of myself are higher than those not in the program
- Achieve an optimal level of academic achievement; GPA minimum of 3.5
- Take a prescribed amount of time off the specialised program if I fall behind in my studies and deemed to be at 'academic risk' failing 3 or more assessment tasks.

If the performance contract is breached, I understand that my enrolment status within the Elite Sports Program will be reviewed which may result in exclusion of the program. Students will be placed on review if there is any breach of this contract. Students will be required to demonstrate a consistent positive behaviour to re-engage in the ESP program.

We accept all the conditions of this agreement as stated above and understand that these conditions are not placing any unnecessary demands on the student.

STUDENT SIGNATURE:	DATE:
PARENT/GUARDIAN SIGNATURE:	DATE:

REVIEW PROCESS

Review outline:

A more formal review will take place when an ESP student has not met the requirements after early intervention, to determine any additional steps in supporting the student's success in the program. The review will focus upon academic performance, behaviour, engagement with the program, pursuit and refinement of goals and ability to maintain their commitment as stated upon application.

Review occurs when:

A student does not meet the requirements outlined in the performance contract and Consistent Consequences Guidelines for Specialised Programs. This usually takes place after students have been monitored on a goals booklet. A meeting with the ESP program leaders will take place.

Goals will be set in the review meeting to rectify behaviour, level of effort or academic concerns. The student will be monitored by the ESP Program Leaders for a 5 week cycle. A date for follow-up will be established in the review meeting.

Acceptable:

The student follows the requirements set out in the review meeting and achieves the set goals.

The student continues in the program. Feedback is provided to the student to guide future goals.

A student who is still finding it difficult to make improvements to their academic program but evidence of effort and commitment is clear, will take leave from the program until further notice or be monitored on a goals booklet to focus on academic improvement.

Not Acceptable:

The student did not meet the requirements set out in the review meeting.

Exit the program and course counselled into mainstream classes.

Early termination of participation in program:



May occur as a result of any suspensions issued by the College



Will be decided by an ESP Review conference with Senior Leadership of the Elite Sports Program.

ELITE SPORTS PROGRAM

FACILITIES

Mount Ridley P-12 College has a state of the art functional training space known as the Elite Performance Centre (EPC). All students involved in the Elite Sports Program have access to the EPC as part of their structured training program and additional access is available at lunchtime. Mount Ridley P-12 College is in partnership with the Calder Cannons Football club located walking distance from the College; whereby we have access to their training facilities and resources.



Outline of facilities onsite at MRC:

- Elite Performance Centre (EPC)
- Ice bath
- Double court indoor gym
- Astro turf
- Grass oval
- Futsal court

Outline of facilities at Calder Cannons:

- State of the art playing surface
- Weights/conditioning room
- Ice bath
- Projector and classroom facilities

ELITE SPORTS PROGRAM

UNIFORM

As students are part of a Sport Specialisation Program, they are permitted to wear their ESP polo to school on their P.E. days. The training uniform can only be worn during training and competition events. All uniform is optional and not compulsory, however if students do not purchase the training kit, they are required to wear their P.E. uniform during training.

All uniform is available from PSW, the College's uniform supplier.

UNIFORM APPROVED TO BE WORN TO SCHOOL FOR P.E.

POLO



RUGBY JUMPER



TRACKSUIT PANTS



JACKET



UNIFORM TO BE WORN TO TRAINING AND COMPETITION ONLY

TRAINING SHORT



TRAINING SINGLET



TRAINING T-SHIRT



ELITE SPORTS PROGRAM

FINANCIAL COMMITMENT

The Elite Sports Program is a specialised program that will expose the students involved to elite facilities and elite coaching staff throughout the duration of the program. As a result, there is a financial contribution of **\$150** for students who gain a placement in the Year 7 and Year 8 Junior Athlete Development Program (ESP) in 2021. Please note that if you fail to make the required payment by the due date, your child will be withdrawn from the program.

The Elite Sports Program Uniform is an additional cost to the program levy.

Payment options

CSEF	CENTRE PAY	BPAY
<ul style="list-style-type: none"> Families that hold a Health Care Card may be eligible for CSEF (Camps, Sports and Excursion fund) \$225 per year paid for eligible secondary school students Does not cover exercise books, textbooks or stationery 	<ul style="list-style-type: none"> Payments are automatically deducted from Centrelink payments Families don't have to hold a health care card Can be done through the Family Tax Benefit (Part A or Part B) 	<ul style="list-style-type: none"> Please contact our Accounts Manager, Nancy Wain, at the College on 83383600 for further information.

PROGRAM COACHES

			
Hamish Pearce Director of Specialised Programs Male Rugby League Coach	Aaron Neal Elite Sports Program Leader Girls Combined AFL Coach	Mikaela Sewell Year 7 Development Coach	Patrick Sinapi Year 8 Development Coach
			
Ryan Allan Male AFL Coach	Jason Thomson Girls Combined Soccer Coach	Jordan Geary Girls Combined Netball Coach	Jii Williams Girls Combined Coach
			
Anthony Wadwell Basketball Coach	Garth Hardwick Boys Basketball Coach	Daniel Glasson Individual Athlete Coach	

COMMUNITY PARTNERS & ASSOCIATIONS



APPLICATION PROCESS – YEAR 7

The application process for the Year 7 Athlete Development Program is designed to identify students for whom this type of program is appropriate. All of the information gathered is used to help select the students who will be best equipped to cope with the rigours of a select-entry specialised sports program.

STEP 1: Students hoping to enrol in Year 7 for the following academic year at Mount Ridley College are invited to complete an application form for the Athlete Development Program. Completion of an application form must be accompanied by copies of the following required documentation. **Please do not provide original documents as they cannot be returned.**

- Completed Coaches Reference Form
- Year 6 interim / progress report (if available and only for external MRC applicants)
- Year 5, Semester 2 report (external MRC applicants)

These forms must be returned via email to specialisedprograms@mountridleycollege.vic.edu.au by **4:00pm on FRIDAY 15th July, 2021**. Late or incomplete applications will not be accepted.

STEP 2: Information is collected from the student's primary school, including teacher references for both external applicants and applicants currently enrolled at Mount Ridley P-12 College.

STEP 3a: Upon review of applications, references and reports, shortlisted students will be invited to complete a written online response to interview prompts. The date and times of the online written response will be provided to each family.

STEP 3b: External applicants will be invited to participate in an online interview. The date and time of the online interview will be provided to each family.

STEP 4: Upon consideration of all components of the application process, all applicants will be notified **via email correspondence** of the outcome of their application following the confirmation of enrolment at the College. The decision by the College is final.

Please Note: Parents / Guardians must still submit 'The Department of Education Year 6 to Year 7 Transition: Application for Year 7 Placement' Form to the Year 6 Coordinator at your Primary School.