

ELITE SPORTS PROGRAM

**JUNIOR
ATHLETE DEVELOPMENT**



**HANDBOOK
YEAR 7/8
2020**

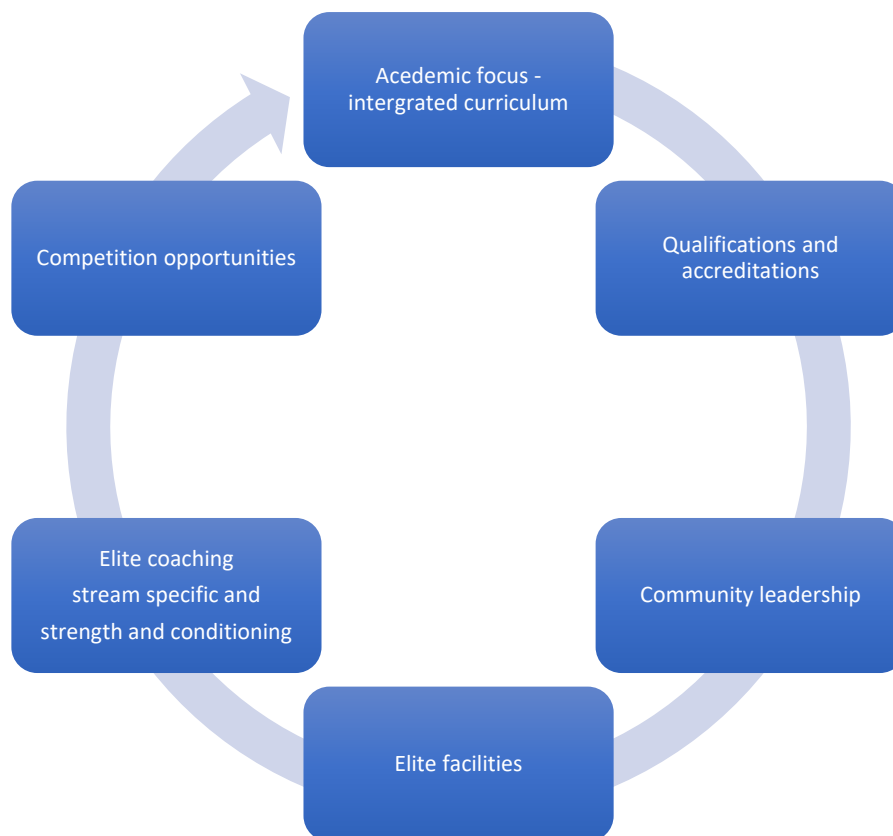
ELITE SPORTS PROGRAM

WELCOME FROM THE PROGRAM LEADER

Mount Ridley 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 Pathway program is unique to Mount Ridley P-12 College and the only sports specialist programs 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.



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 utilize student interest and passion around sport as a vehicle to engage, to 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 program suits students who:

- might be interested in being part of the Senior 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 their studies and training
- are willing to try their best in both their training and their academic program
- want to be ambassadors for sport at Mount Ridley College

CHARACTERISTICS OF THE JUNIOR ATHLETE DEVELOPMENT PROGRAM

- The Junior Athlete Development Program will form one mentor class for 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
- Students will have additional competition opportunities
- Training sessions will require an afterschool commitment for 60 minutes, with a time to be scheduled in to best suit coaches and teachers but will run from 3:30pm-4:30pm

ATHLETE DEVELOPMENT

The key focus of the Year 7/8 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 and not sports specialisation
- 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 Senior Elite Sports Program
- Higher academic expectations
- Enhanced competition opportunities
- Exposure to the Elite resources
- Mentoring and close monitoring
- Opportunities to sport related excursions and incursions
- Develop 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 (S&C)

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 then 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

- Year 7 ESP Mentor Class
- Year 7 ESP Health and Physical Education class
- Year 7 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 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

SELECTION PROCESS

All students interested in the Elite Sports Program have the opportunity to attend a Parent/Students information session held at **7:00pm on Wednesday 8th May, 2019**. All students who wish to apply for the program should address the following selection criteria:

1. Students submit a completed application form by the **Friday 17th of May 2019**
2. Student attends the **group interview** and actively participates
3. Students attend the Talent Identification session on **Thursday 30th of May 2019** at Mount Ridley College
 - *Students must demonstrate adequate fitness and skill level to take part in an Elite Sports Training Program*
4. Students are required to achieve an optimal level of academic performance (according to their GPA or current progress report for external applicants)
5. It is seen upon favourably if students are participating in sport outside of school
6. Students must have an attendance record that meets a minimum requirement of 85% in all classes
7. Students must uphold their school values consistently
8. Students have demonstrated consistent participation in College wide interschool sports
9. Students must demonstrate a high standard of positive behaviour
10. A confidential reference check from current teachers/team leaders/coordinators displays recommendations consistently from all parties.

The Criteria for achieving an interview internally

- Submit the application by the due date
- Attend the talent identification session
- Applicant demonstrated
- Quality of the responses to the written application
- Maintains a GPA average of above 3.25
- Students must have an attendance record of above 85%

The Criteria for achieving an interview externally

- Submit the application by the due date
- Attend the talent identification session
- Quality of the responses to the written application
- Students are required to achieve an optimal level of academic performance (according to their GPA or current progress report for external applicants)
- Students must have an attendance record of above 85%

The additional criteria for final selection

- Students attend the talent identification session
- Student attends the group interview and actively participates
- A confidential reference check from current teachers/team leaders/coordinators/coaches displays recommendations consistently from all parties.

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 and as well as assist in building the sport culture at Mount Ridley College. Listed below is an outline of the expectations:

- Actively represent the Elite Sports Program standards externally and within the school 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 3.25
- 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 school 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) complete the required forms, as well as completing the required work by the due date

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 Sport 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 results in cautions, redemptions and suspensions as I know this will impact my position in the specialised program will be compromised
- Demonstrate exemplary behaviour in **both** school and during elite sessions, community events and outside the school. I Understand that 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 3.25
- Take a prescribed amount of time off the additional 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. In the event of permanent exclusion from the program no refund of payments will be provided to the family.

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.

STUDENTS SIGNATURE: _____ DATE: _____

PARENT/GUARDIANS NAME: _____

PARENT/GUARDIANS SIGNATURE: _____ DATE: _____

REVIEW PROCESS

Review outline:

A more formal review will take place when ESP students have not meet the requirements after early intervention, to determine any next steps in supporting the students' 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:

Students who don't 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 ESP program leaders will take place

Goals identified in review meeting to rectify behaviour, level of effort or academic success. Students will be monitored by ESP Program Leaders for a 5 week cycle. A date for review will be established in the review meeting

Acceptable:
Students follow the requirements set in the review meeting and achieve desired goals

Student continues in the program. Feedback to students with view to guide future goals.

Students who are still finding it difficult to make improvements to their academic success but evidence of effort 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:
Students did not meet the requirements set in the review meeting and achieve desired goals

Progress not improved, student is given opportunity to be monitored and identified and contract prepared accordingly for the term.

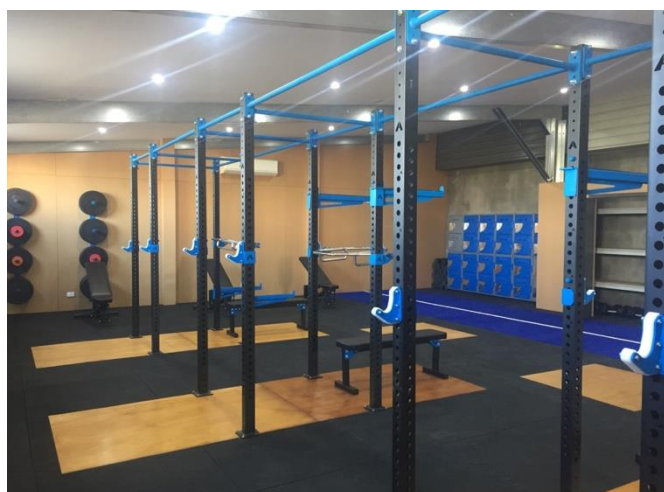
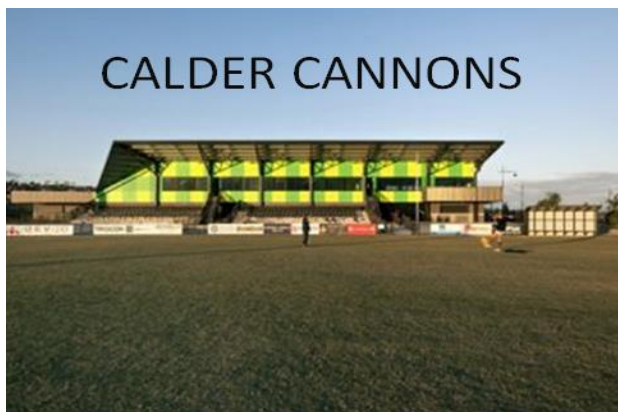
Exit the program and course counselled into mainstream classes

Early termination of participation in program:

- May occur in the result of any suspensions that may be given by the College
- Will be decided by an ESP Review conference with ESP Leaders

FACILITIES

Mount Ridley College comprises of a state of the art functional training space known as the Elite Performance Centre, which we be used first hand by all ESP students. Students will have access to the EPC additional times outside their structures training times as well as during lunchtime. Mount Ridley 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 at Calder Cannons:

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

Outline of facilities at MRC Onsite

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

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 uniform suppliers.

UNIFORM APPROVED TO BE WORN TO SCHOOL FOR P.E

POLO \$52.95



RUGBY JUMPER \$89.95



UNIFORM TO BE WORN TO TRAINING AND COMPETITION ONLY

TRAINING SHORT \$45



TRAINING SINGLET \$42



TRAINING T-SHIRT \$42



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. This form represents your commitment to your child's involvement in the program and acknowledgment of the financial contribution of **\$150.00**. Please note that if you fail to make the required payment by the due date, your child will be withdrawn from the program.

Program Levy (all streams): **\$150**

Uniform: Approximately **\$150** (*dependent on items purchased*)

Payment options

CSEF

- Families that hold a Health Care Card can be eligible for CSEF (Camps, Sports and Excursion fund)
- \$225 per year paid for eligible secondary school students
- Does not cover exercise books, text books/stationary

Centre Pay

- 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)+

BPAY

- Payments can be made through Compass (online option)
- *Please speak with Nancy for further information*

ELITE SPORTS PROGRAM

PROGRAM COACHES



Hamish Pearce
Elite Sports Program Leader
Males Rugby League Coach



Amanda Chircop
Director of Specialised Programs
Girls Rugby League Coach



John Wood
AFL Coach



Charlotte Dillon
Year 8
Development
Coach



Aneil Eishoei
Female Soccer Coach



Madalyn Galea
Female Netball Coach



Kaycee Morsello
Female Basketball Coach

COMMUNITY PARTNERS & ASSOCIATIONS

