

2020 ATHLETIC DEVELOPMENT PROGRAM

Application Process Information

1. Attend one of the **ADP Information evenings, either on Wednesday April 3rd or Tuesday 23th July 2019**. Obtain information about the aims of the program and pathways opportunities depending on your year level and sport.
2. Download and complete the following forms in full by **Friday 16th August, 2019**
 - a. Ask a coach who has worked closely with your child to complete the Coaches Reference form.
 - b. Ask a teacher who has worked closely with your child to complete the Teacher Reference form.
 - c. Attach photocopies of all pages of school reports from both semesters in 2018 and semester 1 in 2019.
 - d. Complete the Athlete Agreement.
 - e. Complete the Parent Declaration, Media and Medial Consent form.
3. Email your named documents to greensborough.sc@edumail.vic.gov.au Please use email subject title: "*students name*" "ADP 2020 Applications".
4. Retain this document for your reference before submitting the application.
5. Be prepared to participate in selection trials if needed. These may involve a combination of fitness testing as well as sports specific skills testing.
6. Successful applicants will be notified by 30th August 2019 to help with subject selection process & planning for 2020.
7. Acceptance into our ADP is subject to progressive and annual reviews (see student agreement for more detail). Your acceptance in the ADP one year does not lead to being automatically accepted into the ADP the following year. Both academic achievement & sporting progress is reviewed with particular attention given to student's conduct, attitude, effort and participation.

ADP - VISON

The ADP will provide student athletes the opportunity to upgrade their athletic performance whilst at school. Their involvement will not only help them to achieve their personal best in their sporting pursuits, but also in all facets of their schooling and in life beyond their time at Greensborough College.

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ADP - FEATURES

- ✓ Access and use of our **HIGH PERFORMANCE CENTRE** and surrounding sporting facilities.
- ✓ A sports specific battery of **performance tests** to capture a snapshot of individual's strengths and weaknesses.
- ✓ A full comprehensive **musculoskeletal screening** that highlights any biomechanical shortcomings including a detailed injury history.
- ✓ **Ongoing fitness assessments** and **goal setting** plans.
- ✓ **Individualised**, safe and sports specific **strength and conditioning program** that incorporates training protocols to prevent injuries, provide rehabilitation and enhance their athletic potential and sports performance.
- ✓ **Qualified and expert supervision/coaching** when undertaking their bi-weekly individualised programs.
- ✓ Both 100min and 50min group strength and conditioning and recovery **sessions available at school** and will include routines that mimic the specific work:rest ratios of their sport.
- ✓ Sports science/medicine **support**, including workshops/seminars, physiotherapy assessment, player welfare and nutrition support.
- ✓ Training **uniforms**.

ADP - SPORTING SQUAD EXTRAS

Qualifying students can also choose to undergo elite technical sports coaching e.g. AFL Squad, Basketball Squad and Tennis Squad etc. Sports squad members will incur an additional cost but will receive many additional benefits including:

- ✓ Individualised **skills sessions** (during allocated class times).
- ✓ Contact with elite sports people including **experienced quality coaches**, role models and mentors, elite pathway generators etc
- ✓ Opportunities for **interstate, international travel & competitions**.
- ✓ Close affiliation with **representative Sporting Clubs** and use of their facilities.
- ✓ **Player welfare** and **sports psychology workshops**, including individual goal setting & pathway counselling.
- ✓ Competitive **practise matches** in addition to the school division rounds.
- ✓ **Squad training sessions** focussing on skills, game play practise, video reflection and tactics. (Note: Squad sessions are suitable for a range of abilities from the highly skilled athlete who have sights on state/national level, as well as the more newly aspiring talented player.)

ADP – ANNUAL FEES

- For successful applicants a deposit of \$150 is payable by 11th October 2019.
- The balance is payable by the second week of the 2020 school year. Payment plans are available and relevant paperwork will be included in the Greensborough College Student Enrolment Pack.
- Full Scholarships available = All expenses covered, except training uniform.
- Training uniform is an additional cost.

Student Athletic Details and Declaration Confidentiality Clause: Please note that this information will only be shared with GC staff as well as State and Partnership Organisations as required. One copy will be stored in the Student's File, and a copy will be available to the Program Coordinator and Coach.