



ATHLETE DEVELOPMENT PROGRAM

The Mount Alexander College has developed an Athletic Development Program to assist talented student athletes to achieve the highest level of performance in their chosen sport and to help them with their personal and educational development.

The MAC Athlete development program is available to students in Above Entry year levels (8-10). This program is also a great opportunity for students to develop a pathway in sports, recreation and fitness in partnership with Victoria University at Footscray park. Students with ambitions for a career in sports or fitness are encouraged to choose this subject.

The main aims of the Athlete Development Program (ADP) is to provide student athletes access to:

- Quality coaching by qualified and experienced coaches at a high level in their chosen sport
- Reduce outside school training load giving more time to focus on studying
- Expose students to elite training techniques
- Educate students about challenges they may face outside the sporting arena
- Encourage students to take responsibility for their academic education

WHO CAN APPLY?

Anyone can apply who displays a keen interest in a sport and wants to continue their development. Existing Mount Alexander College students must have a satisfactory school grades, attendance, behaviour and consistent assignment submissions. All applicants are required to choose a secondary subject as back up incase application/s are unsuccessful (all applications will be reviewed by the HPE department).

HOW DOES THE ATHLETE DEVELOPMENT PROGRAM WORK?

The athlete development program is divided into three parts. Each session will run for 75 mins within the academic timetable.

Part 1: Strength and Conditioning

- Students will be given a personalised training program
- Students will learn about conditioning for their desired sport
- All strength and conditioning sessions will be performed in the weights room
- Fitness testing

Part 2: Coaching

- Qualified coaches will be provided in blocks throughout the school year for students to exercise and develop various skills
- Excursions/incursions with Victoria University will be apart of their coaching session
- Coaching development of their own skills and assessment will be taught in order for better understanding and skill acquisition
- First Aid
- Coaching courses*

Part 3: Theoretical Development

- Students will be learning about the fundamental HPE pillars derived from the VCE and Victorian Curriculums e.g nutrition, training principles, fitness components, energy systems, movement analysis etc
- Students will be assessed on their practical theory learning
- Students will be prepared for pathways at MAC

WHAT IS THE COST?

The cost of the Athlete Development program is \$200 and additional excursion/coaching costs will be required accordingly. The following list provides what students receive if successful in applying for the Athlete Development Program (ADP)

- Foam rolling and recovery kits
- Professional strength and conditioning coach (weekly basis)
- ADP specific uniform
- Special considerations for school sport representation
- Partnership with Victoria University
- Tertiary pathway development

CONDITIONS OF ENROLMENT

By accepting the offer of a place in the Athlete Development Program (ADP), a student agrees to the terms and conditions specified. This will require student athletes to:

- Works towards realising your full potential in sport and studies
- Attend all Sporting carnivals (Athletics, Swimming, Cross Country)
- Follow school conduct in a respectful manner
- Respect peers and coaches
- Wear the ADP uniform to every practical session
- Hand in all assignments in all subjects on time
- Maintain a satisfactory grade in all subjects
- No Compass incident reports
- Must formally apply via form/s provided downloadable from school website

*Coaching Courses will be subject to availability and cost

If a student athlete breaches any of these conditions they may be removed from the program. Please note that new applicants will be assessed by the HPE department. Any further questions see Mr.Ben or any of the HPE staff.