

APPLICATION 2021



ATHLETE DEVELOPMENT PROGRAM

2021 INTAKE APPLICATIONS CLOSE: Friday 23rd October 2020

The St Monica's College Athlete Development Program (ADP) is a competitive entry program for talented student-athletes. Both academic and sporting criteria are reviewed in the selection process.

Information for Applicants

The Athlete Development Program (ADP) was a new initiative in 2019 which encompasses a high performance element to the College's sport program. The ADP can be summarised as a preparatory program for competitively selected elite level student athletes. For 2019, this program was offered for students entering Years 8-11. In 2021, the program will include Years 8-11, plus a modified program in incoming Year 7 students. The ADP will provide students additional high performance preparation for their selected sport activity, both within College representation and non-College sport.

Student Athlete Selection Conditions:

Students are required to apply for positions within the ADP, with applications assessed on a number of factors:

- Recent athletic performance, including Regional, State and National level (or equivalent) representation.
- Sporting achievements, including medal or placings, individual awards.
- Commitment to maintaining adequate academic and behavioural standards.
- Commitment to College representation in Sport and other fields.
- Endorsement from relevant referees, including current or past Coaches (non-family members).
- Identified potential for future higher sport representative honours.

The aims of the ADP are to provide student athletes access to:

- High quality expert technical coaching services.
- Competition & training opportunities matched to the athlete's development and potential.
- Sport Science services such as physical preparation (strength and conditioning), performance psychology, physiological testing, performance recovery, allied health support, performance analysis.
- Work experience and Career Education support.

These support services are designed to assist student athletes to balance the demands of their sporting pursuits with their academic studies and provide meaningful pathways for potential careers in the wider sporting industry.

Student Athlete Acceptance of Offer Conditions:

By accepting the offer of a place in the ADP, the student-athlete agrees to the terms and conditions specified by the **Student Athlete Agreement**. Non adherence to this agreement may result in the student athlete being removed from the program. The Student Athlete Agreement includes an expectation of commitment to the following requirements:

- Demonstrate respect for others in accordance with Monican values in dealings with fellow students and staff.
- Attend all formal ADP functions, including St Monica's Week, student parent inductions and other information sessions.
- Attend all ADP preparation sessions and all technical coaching (if applicable) sessions.
- Attend all relevant College Sport team training sessions in preparation for College sport.
- Participate in SACCSS and other intercollegiate events for the College.
- Adhere to the rules and spirit of fair play of your sport at all times.
- Maintain up-to-date sporting performance achievements and information via correspondence with the High Performance Coach and relevant Academy Director or Head Coach.
- Respond to communications from High Performance Coaches and relevant Academy Director or Head Coach.
- Agree to the provision of a high resolution sports related photograph to be used online or publications by the College.

Fees and ADP Uniforms:

All reasonable efforts have been made to ensure existing College Fees payable by parents cover all aspects of inclusion within the ADP. Costs that fall outside of the ADP include medical costs incurred whilst competing outside of College representation and a subsidised uniform cost. This uniform cost is to be confirmed but will be approximately \$90 per student. Uniform will include training shirts, shorts, small bag, training top and cold weather training apparel.

Program Elements and Timetables

Each successful student will be provided a modified timetable to enable the ADP to be integrated seamlessly into the College's existing overall timetable. This is to ensure that the maximum benefit is gained from inclusion within the ADP in addition to minimising disruption to the student's academic requirements. Sample programs include 4 periods per week of physical preparation and/or technical coaching. Students would attend physical preparation sessions in lieu of their normal classes with the requirement to catch up on missed work. The scheduling of the physical preparation sessions would rotate monthly to avoid students missing the same classes each week. In class physical preparation sessions would be in addition to any pre or post school training commitments currently in place. Options to catch up on missed physical preparation sessions pre or post school hours are limited, but available upon negotiation with the High Performance Coach.

Application Steps:

The following steps provide an outline for applicants:

- **Parent Information Session:** All potential applicants are encouraged to attend the Parent Information Session. For 2021, the Parent Information Session will be held online, date and mode is to be confirmed.
- **Application Form:** Applicants are asked to complete the attached Application Form.
- **Submission:** Submit the Application form by the due date.
- **Application Review:** All applications are reviewed by the College's *High Performance Unit*, consisting of the Director of Sport, Assistant Director of Sport, High Performance Coach, Academy Directors and relevant Head Coaches. A key aim is to ensure the balance between academic achievement and sporting excellence can be achieved. Academic records are reviewed with attention given to each student's achievement grades plus conduct, effort, and participation comments. This is matched against the student's demonstrated achievements in sport.
- **Selection trials:** After an initial review of all applications, suitable applicants may be required to participate in general physical testing, as well as sport-specific selection trials with College coaches, as scheduled by the College's *High Performance Unit*.
- **Offer of Acceptance:** If successful through the application form assessment and potential physical testing, applicants will be offered (in writing) a place in the ADP for 2021. A Welcome Evening will be held at the end of Term 4 for successful applicants and their parent/guardians. This evening will include uniform fitting and relevant information regarding timetabling and the student athlete agreement explanation. With current restrictions on gatherings, this Welcome evening is likely to occur in an online forum or on campus in small group setting.
- For unsuccessful applicants, a written response outlining reasons will be provided.

Please note: Both academic achievement and sporting progress are regularly reviewed term by term. Student athletes are therefore required to consistently satisfy academic, conduct and sporting criteria in order to maintain their place in the ADP.

STUDENT ATHLETE APPLICATION

Name: _____

Surname

Christian Name/s

Sport(s) 1st Preference _____ 2nd Preference _____

Gender: male [] female [] Date of Birth: / / 20__

Address: _____

Suburb _____ Postcode _____

Home Phone: _____ Student Athlete Mob: _____

Student/Athlete Email: _____ Height: _____ (cms) Weight: _____ (kg)

Parent / Guardian #1 Name: _____

Address: _____

Suburb _____ Postcode _____

Home Phone: _____ Work Phone: _____ Mobile: _____

Email: _____

Parent / Guardian #2 Name: _____

Address: _____

Suburb _____ Postcode _____

Home Phone: _____ Work Phone: _____ Mobile: _____

Email: _____

Emergency Contact Name (Not a parent): _____

Relationship to Athlete: _____

Home Phone: _____ Work Phone: _____ Mobile: _____

Preferred email for ADP related correspondence:

Preferred mobile for sms correspondence: _____

Athletes with a disability - please complete this section.

Classification: _____

STUDENT ATHLETE PROFILE

Name: _____

Surname

Christian Name/s

Date of Birth: / / 20__

Sport 1: _____ Sport 2 (if applicable): _____

Age at 31 December 2020: _____

Height: _____ (cms) Weight: _____ (kg)

REPRESENTATIVE SPORT: Detail any State team or National team representation. Evidence of selection/performance must be attached to this application.

CURRENT CLUB/TEAM SPORT INVOLVEMENT:

Local/Domestic Club: _____ Age group: _____

Representative Honours:

_____ Age group: _____

_____ Age group: _____

_____ Age group: _____

RECENT ACHIEVEMENTS: Detail best achievements in past year/season only. Include event/team, date, and achievement/performance.

CURRENT COACH DETAILS: Please list details of Coaches for reference purposes.

Name: _____ Club/Team: _____

Email: _____ Mobile phone: _____

Name: _____ Club/Team: _____

Email: _____ Mobile phone: _____

SPORT BACKGROUND: Please enter **all** current and previous organised sport activity

Year	Sport	Level/Division E.g.: Club/Rep/State	Club/Team	Age Group
<i>E.g.: 1</i>	<i>Swimming</i>	<i>National Junior Level</i>	<i>Mill Park Swim Club</i>	<i>U6-U13</i>
<i>E.g.: 2</i>	<i>Football</i>	<i>Club Junior Level</i>	<i>Bundoora United</i>	<i>U7-U13</i>
2020	1			
	2			
	3			
	4			
2019	1			
	2			
	3			
	4			
2018	1			
	2			
	3			
	4			

COACH REFERENCE: Please include a short reference from a current or recent former coach (non-family member) outlining suitability for inclusion into the ADP. This may include strengths, commitment to training, areas for development and game/competition maturity levels.

INJURY HISTORY: Please list any significant injury or surgical procedures from the previous three years.

Time Period	Injury/Surgical Procedure	Rehabilitation time
<i>E.g.: Jan 2018- Mar 2018</i>	<i>Severs Disease</i>	<i>3 weeks missed, no games</i>



CURRENT TRAINING LOADS: Please list your current training loads, types and times.

Time	Mon	Tue	Wed	Thurs	Fri	Sun	Sun
AM							
PM							

SPORTING GOALS: Please list your current short and long term sporting goals, including particular milestones and how you intend on achieving these goals.

ACADEMIC GOALS: Please list your current short and long term academic goals, including particular milestones and how you intend on achieving these goals.

STUDENT ATHLETE AND PARENT/GUARDIAN SIGNATURES

I acknowledge that the details I have provided on this application are correct and that I have read and understood the **Student Athlete Selection Conditions** and **Student Athlete Acceptance of Offer Conditions**.

Student Athlete Name

Student Athlete Signature

Date

Parent/Guardian Name

Parent/Guardian Signature

Date

SELECTION PROCESS

To be considered for selection, student-athletes must:

- Submit a complete application by the due date. Late submissions may be considered in specific circumstances. Parent/guardians are encouraged to contact Joel Hocking, the High Performance Coach or Matt Sheens, Director of Sport at the College on (03) 9409 8800 to discuss.
- As a component of the application process, submit a personal reference letter from a Coach.
- Attend a physical trial (if requested)
- Meet the selection criterion minimum standards.

CHECKLIST

Please ensure that you have:

- Read and understood the **Student Athlete Selection Conditions** and **Student Athlete Acceptance of Offer Conditions**
- Completed the application form in full.
- Included a personal reference from a current or recent former coach outlining applicant suitability.
- Have signed the application form (both student athlete applicant and parent/guardian).

INCOMPLETE APPLICATIONS WILL NOT BE ASSESSED

SUBMIT TO:

Applications (including reference letters) are preferred in electronic form, and can be scanned and emailed to sports@stmonicas-epping.com. (Please note files not exceeding 10mB).

For hard copy applications, applications may be hand delivered or mailed to:

Sports Department – Athlete Development Program
400 Dalton Road,
Epping
Victoria 3076