



# **APPLICATION FORM 2023**

**2023 Application Window**

**17<sup>th</sup> October – 7<sup>th</sup> November 2022**

(For students in Year 8-11 in 2023. Incoming Year 7's Applications will open from Week 5 of Term 1 2023)

The Athlete Development Program (ADP) is a physical preparatory program for competitively selected elite level student athletes that was introduced in 2019. The success of the program has seen it grow in the past three years, with the College investing further in a High Performance Strength Gym, additional Strength and Conditioning staff and the introduction of a Talent Identification and Development (TID) program to underpin to further expand the high performance offerings at the College.

In 2023, the program will include approximately 50 students across Years 7-11 and will provide these students additional high-performance preparation for their selected sport activity, both within College representation and non-College sport. Quota numbers per sport are allocated against the six College Academies whilst students applying from outside of these sports will be assessed as a separate group.

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

- High quality expert physical and technical coaching services on a consistent basis.
- Competition & training opportunities matched to the athlete's development and potential.
- Education in all aspects of physical preparation relevant to the students age and experience, utilising professionals from a variety of sports and fields.
- Development of high-performance habits.
- Work experience and Career Education support.

### **Student Athlete Selection Conditions:**

Students are required to apply for positions within the ADP annually, with applications assessed on several factors:

- Recent **athletic performance**, including Regional, State and National level (or equivalent) representation, medals, placings and individual awards.
- **Commitment** to maintaining adequate academic and behavioural standards.
- **Attitude, work ethic** and **coachability** within the College's Academy and non-Academy sports.
- Endorsement from relevant referees, including current or past Coaches (non-family members).
- Identified potential for future higher sport representative honours.

**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 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**. Nonadherence 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:

- **ALWAYS** demonstrate a good **ATTITUDE, WORK ETHIC** and **COACHABILITY**.
- 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.
- Commitment to **participate** in SACCSS and other intercollegiate events for the College if approached.
- Always adhere to the rules and spirit of fair play of your sport.
- Maintain up-to-date sporting performance achievements and information via correspondence with the High-Performance Coach and relevant Academy Director or Head Coach.
- **Communication** with the High Performance Coach and relevant Academy Director or Head Coach if you are going to miss a session for **ANY** reason.

## 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. The uniform is manufactured by CGR Sportswear and is ordered and paid (at a 50% subsidy) through an online ordering system and delivered to the College in early February. Orders can be made post the announcement of successful applicants. Approximate cost is \$35. Returning students are not required to update or re-order uniforms unless needed.

The uniform consists of: Long Sleeve T-Shirt & T-Shirt (Standard PE Shorts are part of this uniform).

**Program Timetables:** A modified timetable will be provided to the students at the commencement of the program. The timetable rotates in conjunction with the College 10-day academic timetable. Every effort is made for students not to miss the same class or subject each week. If this occurs special considerations are made. As students miss a certain class to attend ADP it is vital that the student follow up with their teacher regarding any work missed.

## Application Steps:

The following steps provide an outline for applicants:

- **Application Form:** Applicants are asked to complete the attached Application Form.
- **Submission:** Submit the Application form by the due date to [j.hocking@stmonicas-epping.com](mailto:j.hocking@stmonicas-epping.com)
- **Application Review:** All applications are reviewed by the Director of Sport, High Performance Coach, Assistant High Performance Coach, Academy Directors and relevant Head Coaches. A key aim is to ensure the balance between academic achievement, behaviour, application and sporting excellence can be achieved. Academic and behaviour 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. Students will be notified well in advance should this be required.
- **Offer of Acceptance:** If successful through the application form and potential physical assessment applicants will be offered (in writing) a place in the ADP for 2023. A Parent Information Session for both student athlete and parent(s) will be held at the end of Term 4. This session will include relevant information regarding training programs, timetabling and the **Student Athlete Agreement**.
- For unsuccessful applicants, a written response outlining reasons will be provided.

## STUDENT ATHLETE APPLICATION

Name: \_\_\_\_\_

*Surname*

*Christian Name/s*

Sport(s) 1st Preference \_\_\_\_\_ 2nd Preference \_\_\_\_\_

Your preference will determine which Sport and students you are assessed against.

Year Level 2023: \_\_\_\_\_ Date of Birth: / / 20\_\_

## STUDENT ATHLETE PROFILE

**SPORT SUMMARY:** 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</i>	<i>Mill Park Swim Club</i>	<i>U13</i>
<i>E.g.: 2</i>	<i>Football</i>	<i>NPL</i>	<i>Calder United</i>	<i>U13</i>
<i>E.g.: 3</i>	<i>Basketball</i>	<i>VC</i>	<i>Craigieburn Eagles</i>	<i>U14.1</i>
2022				
2021				
2020				



**REPRESENTATIVE SPORT:** Please provide further detail any State or National team selection and/or representation. Evidence of selection/performance must be attached to this application.

**LOCAL/DOMESTIC SPORT ACHIEVEMENTS:** Detail best sporting achievements in past year/season only. Include event/team, date, and achievement/performance.

**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 2022- Mar 2022</i>	<i>Severs Disease</i>	<i>3 weeks missed, no games</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____



**SPORTING GOALS:** Representative sport goals for 2023.

Empty box for representative sport goals for 2023.

**SPORTING GOALS:** St Monica’s College Sport 2023 (What you want to achieve as a part of SMC Sport?)

Empty box for St Monica’s College Sport 2023 goals.

**ACADEMIC GOALS:** What do you want to achieve in the classroom in 2023?

Empty box for academic goals for 2023.



**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

**INCOMPLETE APPLICATIONS WILL NOT BE ASSESSED**

**SUBMIT TO:**

- Applications (including reference letters) are preferred in electronic form and can be scanned and emailed to [j.hocking@stmonicas-epping.com](mailto:j.hocking@stmonicas-epping.com).
- 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 any concerns.
- For hard copy applications, applications may be hand delivered or mailed to:

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