

Fernbrooke State School

Athlete Development Program (ADP)



Fernbrooke
STATE SCHOOL
Exceeding Expectations



An enrichment program aimed to provide Fernbrooke State School students a sporting pathway

The Athlete Development Program

The Athlete Development Program- ADP is an innovative program which caters for talented students 10-13 years old across all sporting disciplines. The program aims to develop young sportspeople in terms of their:

- sporting skills
- fitness
- enthusiasm towards sport and school
- academic work, through sport
- sportsmanship and school citizenship

The program will offer limited positions to students each year.

Rationale

The Athlete Development Program is in keeping with Fernbrooke's commitment to providing students with the opportunity to exceed expectations and achieve excellence in all aspects of school and community life. The program will offer talented athletes (students) an opportunity to develop their sporting skills alongside their academic achievements in a supportive school environment.

This program aims to actively promote and enhance sport in the school. The program will be offered to students turning 10 years and up in the year of the program, focusing on the importance of providing students with learning experiences that allow them to pursue sporting excellence.

Aims / Objectives

- To provide students who have identified sporting ability and talent with an opportunity to develop their physical abilities and skills alongside their academic studies.
- To maintain and develop a sporting code of ethics.
- To develop and promote sport in the school and wider community.
- To promote fitness and wellbeing with the students.
- To develop skills of the student as an individual athlete.
- To provide a balance between sport and academic studies.
- To develop and promote students as worthy sporting role models for other students.
- To raise awareness of the need for quality physical activity.
- To provide a theory of sports/fitness to help improve students as athletes.

Program Overview

The Athlete Development Program is about improving specific and general athlete physical attributes as well as promoting fitness / sport as a healthy activity.

Each student in the program will take part in:

- **Fitness** sessions each week before or after school - Sessions may focus on what School Sports Activity is coming up next on the calendar. Tuesday Afternoon 2:45pm-3:45pm & Thursday morning 7:00am-8:00am.
- **PE lessons** – as per the usual timetable and program. Students will be expected to participate fully.
- **Inter House Sports Carnivals** – students must participate in inter house swimming carnival, cross country and inter house athletics carnival. Only exemption will be granted by program director for attendance at a higher-level school sport or medical reasons as supported by relevant medical certificate.
- **Clinics** – free clinics will be compulsory participation and any clinics that are not free will not be compulsory attendance
- **Inter School Challenges/Camps** conducted as organised.

Each student will be **invited** to be a part of the program by the program director based on the **SELECTION CRITERIA**. Students who do not receive an invitation at the end of the previous school year will need to wait for a space to be offered, and meet the selection criteria as outlined in the current year. Special consideration may only be given to individual students by the program director and each case is on its own merit.

The program sessions will run from Week 2-9 in each term. From time to time there may be other factors that change the session times. ADP staff will communicate this as early as possible via email and letters to parents/carers.

In-School Training Sessions

Each student will participate in a 90 minute lesson each week. They will be actively taking part in physical activities developing and practicing skills that will focus on their own personal abilities such as speed, power, co-ordination, agility, flexibility, endurance, fast foot work etc. They will also participate in testing sessions at regular intervals.

Fitness Sessions

Students in the program will have fitness sessions each week before or after school time. They will be conducted as a whole group or small group sessions as required and the number of sessions will depend on current curriculum demands and other sporting commitments. The timetabling of PE and Sport will also affect session timetables.

Some fitness sessions will be conducted by approved outside instructors as organised by the program staff. Sessions will be conducted at no cost unless pre-arranged and advised. The fitness units will be planned and organised by the ADP staff.

Sessions attendance will be monitored and athletes will be asked to attend each session unless they are absent, injured or sick. Students are to advise the program teachers if they cannot attend.

Fitness tests will be conducted from time to time. Students will be able to record and monitor their results overtime. Fitness tests will be appropriate to student skill level and based on speed, endurance, power, flexibility, etc.

Parents of athletes will be encouraged to support the athletes outside the school program with extra fitness work.

Students who choose not participate fully in the ADP program **MAY** forfeit their position in the program.

PE Lessons

Students in the program will have the normal PE lessons and are expected to participate in lessons as required. Students who do not participate **MAY** forfeit their position in the program.

Inter House Carnivals

Students in the program are required to participate in all 3 inter house sports carnivals (swimming, cross country and athletics). Students who do not participate **MAY** forfeit their position in the program.

Students who are participating at a higher level in school sport and or have certified medical reasons for not participating will be given special exemption.

Fernbrooke State School and Central Comet District Team Trials

Students in the program are **REQUIRED** to trial for Fernbrooke State School Teams for their eligible age groups and attend organised training. Students who do not train **MAY** forfeit their position in the program. Please note, although students are in the Athlete Development Program it does not automatically result in a position in school teams.

Coaching Clinics / Camps

The students may also receive coaching clinics from outside approved agencies. These may be held in school time or outside of school time. Therefore, all students will receive training across a number of sports/activities. Cross training can help students develop different abilities.

If conducted outside school hours – information will be given to athletes and their parents in advance. All possible efforts will be made to keep clinics no cost to students and camps kept to a minimal charge to encourage participation by students. Clinics will generally be conducted at the school with visiting coaches coming to our school.

Students may be **invited** to attend camps. Camps are not compulsory for students to attend. Camps will be limited and will only occur when opportunities arise. Camps will be conducted at approved centres to help athletes develop their skills as required.

All activities undertaken in clinics/camps will be conducted by teachers or experts with an approved Blue Card. Risk Management practices will be used to ensure safety for all athletes and staff.

This program is **not about specialising in one sport** but about developing multiple skills and physical attributes.

Contracts – Suspensions – Program Exclusion

Each athlete will be given a contract to sign, as well as their parents. Before students can start participating in the program, the contract must be signed and returned to the program director.

The contract outlines how students can forfeit their place (short term, long term or permanently) if they do not have appropriate levels of school work (including homework) or behaviour. There is a list of rules that they must follow. The expectations are clearly outlined along with the possible consequences below.

Breach of the Code

Level 1 – Students receive 1 referral in a week (Buddy class, Reflection)

Student who breach the code at Level 1 will receive an extra 30min of community service (i.e. picking up rubbish during lunch time) as well as the team completing extra cardio sessions

Level 2 – Students receive multiple or reoccurring referrals in a week/term (Buddy class, Reflection)

Students who breach the code at Level 2 may receive an internal suspension from the ADP program for 5 weeks. Students will have an opportunity to correct their behaviour during this time. Students will then have to re-apply to be part of the program. Their acceptance is **not** guaranteed.

Level 3 – Students receive a major behaviour referral (Office referral, Suspension)

Students who breach the code at Level 3 may forfeit their position in the program.

Learning Engagement

Attendance

All students are expected to maintain at least a 90% attendance to stay in the ADP. Failure to meet this target will result in students being unable to attend ADP activities. PE activities will still be accessed however. Students will not be allowed to take part in sports training sessions until attendance standards improve. Attendance of all students will be checked on a 5-weekly cycle.

Academic School Work

Although the focus of this program is on sport and fitness, all normal lessons will still be adhered to and all topics and subjects in the curriculum will be taught as normal by classroom teachers. All students are expected to produce their best possible academic effort. This can vary from student to student, but each student will be expected to hand in all work expected of them. Failure to do this will see the student's participation in ADP stopped until work is completed. Any students who fall behind in their academic school work may forfeit their position in the program.

While withdrawn from the program for poor academic school work levels, the students would still take part in PE lessons but not the Athlete Development Program - the students would not be allowed to take part in sport training sessions until academic standards improve.

The classroom teachers will notify the program coordinator if a student is not completing the required work and will discuss the action to be taken. Failure to meet this target will result in students being unable to attend ADP activities. PE activities will still be accessed however.

School Behaviour

Behaviour is also expected to be of a high standard from all ADP students. If their behaviour levels fall below an acceptable standard, the student's participation in the ADP will cease until their level of behaviour returns to the acceptable level. The student will then have to re-apply to be a part of the program.

While withdrawn from the program for behaviour, the students would still take part in PE lessons but not the Athlete Development Program - the students would not be allowed to take part in sports training sessions until behaviour standards improve.

Students who receive a formal school suspension, irrespective of the number of days, will forfeit their position in the program.

Selection Criteria

Each student **must be** invited to be a part of the ADP program by the program director based on **SELECTION CRITERIA**.

10-13 year olds must meet the criteria listed below:

1. 90% or better attendance.
2. Effort & Behaviour to 'C' or better across all learning areas.
3. Display the potential and attitude to achieve a high level in sport.
4. Must be an active member at school sport related events.
5. Class teacher must support and endorse the student's application.
6. Be selected in the Fernbrooke State School Teams (Swimming, Cross Country, Athletics) or
7. Be selected in Central Comets District School Sport Teams or
8. Be selected in Met West Regional School Sport Teams
9. Principal approves their position and endorses the application.

Other aspects of the program that are important to the functioning of the program are outlined below:

- Representative School Sport
- Athlete of the Year
- Athlete of the Month
- Athlete Profiles
- Medal Fitness Tests
- Athlete Star Ratings
- Uniforms
- Equipment
- Motto and Mascot Groups
- Fernbrooke's Greatest Athlete
- Boot Camps/Clinics

Representative School Sport

Students will be encouraged to trial for representative teams at school, district, regional and state level. Every effort will be made to ensure athletes have opportunities to trial for positions in Central Comets District school teams in their chosen sport and also other sports of interest. The cross training of sports for athletes in the program should enable the students to have more success in trialling for different sports.

Athletes of the Year

Students in the program have an opportunity to be named as the 'Athlete of the Year' for their year level. Awards will be presented at award assemblies. The students to receive these awards are based on a points system for their achievements in the program as follows:

- Points for each medal awarded in fitness tests
- Points for each star rating they have at the end of the year
- Points for any new Fitness Test records
- Points for highest scores in each of the Fitness Tests
- Points for selection into school, district, regional and state teams.

Athlete of the Month

Each month an athlete from each year level will be selected and awarded a certificate at assembly. Teachers will use the following criteria to help make selections:

- Student's attitudes at sessions
- General behaviour within the school community
- Effort levels at sessions
- Student improvement in fitness levels and skill abilities.

Subject to funding we will endeavour to also offer some small prizes associated to the program like water bottles or sports equipment.

Athlete Profiles

A profile of each student will be made on their achievements throughout the year and will show a record of fitness results and sporting achievements throughout the year. This will be shared among the school Facebook page and distributed to parents at the end of the year.

Medal Fitness Tests

During the program students will be tested on the Medal Tests which are outlined below. To achieve a bronze certificate, they must have achieved a bronze standard in the particular test they are awarded it for. The same will be required for the silver and gold certificates. The certificates will be presented on assembly from time to time and listed in links when achieved. Results will also be given to athletes to display in their classrooms. The standards for levels will be reset for each year level and students will receive a certificate each time a FITNESS STANDARD is achieved – overall medals will be given out in Term 4 only.

Athlete Star Ratings

Athletes will be given a star rating by the program director to help motivate them to perform to higher levels within the year. In general terms, all athletes are a one star athlete if they were in the program last year. When they are selected in school teams, District teams, Met West teams or Queensland teams they can be given a new rating. Some athletes might gain higher star ratings by getting selected in multiple sports at a particular level in the year.

Uniforms and Personal Items

Students who are selected in ADP Program will have the opportunity to purchase an ADP Sports Shirt that can be worn during ADP lessons and activities. They also need to have closed in footwear suitable for running in. The length of shorts should also be suitable for physical activities at all times. Female students should not wear dresses or skirts that may cause concern for themselves while taking part in certain activities. If students are unable to wear appropriate uniform they **MAY** sit out the session. They **MAY** forfeit their position in the program. Students are required to bring a water bottle to every training session. This is to ensure water is accessible at any time during circuit work or training sessions without disturbing the work rate of the athletes.

Equipment

The ADP Program will provide the majority of equipment needed to run the program. From time to time the students may be asked to provide some equipment or be required to pay for some activities – in these cases athletes and parents will be given notification in writing.

The school provides funds each year but funding will be sourced from external organisations and grants as available. The equipment used meets all safety guidelines required by the Department of Education's CARA policy documents and are purchased from suitable sporting companies and monitored safety is regular.

Motto

"One small team, one big dream". All students are required to embrace and display the values of the motto and the ADP Program

Fernbrooke's Greatest Athlete

Each year the students will take part in series of sporting challenges at the school in age groups and genders to determine who Fernbrooke's Greatest Athletes are. The challenges will be skilled based from a number of different sports so that the students demonstrate ability at a high level across a number of sports to win the challenge.

Boot Camp-Clinics

This will include opportunities to receive specialised coaching from various sporting organisations. Details will be communicated to parents as required.

ADP Membership Number

Once a student has been accepted into the ADP program, they will receive a unique number based on the number of students accepted into the program. Perry will be athlete #1, with a random draw for the next allocated numbers for this year. This number will stay with the student for their duration of the program, including if they are accepted in subsequent years. For example, if a student was accepted as the 42nd member of the ADP program, they will be allocated number 42.

Number of ADP Students

The ADP program will be limited to a total of 40 athletes per year. This is to ensure specific tailored training can be offered to the students as well as complying with risk management requirements.

ADP Program Staff

Program Directors- Mr Nathan Josefski & Mr Nathan Laughton
Coach-Teachers-

Proposed Yearly Program

Program	Term 1	Term 2	Term 3	Term 4
Focus Lesson	speed, power, co-ordination, agility, flexibility, endurance	speed, power, co-ordination, agility, flexibility, endurance	speed, power, co-ordination, agility, flexibility, endurance	speed, power, co-ordination, agility, flexibility, endurance

Fitness	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning
PE Curriculum (as per FSS Curriculum Framework)	Soccer	Cross Country Athletics	Field/Court Sports Touch Football Netball Basketball	AFL Cricket
Representative Sport				
Clinic/Camp				

Before and After School Training Sessions

- Tuesday Afternoon Training Session 2:45pm - 3:45pm
- Thursday Morning Training Session 7:00am – 8:00am