

Fernbrooke State School



FERNBROOKE FALCONS

ATHLETE DEVELOPMENT PROGRAM



Fernbrooke
STATE SCHOOL
Exceeding Expectations

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

The Athlete Development Program

Rationale

The Athlete Development Program- ADP is an innovative program which caters for talented students across grades 4-6 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 semester.

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 promote fitness and wellbeing with the students.
- To develop and promote students as worthy sporting role models for other students.
- 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 & Skills** 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 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.

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 semester will need to wait for a space to be offered and meet the selection criteria as outlined. 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 3-9 in terms 1 and 3 and weeks 2-9 in terms 2 and 4. 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.

Fitness Sessions

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.

Session attendance will be monitored, and athletes will be asked to attend each session unless they are absent, injured or sick. **Parents are to advise the program staff if students cannot attend sessions for whatever reasons.** As a requirement for this program students need to be able to attend 70% minimum attendance to outside of school hours training. Failure to meet this requirement or 3 unexplained absences in a row will see students forfeit their position in the program. Circumstances will be reviewed on a case by case scenario.

Fitness tests will be conducted at regular intervals. 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.

Students who choose not to participate fully in the ADP program sessions **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 both inter house sports carnivals (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 **WILL** 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 and students will not be penalised should they not make a school team.

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.

All activities undertaken in clinics 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.

Excursions

Opportunities for students to attend ADP excursions may arise from time to time. Every effort will be made to ensure these are kept at little to no cost to our athletes and their families. If conducted outside school hours – information will be given to athletes and their parents in advance.

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 schoolwork (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 minor behaviour incident referral in a week

Student who breaches the code at Level 1 will be required to have a restorative conversation with the parties involved, where a logical consequence will be agreed upon as well as the team completing extra cardio sessions.

Level 2 – Students receive multiple or reoccurring minor behaviour referral in a week/term

Students who breach the code at Level 2 may receive an internal suspension from the ADP program for 3 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/suspension or incident that puts the integrity of the Athlete Development Program into disrepute.

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

Learning Engagement

School Attendance

All students are expected to maintain at least a 90% attendance to stay in the ADP (unless extenuating circumstances). Failure to meet this target will result in students being not being accepted into ADP. Attendance will be reviewed at week 5 and 10 of each term and should this 90% requirement not be met then students will be suspended/removed from the program at the discretion of the program staff.

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 schoolwork may forfeit their position in the program.

While withdrawn from the program for poor academic schoolwork 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.

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. These behaviour expectations will also apply to Gala Sport representation.

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**.

Students must meet the criteria listed below:

1. 90% or better attendance at school
2. 70% or better attendance at Athlete Development Program Training sessions.
3. Effort & Behaviour to 'C' or better across all learning areas.
4. Display the potential and attitude to achieve a high level in sport.
5. Must be an active member at school sport related events.
6. Attend any district, representative trials they are placed in.
7. Class teacher must support and endorse the student's application.
8. 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
- End of Year Awards: Players Player, Best Attendance, Coaches Award, Most Improved
- Athlete Profiles
- Fitness Tests
- Uniforms
- Equipment
- Boot Camps/Clinics/Excursions

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 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.

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.

Uniforms and Personal Items

Students who are selected in ADP Program will need to have closed in footwear suitable for running in. The length of shorts should be always suitable for physical activities. Students should not wear dresses or skirts that may cause concern for themselves while taking part in certain activities. 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.

Motto

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

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 total number of students allowed to be within the program will not exceed 40 at any given time. Whilst this number is the maximum the total number of athletes within the program is at the discretion of the program directors. 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

Before and After School Training Sessions

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