

# Chapel Hill State School Athlete Development Excellence Program



## Our Vision and Aims

### Our Vision

We aspire to offer talented young sportspeople the opportunity to improve as athletes and help them achieve their sporting goals. The Chapel Hill State School (CHSS) Athlete Development Excellence Program will offer specialist strength and conditioning coaching for kids which is appropriate for each individual child, based on their age and capability, in an environment which is supportive and fun.

### Our Aims

- To assist students to improve their overall fitness to help them achieve their sporting goals.
- To help students develop a growth mindset, which includes goal setting, commitment and developing resilience.
- To promote a “high performance culture” for students focusing on sporting excellence and encouraging others.
- To provide students with quality coaching, experienced coaches and “best practice” training programs.

## Overview

Students in Year 4-6 participate in an Ignite Athlete Development Excellence Program (ADEP) during the school term. Sessions are scheduled during school time. The sessions are taught by qualified and experienced coaches who specialise in coaching kids (and teenagers).

The ADEP is designed to develop key components of fitness that are generally important to student athletes regardless of sport and include strength, power, speed, agility, co-ordination, flexibility/mobility, and aerobic capacity. There is also a focus on developing kids’ awareness and understanding of physiology of the body, nutrition and recovery activities.

The ADEP is not intended to replace any technical skills training for the student’s chosen sport. It is assumed that students will continue to receive that technical training from their school/club coaches outside of this Program (e.g. swim coaches, soccer coaches, netball coaches, athletics coaches etc). The training

provided under the ADEP will complement any sport specific training the student undertakes, supporting the student-athletes sporting commitments and goals.

The ADEP is delivered by Fitter Futures Kids & Teens, and is based on the Brand X Method™ methodology – world leaders in developing strength and conditioning programs for kids (and teenagers). Correct technique is constantly reinforced and each student athlete is progressed through developmentally appropriate movements for their age and competence.

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## Format and Structure

Students selected in the ADEP will participate in 2 x 30 minute sessions per week during school time coached by qualified kids' coaches.

This Program is a personalised training program based on key components of fitness that are important to student athletes regardless of sport and include strength, power, speed, agility, co-ordination, flexibility/mobility, and aerobic capacity. Sessions are tailored to the individual based on their developmental age and capability.

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## Eligibility

The ADEP is open to kids in grades 4-6 who are invited to participate in the program, or whose application to the ADEP is accepted. Participants must meet the selection criteria. There will be a limited number of places offered each term. Entry into the ADEP or in one term does not mean automatic entry in the following term.

The ADEP will begin with a pilot group commencing in Term 2 of 2017, of approximately 15 - 20 kids in grades 4-6. At the conclusion of the pilot we will review feedback about the program in consultation with the Principal of CHSS to explore whether expansion of the program is possible.

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## Selection Criteria

Set out below is the selection criteria for participating in the ADEP. However the Principal and Fitter Futures coaching staff have an overriding discretion to allow students to participate in the Program if they agree that the student is still an excellent candidate for the ADEP (whether or not all of the selection criteria have been satisfied).

Students are expected to satisfy minimum criteria in study, sport, behaviour and effort to be eligible for selection. Students must also be an active member of a sporting club/organisation or school team.

**Sport:** (One of the following)

- State, national or regional representation and/or achievement in a sport
- Current involvement in a sport at a high community level
- Well-developed athletic ability and/or the student demonstrates an aptitude for sport & physical activity identified by CHSS teachers or coaches and assessed by ADEP coaches.

**Study:**

- Proven history of being up to date for all learning tasks
- Achieving at least a sound level in all areas of the curriculum

**Behaviour and Effort:**

- Class behaviour and effort is Very Good to Excellent
- Demonstrated commitment and positive attitude to school, training and participating in the Program.

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**Selected athletes must consistently meet Program requirements to retain their position in the Program. Athletes not meeting ADEP requirements will have their position reviewed.**

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## Selection Process

The ADEP is a 'select entry' program for student athletes who are either already achieving success in their chosen sport, or who show an aptitude for sport & physical activity. Students may enter the Program via 2 ways:

1. Students are invited to participate by the school. OR
2. Students can apply for entry to the Program and their application is successful.

Applications must be completed online (whether students are invited to participate, or whether they apply for entry) and must:

- Be fully complete
- Contain a confidential reference from a current coach (non-family related) or teacher. This is to be emailed in by the coach/teacher directly.
- Have parent/carer consent

As part of the selection process, the following is required:

- Physical competency & fitness testing
- Short survey and (if necessary) interview with the student

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## Cost

Parents are responsible for paying the cost to participate in the ADEP. Each term there will be an 8 week program. The cost per child is \$200 per term, based on 2 training sessions per week.

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## Measuring Success

**Parent Feedback:** Once parents register for Class Dojo the ADEP coaches will provide weekly feedback on the student's participation that week. This will also be a communication channel where parents can liaise with coaches and vice versa about the student. Areas of feedback may include: Attitude, Behaviour, Focus, Effort, Teamwork, Helping Others, Persistence, Achievements.

**Goal setting:** At the start of the term ADEP coaches will speak with students about their goals (including those identified in their application form). Goal setting will involve short and long term goals. Throughout the term coaches will check in with students (and their coaches where appropriate) to monitor progress towards achieving those goals.

**Student Feedback:** Students will be asked to self-assess their effort, achievement and mindset. This information will be used by coaches to help improve the experience of students, and to provide feedback to parents.

**Testing:** At the start of the term ADEP coaches will conduct initial testing of students (physical competency, fitness and mindset) to establish a baseline for each student. This will be re-tested at the end of the term to establish progress the student has made in those areas.

**Satisfaction Survey:** To help us continue to develop and improve the program, we will seek feedback from students and parents at the end of the term about the ADEP and their child's experience.

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