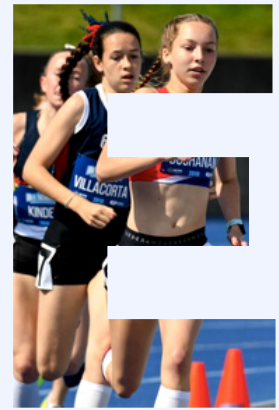
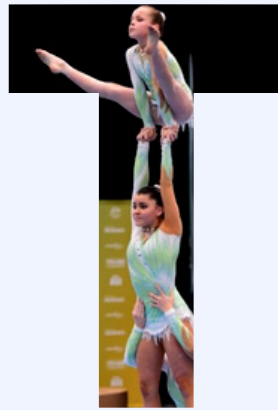
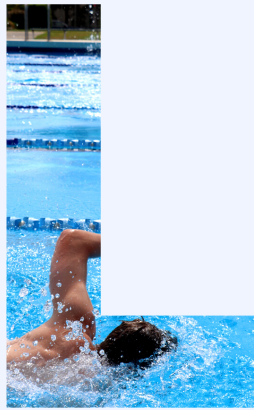


Aspiring/



Athlete Program

**2022/2023
Prospectus**





WELCOME FROM OUR PRINCIPAL



We invite students of St Joseph's Catholic High School to apply for our Aspiring/Elite Athlete Program. If your child is aspiring or participating at an elite level in their chosen sport (whether this is an individual sport for example gymnastics, dance, athletics etc or a team sport such as soccer, netball or football), then this program is open to them for application.

It is designed for students desiring a pathway in their chosen sporting field. The program encompasses not only their sporting achievements, but creates a viable future pathway which includes their academic studies.

To be considered for the program, there are strict guidelines which need to be met. Students, their parents and the coach in their sporting field would need to be supportive of the program.

We have formed a partnership with BaiMed Performance to provide an opportunity for the students to take part in sessions with various professionals to provide valuable support of growth and development through the teenage years. This will involve students being off school grounds to attend the Performance Centre at BaiMed.

Mentors will be appointed to liaise with students regarding balancing their time spent on their outside of school and their schoolwork commitments. They will assist with goal setting, developing leadership skills, communication skills and competitive drive.

As part of this program, there would be a 'give back' element, as most successful athletes are those who 'give back' to others in some way through foundations or support of the development of younger players. This is not a monetary 'give back' but rather a contribution of their time. The students who participate in the program would have to negotiate a 'give back' component to their program.

Sport is one of the areas that allows children to flourish and through this program, it is our goal to provide students with opportunities that develop educated athletes who can reach their potential through lifelong skills and education.

We look forward to a successful and beneficial partnership.

Amanda Wilson
Principal



WHO SHOULD APPLY FOR THE PROGRAM?

The Aspiring/Elite Athlete Program is aimed at students who can demonstrate success and/or potential success in their chosen sporting field.

The program is designed to cater for both students who are aspiring or elite athletes, wanting a holistic approach to their development in both sport and academic life.

Suitable students would be:

- Hardworking and committed to school and their chosen sporting field.
- Interested in developing leadership and communication skills.
- Motivated with an interest in wanting to learn about proper support of their growth and development through a specialist program.
- Willing to 'give back' to others in some way as part of the program.
- Grateful to embrace the support of mentorship with both their studies and extra curricular activities.
- A role model for all students at St Joseph's Catholic High School.



PROGRAM AIMS

Primary aim: *To provide athletes with the education, skills and support needed to reach their potential in their chosen sport and academic studies.*

- **Respecting** one's body, mind, coaches and teachers by focusing on the whole student whilst working on strength of the mind, body and attitude.
- **Encouraging** the students' interest in sport to promote lifelong educated athletes.
- **Developing** resilience with the help of a mentor, through their potential to bounce back. This also includes persistence at activities and schoolwork that may be difficult or challenging.
- **Demonstrating** great sportsmanship by respecting self and others - students, team members, teachers and coaches.
- **Commitment** by attending all sessions whilst focusing on school studies and other activities outside of school.



PROGRAM OVERVIEW



St Joseph's Catholic High School has partnered with BaiMed Performance where students in the program will complete a full day of a specialised *Resilient Athlete Program* once a term.

The team at BaiMed have arranged a program which will focus on teaching and developing fitness components relevant to the students needs. The program will involve the following:

- A 1 hour group education session for developing a positive competitive mindset with perseverance and resilience.
- Topics such as psychology, nutrition, recovery strategies, training during a pandemic etc are conducted based on athlete needs.
- Physiotherapy screening for each student.
- Physical athlete testing for each student - appropriate for their needs based on the sport played. From this, each student will receive a program to take back to assist with training in their sport.
- Focus on developing a running style that is efficient and has minimal impact on the body.
- Twice a year students will be provided with musculoskeletal testing.
- Each term, the team will receive a snapshot on each student's sports training and their fitness capacity which will allow the BaiMed team to reset their program and create a new training program.
- Throughout the year, BaiMed will provide various workshops including long term athlete development workshops and injury prevention workshops.

Once the first day session is over, students will have access to discounts on further sessions if parents choose for them to attend.

On a fortnightly basis, individual/group mentoring will be provided at school to assist students with goal setting for their academic, personal and extra curricular needs. Possible video conferencing sessions with members of the community to develop relationships may be held. Students will also undertake focus days to develop leadership skills, communication skills, team member skills and competitive drive. In partnership with BaiMed, we will also assist with future planning of careers, sporting pathways and any other relevant information.

The program maybe subject to change at the discretion of the Principal.





DANCE STRONG PROGRAM OVERVIEW



St Joseph's Catholic High School has partnered with BaiMed to involve our students in a new opportunity for excellence. Dance Strong is a program, designed specifically for dancers to help prepare and strengthen their bodies for what they need to do in class, in performance and in competition.

Through a tailored BaiMed program guided by elite coaches, dancers will receive specialised training to help become stronger and stay injury free.

Dance is a very high demand sport, so it is important for dancers to focus on their strength training so they reduce their risk of injury.

The program will not only help young dancers develop their strength, but it will also improve their endurance, mobility and flexibility.

Dance Strong is a part of the Elite/Aspiring Athlete program and operates as a specialised subsection for students involved in dance so that they can receive more specific and focused assistance.

Applications are submitted and processed through the Elite/Aspiring Athlete Program.



SELECTION CRITERIA

- The Aspiring/Elite Sporting Program is open for the inclusion of all sports, including dance.
- To qualify for selection into the Aspiring/Elite Sporting Program, the following obligations must be met:
 - An excellent attitude towards school
 - An outstanding sporting record or potential
 - Demonstrated good sportsmanship
 - A sound academic record, maintaining conscientious effort across all subjects
 - A commitment to the school values outlined in the school diary with a sound behaviour record
 - A commitment to 'give back' whilst in the program. Students would have to negotiate a 'give back' component to their program, for example supporting the development of younger players
 - A commitment to the school sport program - representing St Joseph's Catholic High School in the nominated sport (if unable to, the student must notify the Principal or Sports Coordinator as to the reason why)
 - 100% commitment whilst in the program.

Failure to meet these requirements may lead to removal from the program.

- There will be a capped number of students chosen to participate in the Aspiring/Elite Sporting Program.
- A confidential referee check will be obtained from the referee details provided in the application form.

ENROLMENT PROCESS

- Enrolment into the Aspiring/Elite Sporting Program requires an annual application. There is no automatic guarantee of acceptance. Students may apply the following year if they do not get selected.
- The application for enrolment period is from **Thursday 25 August 2022 until 4pm on Friday 09 September 2022**. Application forms are available online at www.sjchsdown.catholic.edu.au.
- All relevant copies of reports, references, certificates, awards, representation honours and/or achievements **MUST** be attached to the application for consideration.
- Students may be interviewed and/or photographed by the media. It is a requirement that a '*Consent for the use of Student Image*' form is completed for all students selected into the program.
- On the basis of selection criteria for enrolment, an interview list as determined by the Principal, will be developed and offers for interviews will be made. The application does not guarantee an interview. The selection criteria must be met.
- At the completion of the interview process, successful applicants will be sent an Acceptance of Offer/Code of Conduct for entry into the Aspiring/Elite Sporting Program. By signing this, both students and parents/carers indicate their acceptance of the conditions of enrolment into the program.
- A non-refundable administration fee of \$50.00 is to be paid with submission of the Acceptance of Offer. If this is not paid, the acceptance may be deemed unsuccessful.



PROGRAM COMMITTEE STAFF

The following staff are involved with the Aspiring/Elite Athlete Program.



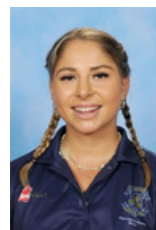
Jodie Linsley



Brian Hetherington



Natalie Behl



Dani Corradini



Michelle Garbutt



Stephen Armstrong



Amanda Wilson



Brett Moran



Brittany Sharkey

If you require any further information regarding the program, please send us an email at sjchselite@dow.catholic.edu.au or contact the school Office on 4230 8500 and we will get back to you with an answer to your enquiry as soon as possible.

COMMUNITY PARTNERSHIP

St Joseph's Catholic High School is pleased to work in collaboration with Mick Baines and BaiMed Performance Centre. BaiMed Performance Centre focuses on athletes and their performance – no matter the level or sport, to help set and reach performance goals. BaiMed have sport-specific experience and an evidence-based approach to provide proven results.



References

www.dow.catholic.edu.au

www.baimed.com.au

www.mountridleycollege.vic.edu.au

westfields-h.schools.nsw.gov.au

hillssport-h.schools.nsw.gov.au