



HIGH PERFORMANCE ATHLETES PROGRAM



CRICOS NO: 01645K

*Woodcroft College is vibrant, innovative and inclusive.
It seeks to provide an excellent all-round education
in a Christian environment.*



High Performance Athletes Program

Over the years Woodcroft College has had many talented sports people enrolled at the school. The College has always endeavoured to support these athletes to balance their sport and academic commitments.

Our efforts have been recognised by the World Academy of Sports. The College is proud to be one of only two schools in Australia to have accreditation from the Academy as an official Athlete Friendly Education Centre.

Under our High Performance Athletes Program (HPAP), our students have access to a dedicated program coordinator and recognition within the College of their unique needs.

Our program encourages students to pursue their chosen sport at an elite level while providing support for their wellbeing and academic integrity.

HPAP is aimed at students from Year 6 to 12 and this booklet will outline the program in more detail.

Petra Lorenz

HPAP Coordinator



Aim

In alignment with the College's statement of purpose to provide an excellent all round education in a Christian environment and the Strategic Plan for 2017 - 2021, the High Performance Athletes Program (HPAP) aims to:

- Support students in balancing their athletic and academic pursuits.
- Recognise and work with the individual needs of student athletes.
- Promote a culture which supports students focussing on sporting excellence and academic achievement.
- Provide students with information, knowledge and processes for sporting and academic opportunities at a tertiary level both in Australia and overseas.
- Provide students and their families with access to outside experts from various disciplines in sport science.
- Provide a means for the College, parents, students, coaches and teams to work together for the benefit of our student athletes.

Participants

The program is aimed at students from Years 6 to 12.

Requirements

Students who apply to participate in the HPAP must be able to demonstrate official State or National elite representative ability in a particular sport.

They must also be able to demonstrate positive attitudes towards their academic studies as well as responsible and respectful behaviours overall.

A panel will determine eligibility based on student applications.

Time commitment

As the students we will be working with are usually time-poor, we are conscious of developing this program in a way that provides opportunities for students without compromising their school work or training schedules.

Support and Mentoring

We envisage that our greatest asset to the students will be in providing a mentoring and support role for individual athletes. Students will, as need, meet with a school mentor regularly, and the mentor will help negotiate workloads etc. between school and training commitments.

We are aiming to provide the students with mentors from outside the College who have successfully negotiated the balance between athletic and academic studies.

We will also endeavour to provide opportunities for the students and their parents to hear from successful athletes and experts in the field of health and sports science.

Target Sports

This program does not target any particular sport, but is open to athletes who have shown that they are performing and training at an elite level.

Costs

There are no additional costs on top of regular tuition fees.

The College is not in a position to provide any financial support to students in the HPAP Program at this point in time.

Student responsibilities

To remain in the program students must demonstrate:

- Appropriate effort, application and engagement in their studies.
- Sportsmanship and fair play attributes both on and off the field.
- Excellent behaviour when representing the College.
- A willingness to work with their mentor and engage in the activities the College will provide to support them.
- A willingness to play for the College in their sport if time permits.

Parent responsibilities

Parents will be expected to:

- Demonstrate a willingness to work with the College as a partner in their child's sporting and academic endeavours.
- Communicate with the College and mentor regarding sporting commitments and achievements.
- Help to foster communication between the College and their child's sporting coaches and clubs.
- Where possible, support information sessions and events that are provided as part of the program.

Applications

The High Performance Athletes Program is promoted on the College website at the start of each school year.

Students in Years 6 to 12 are eligible to apply.

Applications are accepted throughout the year.

Applicants should submit the Application Form and include a reference from their current coach to our HPAP Coordinator.

Please download the Application Form from the College website at www.woodcroft.sa.edu.au/our-college/academic/extra-curricular.





The High Performance Athletes Program (HPAP) has enabled me to balance my intensive tennis commitments and school work. Getting to the end of my schooling, my work loads are increasing, meanwhile my sporting loads are also increasing and becoming stronger. The support from the school and the teachers has given me the confidence and belief of equal success both academically and in my tennis career. This has overall helped me to concentrate better when I am competing in my competitions, enabling my stress levels of both my schooling and sporting commitments to be less.

- Jasmine Adams (Tennis)

The High Performance Athletes Program (HPAP) has helped me to keep on top of my work as well as giving me advice on becoming a better Baseball player. It has helped me to get into Charter and play for Australia. This program helps everyone and benefits everyone with their own individual sports.

- Billy Sutton (Baseball)

Student Testimonials

I have been part of the High Performance Athletes Program (HPAP) since it began, so I've had the opportunity to see it develop to a really useful tool in balancing school work and Basketball. HPAP continuously helps me through getting extensions on assignments when I have big tournaments that I need to focus on, and thanks to our HPAP Coordinator, it is also teaching me a lot about sports psychology and exposing me to different aspects of being an elite athlete. I think HPAP has developed into a really helpful and supportive system between the school and athletes, and is continuing to develop and add new parts that are educating all athletes on what being an elite athlete involves, and how to prepare for it.

- Hope Smith (Basketball)





As I've been part of the High-Performance Athletes Program (HPAP) for four years now I've been privileged to watch the program expand and grow.

We have had the opportunity to take part in well planned activities. This included a presentation on travelling tips when going overseas for sporting competitions. We have also been given the opportunity to participate in a focus group discussion, relating to food, nutrition and its relationship to healthy living from a Flinders University student in Education, Psychology and Social Work. We were able to visit Adelaide Oval to understand the behind the scenes in AFL training and preparation for competitions.

These great opportunities have assisted us to have a better understanding of a potential career path through sport, as well as prepare us for future events.

Through the HPAP Program, teachers have also been informed of our training schedules so that in some cases, allowances regarding assessments can be made. This flexibility especially benefits me, so that I can balance my studies with sporting commitments and events.

I can't wait to continue watching the program develop and grow, helping us as athletes to be the best we can be for both our educational and sporting pathways.

- Cloe Griffiths (Kayaking, Surf Lifesaving, Running)





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