



# High Performance Athletes Program

*Find Your Remarkable*











## 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 High Performance Athletes Program (HPAP) is aimed at students from Year 7 to Year 12. The program allows our students to have access to a dedicated program coordinator and recognition within the College of their unique needs.

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

Each year the College awards two scholarships to new and current students entering Year 10 the following year who are competing at a State or National representation level.

The College has subject designed for HPAP students called Integrated Learning - Sport and Health. This is a pathway option for SACE Stage 2, which can be studied in either Year 11 or 12.

This booklet contains some further information on the program, which you may find helpful.

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HPAP Coordinator

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## **Aim**

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 Year 7 to to Year 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 7 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.

## Student Testimonial

"When I applied for the High Performance Athletes Program, I had no idea of the difference it would make to help me balance school and commitments to training and competing.

Ms Lorenz can see when I am getting stressed by schoolwork and always advocates on my behalf with my teachers when I need to make changes to due dates of assignments.

Being able to choose Integrated Learning – Sport and Health has allowed me to investigate a range of relevant topics while contributing to my overall SACE credits."

- Natalie Beech (Open Water Swimming)





## **WOODCROFT COLLEGE**

**An Independent Coeducational Anglican ELC - Year 12 School**

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