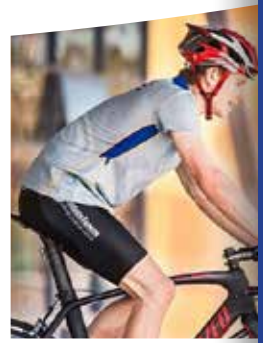


# BENDIGO SOUTH EAST COLLEGE



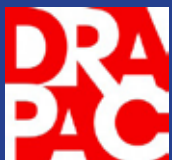
## ATHLETE DEVELOPMENT PROGRAM



**'A pathway to achieving sporting and academic excellence'**

## PARTNERS

We gratefully acknowledge the following organisations for their support, including Bendigo East Swimming Club, RACE and McKern Steel.



## OUR VISION

*'Our vision is to be a leading pathway for student-athletes to achieve sporting and academic excellence.'*

The ADP is a complete sports education and training program aimed at assisting student-athletes in the pursuit of sporting and academic excellence. The ADP is offered as a 12-month 'select-entry' subject from years 7 to 10.

Bendigo South East College has made a significant investment to build an athlete-friendly elite training facility, thereby creating a new level of opportunity for Country Victoria. High-performing student-athletes can now combine high performance sport in a flexible and supportive academic learning environment.

### AIMS OF THE ATHLETE DEVELOPMENT PROGRAM

- To provide a flexible learning environment and support framework for student-athletes to balance sporting and academic goals
- To promote a high performance culture focused on personal development and the means for success
- To provide specialist training facilities, optimal resources, professional development programs and elite coaching staff
- To provide contact with elite sports people as role models and mentors
- To provide sports science and sports medicine support
- To provide diverse and elite sporting opportunities that cater for all pathways and careers
- To maintain affordability for parents and carers
- To partner state and national sporting organisations

### CORE COMPONENTS

- Technical and tactical skill development (for athletes in technical training squads)
- Physical preparation (personalised programs using Visual Coaching Pro)
- Professional development curriculum and programs
- Sports science and sports medicine support
- Personalised data-gathering and feedback

Student-athlete progress is reviewed regularly to ensure athletes maintain a balance between study, sport and life: this is done through periodic reviews, student led conferences, fitness assessments, video analysis and daily monitoring of workload, wellbeing and academic data via ADP Virtual.



## PHYSICAL PREPARATION

Students participate in physical preparation during their normal school timetable, where they develop athletic competencies and sport specific fitness. The allocated time per week is dependent upon year level and other elective subject choices. All students receive a minimum of 180 minutes per week on physical preparation.

## PROFESSIONAL DEVELOPMENT CURRICULUM AND PROGRAMS

The professional development curriculum is delivered by ADP staff, visiting specialists and guest speakers. The components are designed to support the student-athlete achieving personal best in areas of leadership, discipline, time management, teamwork and communication. Components are based on the following:

- Physical and mental health
- Motivation and personal development
- Resilience and mental toughness
- Performance in sport

These classes are part of the student-athlete's timetable and are compulsory unless an athlete is away from school on an approved absence.

## ASSOCIATE PROGRAM

The Associate Program is run for the entire year and is directed by ADP coaches. The Associate Program is a physical conditioning program run two mornings a week before school, with breakfast supplied afterward. Associate Program athletes receive similar privileges and access to training facilities as ADP athletes, but do not participate in professional development classes or technical training squads.

Students can apply directly for the Associate Program, or may be offered a position if their ADP application is unsuccessful.

## ALUMNI PROGRAM

The Alumni Program is for year 11 and 12 student-athletes. This program provides ongoing support, coaching and services to graduating Year 10 ADP or Associate athletes who are studying VCE and continuing to strive for elite levels in sport.

Please contact the ADP team for more information.

## TECHNICAL TRAINING SQUADS

The ADP offers a range of training squads for technical and tactical skill development. Squads train before or after school under the direction of elite coaches. Breakfast Club is offered after morning training squads. Technical training squads are part of the student-athlete's timetable and are compulsory unless an athlete is injured or away from school on an approved absence.

The technical training squads offered in 2018 are:

- **AFL**
- **Basketball**
- **Cycling**
- **Soccer**
- **Triathlon**
- **Athletics (includes cross country, track and field)**
- **Volleyball**
- **Cricket**
- **Netball**
- **Tennis**

Student-athletes in the ADP for sports other than those listed above, can still access the remaining components of the ADP. These student-athletes complete their technical and tactical skill development with their own external coaches.

## KEY BENEFITS

- Flexible learning environment and support framework for high performing student-athletes
- Individual athlete tracking and data gathering via ADP Virtual
- Specialist training facilities and high-performance coaching
- Personalised physical preparation programs
- Professional development curriculum and programs
- Contact with elite sports people as role models and mentors
- Sports science and sports medicine support
- Elite competition, camps, travel and work experience opportunities
- Exchanges with specialist sports schools
- Breakfast Club
- ADP training uniform
- Physiotherapy and dietitian support



SWIMMING  
AFL FOOTBALL  
BASKETBALL  
CRICKET  
BASEBALL  
VOLLEYBALL  
CROSS COUNTRY  
CYCLING  
GYMNASTICS  
TRIATHLON  
SOCCER  
NETBALL  
TENNIS

## BSE COLLEGE FACILITIES

- Three court multi-purpose indoor stadium with spectator seating
- Competition-size synthetic soccer pitch
- Football/cricket ground
- Three floodlight tennis/netball courts
- Two outdoor basketball courts
- Cricket nets
- High Performance Centre consisting of a high-performance gym, classroom, athlete lounge, ADP staff offices, clinical services room, kitchen, study and storage area.

The ADP also utilises facilities offsite as required, including the nearby Flora Hill Athletics Track, Brennan Park Pool, Bendigo East Pool, Harry Trott Reserve and Major League Indoor Sports.

## PROGRAM ENTRY

ADP is a select-entry program. The application process and selection criteria have been developed by the ADP, Bendigo South East College and advice from supporting specialist sports schools. Applications must be received by the due date and include:

- A previous 12-month school report for all new BSE students
- A confidential reference from a current coach for new athletes
- Parent/carer consent

Shortlisted applicants will be required to attend:

- Selection trials (fitness and skills assessments)
- An admission interview, if required

**Please visit the ADP website for important dates, selection criteria, program requirements and information about the application process.**

## COST

As participation in the program is voluntary, not all costs are covered within the College budget. Student-athletes offered a position in the ADP or Associate Program are required to pay the annual fee before starting. ADP fees are in addition to BSE College fees and are non refundable.

The 2018 fee for ADP is \$450, and for the Associate Program is \$250. Contact the College for more information and payment options.

Download ADP application forms at [bse.vic.edu.au/excellence/adp](http://bse.vic.edu.au/excellence/adp)

## CONTACT

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