

Dear Club/Coach/Parent/Athlete,

At Bendigo South East College, we provide an opportunity for students to apply and be selected into a specialist sports program called the Athlete Development Program (ADP). This Program is a personalised training program based on strength and conditioning, technical skill development, personal development and sports medicine support. The aims are to 'value-add' and support the student-athletes sporting commitments and goals.

All coaching and physical training is carried out by highly qualified and professional staff. The student's workload and wellbeing is closely monitored via an IT program called ADP Virtual, accessed through the student's BSE Dashboard.

Student-athletes in the ADP are held to certain requirements to retain their position. These are based around academic and behavioural standards, attendance and effort. All of these requirements are tied into the Student-Athlete Agreement which every athlete signs when accepting a place in the Program.

Typically, a week in the ADP for each athlete consists of:

- 2 x 90 minute strength and conditioning classes during school time
- 1-2 technical training sessions per week before school (6.45am to 8.15am) followed by a supplied breakfast
- 1 Professional Development Class per week, 8.00-8.45am, delivered by ADP staff and guest speakers

Further to this, athletes in the ADP receive priority access to the High Performance Gym, access to specialist training facilities and equipment, sports medicine support, a lounge and study area, a place to prepare meals and store equipment, a flexible learning environment, contact with elite sports people as role models and mentors, travel and work experience opportunities to elite sporting facilities, and exchanges with specialist sports schools.

Please note:

- Strength and Conditioning classes are held in the ADP High Performance Gym and are run by Strength and Conditioning coaches. Classes are based around developing core strength, balance and flexibility, functional movements and lifting techniques.
- Technical Sessions are based on developing skills, techniques, strategic knowledge, games sense and sport specific fitness. This is delivered by a combination of on field training, classroom based activities (video and statistical analysis), specific gym training and recovery classes. The type of session is determined according to the individual's current workload.
- Professional Development Classes are designed to support the individual's personal development and wellbeing, and are based on physical and mental health, communication, leadership, motivation, resilience, mental toughness and performance in sport.
- The ADP is not a competitive or team based training program. Athletes are not in a state of preparation for any BSE related event. All training is personally tailored to the individual and based on the athletes own competition and performance plans. A key goal is to work with and support the sporting clubs that ADP students play for.

We are continually striving to provide greater opportunities and support for athletes in Country Victoria to balance sporting, personal and academic pursuits. Any involvement, advice or feedback that can contribute to this and further benefit sport and athletes in our region is welcomed.

If you have an athlete in the ADP, or would like to know more about the Program or information contained in this letter, please don't hesitate to contact a member of staff, or arrange a tour of the facilities.

Kind Regards,

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