



ALKIRA SECONDARY COLLEGE SPORTS ACADEMY



'We aim to provide students who show potential in high level sport with balance and support, allowing them to advance both physically and academically throughout their secondary education'.

ALKIRA SPORTS ACADEMY

'THE TOTAL ATHLETE'

At the Alkira Sports Academy we focus on developing the student as a TOTAL ATHLETE. This gives the student the ability to develop physically in their current sport. Students will be supported throughout their entire schooling program with particular attention granted towards areas including educational support, work/life balance, periodised programming and emotional development. We have a high priority in helping our Sports Academy students in *becoming the best possible version of themselves*.

We take athletes from all sports. We work with the athlete, the coach and the parents to provide the athlete with appropriate strength and conditioning, injury prevention and support networks to assist them in their journey.

Physical Development

- Access to Alkira gymnasium
- Timetabled strength and conditioning sessions
- All athletes complete prehabilitation programming
- Athlete end of season physio movement screenings
- Work with qualified and experienced coaches

Academic Support

- Highly productive class consisting of only Sports Academy students
- Academic monitoring and assistance to ensure students are up to date and on track
- 'Athlete friendly' teachers that are aware of students outside of school work commitments – flexible approach towards deadlines.
- Pathways that can lead into an early VCE PE program or VET Sport and Rec
- Scheduled coursework support sessions for students
- Academy staff available after school for assistance with work across a range of subjects

Opportunities

- A number of excursions in addition to the school curriculum including visits in 2017 to the VIS, Bounce, Melbourne Storm/AAMI Park and Melbourne cable aquatic park.
- Yoga incursions to promote wellness
- Movement screenings to identify potential injuries or correct movement patterns
- Specialised Sports Academy Camp (7-12) to promote peer cohesion with a focus on training
- Guest speakers
- Sport and Life Training (SALT) workshops directed at either single sex or mixed groups (Strong is the new pretty/Healthy Masculinity/Mental Health)

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'PHYSICAL DEVELOPMENT'

Our Sports Academy training sessions are based on the latest research in youth athletic development. Our staff have worked with a number of recognised sporting bodies to create a programming philosophy that not only enables our students to fulfil their physical potential, but empower them with the confidence to manage their themselves outside of the school environment.



In addition to a number of our staff being recognised coaches with the Australian Strength and Conditioning Association (ASCA), our school itself is a recognised member of ASCA. We also have coaches and students recognised by the Australian Weightlifting federation (AWF) and our prehabilitation work has been recognised by Netball Australia in line with their KNEE Program.



We are more than happy to work with external coaches to support the balance between school training sessions and external training sessions. To date we have successfully worked with a number of elite external coaches including Tennis Australia, Sabres and Stingrays in aligning their intended physical requirements and our timetabled strength sessions.

At Alkira, we believe our Sports Academy Program is an outstanding fit for a student athlete in terms of physical development. We don't run sport 'training' sessions. If our athletes already have a heavy schedule of club training/games and representative training/games - they don't need any more sport specific work. What we believe they need in addition to that is specific strength and conditioning, injury prevention and management, mechanics development and managed recovery from our academy staff.

External

Offered in the Alkira Sports Academy Program

Sport Specific
Skills Training
& Games

Strength and
Conditioning

Injury
Prevention

Running
mechanics/
Plyometrics

Recovery

Junior Academy

The Junior Academy (Years 7 & 8) are considered our foundational years. Our priority here is always control and stability first and foremost. Ensuring that they can manage their own body in terms of movement and exercise before increasing intensity or adding any load. Across all year levels, but in particular our junior years, there is a strict set of movement standards that our students must meet before progressing. It is very much a quality over quantity focus.

Year 7 Sports Academy

Term 1: Fundamental Motor skills (gym related fitness / skills.)

Term 2: Introduction to circuit training and the development of specific / targeted training programs.

Term 3: Individualised programming related specifically to students being in their 'on or off' season.

Term 4: Students allocated individualised programs based on fitness testing results and demands of their sports.

Students in the junior program do not miss any other subjects to take part in training. Training will take place in allocated Physical Education time slots. Students will still experience elements of the 'regular' PE curriculum, however a large majority of PE is dedicated to gym based training.



Year 8 Sports Academy

At Year 8, students are still considered to be in the 'foundational' years of the program. A strong focus is placed on students having a more independent approach towards their gym programs. Students are expected to begin to 'self manage' programs with respect to injuries, overtraining, and competition phases. Students will allocate a recovery day and with teacher assistance, develop a recovery program. This program has 4 main focuses. These include;

Term1: Exploration and development of recovery programs and nominated recovery days.

Term2: Introduction of motivational techniques within gym programming – weekly challenges created.

Term 3: Development to advanced gym techniques including squatting, bench pressing and dynamic / PNF stretching.

Term 4: Transition programs for Year 9 sports academy including specific mobility and prehab work to manage added volume.

Following this program, students will be advanced into the 'middle years' academy program. It is expected that once students have completed these two years, they are equipped with the skills to self manage fitness programming, with technique, posture and safety at the forefront of student knowledge. Training will continue to take place in the allocated PE timeslot – students will not miss any other classes. Students will still experience elements of the 'regular' PE curriculum, however a large majority of PE is dedicated to gym based training.

Middle Academy

The Middle Academy (Years 9 & 10) is an intensive two year block where the students have a significant amount of timetabled time to fulfil their athletic potential. Based on the junior years program, we know that these students have the strength, control, stability and maturity to progress their athletic development even further. These training sessions are considered our General Physical Preparedness (GPP) programming.

We have a significant focus on development of the posterior chain, ground based power and rate of force development. Students complete individual injury prevention work, aim to maintain or meet mobility benchmarks and manage volume/intensity based on where they are in their season.

Year 9 Sports Academy (2 timetabled sessions plus Academy specific Physical Education)

Every training session involves specific mobility, activation and prehabilitation work for the upcoming session, with some athletes doing their own specific preparation work if required by their external coach or allied health professional.

Our training is mainly based on compound movements in order to recruit the greatest contribution from the nervous system and train our muscles to work in synergy. The intention is to train our students to produce high amounts of power in movements (eg. Squat, Bench Press, RDL) which we know will transfer on to the field/court. We also have structured conditioning blocks and a particular focus on plyometric work including force production, absorption and deceleration.



Year 10 Sports Academy (3 timetabled sessions)

These sessions still have the same priorities as our Year 9 sessions. Adequate preparation and injury prevention work before any session begins. Students in year 10 are often in control of their own prep work because they've been enabled with the tools in the previous 3 years to manage themselves.

There is a particular emphasis on triple extension, sprinting mechanics and reactive agility work.

We take a heavy focus in year 10 on using Olympic Weightlifting movements to continue our students force and power production. This is based on research and discussions with national organisations about athletic development. Our athletes are drilled on a heavy technique before load focus, and we spend a significant amount of time working with a PVC pipe or empty barbell until students demonstrate the competence to add load.

Senior Academy

Our Senior Academy training sessions (Year 11 and 12) are run in the mornings before school. Based on where our students are in their season, sessions run either 2 or 3 times per week. These sessions are a balance of strength training, plyometric and running work based on the student's needs. At this stage our athletes are incredibly self-sufficient as they have a significant background of movement competency and standards.

ALKIRA SPORTS ACADEMY

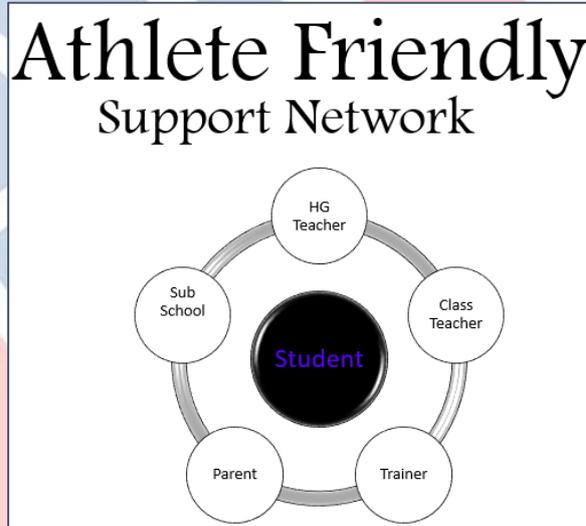
'ACADEMIC SUPPORT AND OPPORTUNITIES'

Academic Support

We know that our athletes have a significant training and game time outside of school. This means their time is incredibly limited and needs to be managed to ensure that they are achieving the highest possible standards across to board.

We take an athlete friendly approach and take pride in a network to support our students. The Academy staff, teachers, parents and sub school leaders all work together to foster an environment where our students feel supported and balanced in their studies. Some examples of how this occurs are:

- The use of COMPASS to monitor any academic or behavioural trends in students
- Academic monitoring and assistance to ensure students are up to date and on track
- 'Athlete friendly' teachers that are aware of students outside of school work commitments – flexible approach towards deadlines.
- Incredibly supportive Homegroup teachers who are aware of academy expectations
- Afterschool Coursework support sessions available to students for academic support
- End of term reviews of each student by academy staff, with communication made home for any concerns.



Opportunities



Over the year our Sports Academy students have opportunities to participate in a number of camps, incursions and excursions. From SALT seminars, Yoga incursions, Sports Physio movement screenings, Sports Academy camps and visits to the Victorian institute of Sport.

Each year we look at opportunities to give our academy students the chance to grow as individuals, but also grow as an academy. We are incredibly proud of the culture our students buy into.



ALKIRA SPORTS ACADEMY 'UNIFORM'

Our Sports Academy students follow the mainstream Alkira uniform. The uniform can be ordered through PSW uniforms at <http://www.psw.com.au/>

There will be an adjustment made to the PE polo top to have 'Sports Academy' printed underneath the school logo (PSW will have a list of all current and incoming academy students)



ALKIRA SPORTS ACADEMY 'HOW TO APPLY'

The Alkira Sports Academy has been established to assist talented student athletes to achieve at the highest levels of performance in their chosen sport and to help them with their personal education and vocational development.

All applicants should be playing their chosen sport at a representative or higher level. If they are in an individual sport then please include recent titles or achievements they have received. A current coach will need to fill in a section of your application form. This can be sent in separately if needed.

All applicants must be at or above current Victorian Curriculum standards** in the core subjects (English, Mathematics, Humanities, Science and Physical Education) A year's worth of current reports must be attached. Athletes must in addition show high standards of behaviour and effort from previous reports.

Full applications include the written application form, the coaches letter and one years' worth of reports. Any incomplete or late applications will not be considered.

On submission of your application you will receive confirmation and further details from the Sports Academy. This may include a practical skills test and a formal interview as part of the selection process.

Application forms can be downloaded and printed off the school website:

<http://www.alkirasecondarycollege.com.au/curriculum/special-programs>

** If the applicant is below standard in any of those categories and you believe they should still be considered, please attach a separate sheet detailing reasons why and improvement strategies you may have implemented.