



ASPIRE SPORT

ATHLETE DEVELOPMENT PROGRAM HANDBOOK

## History and Rationale

### **'Fitter, Faster, Stronger & Smarter'**

Since its inauguration in 2016, the Varsity College ASPIRE Sports program has been dedicated to nurturing not only high-calibre student athletes across various sporting domains but also leveraging sports conditioning as a holistic vehicle for their physical, mental, social, and emotional growth.

### **'Unlocking Potential: The ASPIRE Advantage'**

We encourage your child to aspire to new heights by setting personal expectations and embracing our program's core values on a daily basis. The ASPIRE Sports program takes pride in shaping not only exceptional student athletes but also lifelong learners who seamlessly integrate the skills acquired within our program into their lives beyond school, ensuring enduring success.

Your child's involvement in our program promises a rich team culture that instils vital life attributes essential for navigating the world outside of our college. The emphasis is on nurturing qualities of 'high expectations,' encompassing work ethic, respect, integrity, responsibility, sportsmanship, and leadership. Through the daily application of these values both on and off the field, our students evolve into champions of character and easily coachable adolescents, ultimately positioning them as highly employable and adaptable adults. Your child's journey in the ASPIRE Sports program is not just about excelling in sports; it's a transformative experience that equips them with the skills to succeed in all facets of life.

## Goals and Purpose

The ASPIRE Sports program are a pathway to propel students towards 'elite' levels in their chosen sport through a dynamic and enriching curriculum. Focused on cultivating fitter, faster, stronger, and smarter athletes, ASPIRE offers specialized strength and conditioning training coupled with health educational integrated with movement and performance experiences. This distinctive approach not only elevates the athletic potential of students but also serves as a valuable supplement to their existing professional coaching and training within their chosen sport.

### **'Elevating Aspirations' – ASPIRE Sports Program**

ASPIRE Sports goes beyond conventional methods by exposing athletes to a multi-faceted perspective on professional sports. By fostering a comprehensive skill set, the program aims to enhance the athletes' adaptability and success. In essence, the ASPIRE Athlete Development Excellence program is a transformative journey, providing unparalleled opportunities for growth, preparing students for 'elite' status, and instilling the versatility required for success in the professional sports arena.

## Key Personnel

### Head of Department

**Ty Dowker** – [tdowk1@eq.edu.au](mailto:tdowk1@eq.edu.au)

Head of the Health and Physical Education Department, Ty has brought a wealth of expertise and professional knowledge to Varsity College since his arrival in 2017. With a robust background in elite sport and as a Physical Education teacher at Coombabah SHS, Miami SHS and Hatchend High, London England., Ty has refined his leadership skills in both educational and sports settings. Holding the title of Experienced Senior Teacher, Ty is deeply committed to unlocking athlete potential while emphasizing the significance of health, fitness, and overall well-being for students.

In his role, Ty is responsible for overseeing the program's management, leveraging his extensive experience to provide crucial support to coaches, teachers, students, and wider community. His passion extends beyond the classroom, as he strives to maximize student outcomes within the ASPIRE Sport Programs, ensuring a holistic approach to education and athletic development under his guidance.

### Program Co-Coordinator – ASPIRE Athlete Development Excellence

**Murray Goodwin** - [mgood171@eq.edu.au](mailto:mgood171@eq.edu.au)

#### Qualifications:

- Bachelor of Education- Health and Physical Education Major
- Level 2 Qualified Athletics Australia Coach
- ASCA Level 1
- Certificate III and IV in Fitness
- Certificate IV Training and Assessment

#### Experience:

- Australian representative World Athletics Championships 2019
- Australian representative World Athletics Relay Championships 2019
- Australian representative Commonwealth Games (Athletics) Gold Coast 2018
- Asia Pacific representative Continental Cup (Athletics) 2019
- Australian representative and team captain Oceania Athletics Championships 2017
- Stawell Gift Winner 2015

### Strength & Conditioning Coach

Dan Keegan (Director) – Temple Gym Varsity

# Program Overview

The ASPIRE Sport Athlete Development Excellence program is conducted as a year 7-10 subject. Students will have the opportunity to engage in three x 70min scheduled classes for the week for the full year (Year 10 half year only). Program comprises of integrated theoretical and practical elements.

## Strength and Conditioning Times:

Venue: Temple Gym Varsity

Years 7 – 10: During scheduled class sessions students work with qualified external strength and conditioning coaches covering all aspects of fitness development.

Students **MUST** be on time and ready to train as per the program training times set out above. If a student is unable to take part for any reason they are to notify the coordinator via email, phone or in person.

Medical certificates must be provided should a student have to miss continuous sessions. Failure to provide documentation for student absences will result in a breach of the student/parent contract agreement.

**Note: Training times and venues are subject to change based on specialised coaches and training venue availability.**

## Curriculum

### Year 7 Curriculum:

- Term 1 – Fighting Fit
- Term 2 – Food for Performance
- Term 3 – Sport Psychology
- Term 4 – Sport Specialised Research

### Year 8 Curriculum:

- Term 1 – Training Principles
- Term 2 – Anatomy
- Term 3 – Risky Business for athletes / Respectful Relationships
- Term 4 – Injury prevention and management

### Year 9 Curriculum:

- Term 1 – Training Programs
- Term 2 – Systems of the Body
- Term 3 – Leadership and Team Dynamics
- Term 4 – Contributing to the Sporting Community

### Year 10 Curriculum:

- Term 1 – My 'Sports Science'
- Term 2 – Careers in Sport

**Year 7-10 Fitness Experiences:**

- Strength and Conditioning Training
- Fitness Component Training
- Sports Carnival Specific Training (including cross country, track and field and surf lifesaving opportunities)
- Cross Training
- Team Building Activities
- Modified Games
- Injury Prevention Based Training
- Recovery Training
- Aquatics Training

**Uniforms**

Students accepted into the ASPIRE Athlete Development Excellence program will be provided a 'ASPIRE Sport' training shirt. Students are expected to change into their Aspire Sport uniform for all practical and outside of school learning experiences.

**Competitions & Tournaments**

The ASPIRE athletes are required to participate in all whole school sporting events including Swimming, Cross Country and Athletics carnivals at school and at district and regional levels (if qualify).

Athletes are also required to take part in several specially selected sporting competitions throughout the school calendar year, starting with the interschool sport GC24 competition.

**Partnerships and Industry Links**

The ASPIRE Athlete Development Excellence program prides itself on its industry link with Bond University and other health industries. This partnership links athletes directly to industry professionals and lecturers, which provide expert education information sessions that supports the programs curriculum. Furthermore, athletes are provided access to specialised training and testing facilities located at the university.

Athletes will engage in targeted lecture series which include topics such as Sports Science, Sports Psychology, Sports Nutrition and Physiotherapy, as well as have direct access to facilities such as Bond's elite Health and Sports centre including biomechanics laboratories, recovery pools, altitude training rooms, sports gymnasium and lecture labs.

Furthermore, athletes will engage with Bond University students including Masters and Doctorate candidates in sports science for community education sessions and projects, that directly link to the core priorities and goals of the ASPIRE program.

## Student Selection Criteria

Prospective candidates for the ASPIRE Athlete Development Excellence program must demonstrate, along with providing supporting documentation:

- Completion and submission of the ASPIRE ADP Application Form
- Above-average academic results in all subjects (exceptions may be granted)
- Exemplary levels of behaviour and effort
- Outstanding achievements in specific sports
- Exceptional levels of physical fitness showcased at the ASPIRE Sports trial day
- A clear eagerness to enhance their skills within their chosen sport and contribute to the broader sports community of the college.

Following an interview process, staff and specialized teachers will assess the suitability of each applicant. Successful candidates will receive notification from the school, and the school's decision will be deemed final.

## Expectations and Commitment to Program Requirements

The ASPIRE Program is committed to establishing and maintaining a high-performing and supportive learning environment for all its students. Being an athlete in the ASPIRE Sport Program is a privilege, and students enrolled in the program must appreciate and uphold their placement. To this end, ASPIRE students will strive to excel across the Global ASPIRE Performance Areas at the highest level.

### Academic (Classroom and Extra-curricular)

- Maintain high academic standards in all subjects (No 'D' or 'E' standards).
- Submit all assessments complete and by the due date.

### Behaviour and Effort

- Maintain a very high standard of behaviour and effort across all subject areas.
- Respect teachers and fellow students at all times.
- Be punctual and prepared for all lessons.
- Display high levels of behaviour at all times, not only during ASPIRE lessons but with all Varsity College staff (teaching and non-teaching), contract, and supply teachers.

### Culture

- Understand the responsibility as an ambassador of the ASPIRE Sport Program to be seen as a positive role model to others within the local community.
- Maintain a high level of school attendance to uphold learning standards.
- Actively participate in competitions, events, activities, and excursions related to the ASPIRE Sport Program.
- Demonstrate a clear desire for extending skills within their chosen sport.
- Uphold high uniform standards in line with the Varsity College Appearance Policy.
- Be accepting and tolerant of all students.
- Show modesty and humility in interacting with peers.

## Maintenance of Position in Program

ASPIRE Sport Programs conduct a formal review process at the end of each term for students consistently not meeting the Global ASPIRE Performance Areas outlined in the Expectations and Commitment to the Program. Grounds for review may include:

- Consistent lateness
- Truancy, repeated detentions, after-school detentions, suspension
- Failure to submit assessments regularly (monitoring and due dates)
- Failure to meet academic, behaviour, and effort standards as outlined in the Expectations and Commitment to the Program
- Failure to meet the financial commitment of the ASPIRE Program

The ASPIRE Sport Review Process for students consistently not meeting expectations is conducted at the end of the term. The following procedures are then implemented:

- These students and their parents will be contacted by either the ASPIRE Sport Coordinator or the Head of the Department, where expectations of the program will be discussed. Specific targets will be identified, and it is the student's responsibility to meet these.
- The student will be placed on probation for the following term. If students fail to meet their targets throughout this period, their enrolment in the program will be cancelled, and they will be placed in a mainstream class for the remainder of the year.

## Application Process

The Varsity College ASPIRE Program applicants are required to:

- Complete the online ASPIRE Sport Program Application which can be found on the Varsity College website. Upload all required documentation as required and submit by the closing date.

***Please note that incomplete applications will not be accepted.***

- All Applications must be received no later than **18<sup>th</sup> March 2024**.
- You will receive further correspondence about testing dates and times once your application has been received and processed.

Upon completion of the application process, staff and specialist teachers will decide on the suitability of each applicant. Successful applicants will be notified by the school and the ***school's decision will be final.***

# APPENDIX 1: Student Parent Agreement

## Student Agreement

I understand that the purpose of the ASPIRE Program is to select and retain the most highly motivated and knowledgeable students who will maintain the level of commitment, dedication, and interest necessary to successfully achieve quality learning outcomes in their program of study. I acknowledge that the ASPIRE Program will create and maintain a learning environment with like-minded students who will support me in achieving my personal and academic goals in my program of study.

1. In all areas of college life, I understand that I bear the responsibility of being an ambassador of the ASPIRE Program, seen as a positive role model to others within the local community.
2. I will strive to perform at the highest level across the Global ASPIRE Performance Areas.
3. I will demonstrate grit and determination as I work towards my goals, with the support of my parents.
4. I understand that failure to adhere to the standards of the ASPIRE Program may result in my removal from the program and forfeiture of my entrance fees.

I hereby accept my position to be a part of the Varsity College ASPIRE Program in 2025. I am aware that by accepting a place, I commit to adhering to the ASPIRE Expectations and Commitment to Program Requirements and upholding the values and expectations therein.

## Parent Agreement

- I understand that the purpose of the ASPIRE Program is to provide my child with a learning environment that supports and facilitates quality learning outcomes in their program of study. I also recognize that an aim of the ASPIRE Program is to ensure that, as a parent, I am supportive of both my child in the program and of Varsity College.
- I am committed to assisting my child in maintaining a high level of commitment to successfully achieve quality learning outcomes in their program of study. I pledge to:
  - Assist my child in maintaining a high level of attendance to uphold learning standards.
  - Actively encourage my child to maintain high standards in all subject areas.
  - Provide support to my child and the college in adhering to Varsity College policies and procedures.
  - Monitor the completion of homework assignments.
  - Attend Parent-Teacher Interview Evenings where possible and convenient.
  - Maintain open lines of communication with the college to ensure success for my child.
  - Fulfill all financial commitments as outlined during the application process (please note all Aspire fees are non-refundable)

Signed: \_\_\_\_\_  
(Parent)

\_\_\_\_\_  
(Student)



## Appendix 2: Fitness Testing Standards

### Male Standards

	Excellent	Good	Average	Below Standard
<b>Med Ball Yr. 6</b>	4+	3.99- 3.5	3.49 –3.	Less 3
<b>Med Ball Yr. 7</b>	5+	4.99- 4.0	4-3.5	Less 3.5
<b>Med Ball Yr. 8</b>	6+	5.99- 5.0	5-4.5	Less 4
<b>Beep Test Yr. 6</b>	9+	8.9-7.9	7.9-6.8	Less 6.7
<b>Beep Test Yr. 7</b>	10+	9.9-8.9	8.8-7.8	Less 7.7
<b>Beep Test Yr. 8</b>	11+	10.9-9.9	9.8-8.8	Less 8.7
<b>Agility Yr. 6</b>	5.7 or less	5.71-6	6.1-6.39	More 6.4
<b>Agility Yr. 7</b>	5.6 or less	5.61-5.9	5.91-6.29	More 6.3
<b>Agility Yr. 8</b>	5.5 or Less	5.51-5.8	5.81-6.19	More 6.2
<b>Push Up Yr. 6</b>	30+	29-20	19-11	Less 10
<b>Push Up Yr. 7</b>	35+	34-25	25-16	Less 15
<b>Push Up Yr.8</b>	45+	44-35	35-26	Less 25
<b>Sit Ups Yr. 6</b>	45+	44-35	34-25	Less 25
<b>Sit Ups Yr. 7</b>	50+	49-40	39-30	Less 30
<b>Sit Ups Yr.8</b>	55+	54-45	44-34	Less 35
<b>Sit Reach</b>	15+	10- 14	9-5	Less 5

<b>Standing Leap Yr. 6</b>	1.8m +	1.7- 1.61m	1.6-1.41m	Less 1.4
<b>Standing Leap Yr.7</b>	1.9 m +	1.8- 1.9m	1.8- 1.51m	Less 1.5m
<b>Standing Leap Yr. 8</b>	2.0m +	1.9 – 2.0m	1.9 -1.61m	Less 1.6m
<b>20m sprint Yr. 6</b>	Less 3.3	3.31- 3.55	3.56 – 3.8	3.8 +
<b>20m sprint Yr.7</b>	Less 3.2	3.21- 3.45	3.46 – 3.7	3.7 +
<b>20m Sprint Yr.8</b>	Less 3.1	3.11-3.35	3.36 – 3.6	3.6 +

## Female Standards

	<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Below Standard</b>
<b>Med Ball Yr. 6</b>	4.0+	3.9 - 3.5	3.4 - 3	Less 3
<b>Med Ball Yr. 7</b>	4.5+	4.4 – 4	3.9 – 3.5	Less 3.5
<b>Med Ball Yr. 8</b>	4.7+	4.6-4.2	4.1-3.7	Less 3.7
<b>Beep Test Yr. 6</b>	8.5+	8.4- 7.4	7.3- 6	Less 6
<b>Beep Test Yr. 7</b>	9.5+	9.4- 8.4	8.3- 7	Less 7
<b>Beep Test Yr. 8</b>	10.5+	10.4- 9.4	9.3- 8	Less 8
<b>Agility Yr. 6</b>	5.7 or less	5.71-6	6.1-6.39	More 6.4
<b>Agility Yr. 7</b>	5.6 or less	5.61-5.9	5.91-6.29	More 6.3
<b>Agility Yr. 8</b>	5.5 or Less	5.51-5.8	5.81-6.19	More 6.2
<b>Push Up Yr. 6</b>	20+	20-15	15-10	Less 10
<b>Push Up Yr. 7</b>	25+	24-20	19-15	Less 15
<b>Push Up Yr.8</b>	30+	29-25	24-20	Less 20

<b>Sit Ups Yr. 6</b>	45+	44-35	34-25	Less 25
<b>Sit Ups Yr. 7</b>	50+	49-40	39-30	Less 30
<b>Sit Ups Yr.8</b>	55+	54-45	44-34	Less 35
<b>Sit Reach</b>	15+	10- 14	9-5	Less 5
<b>Standing Leap Yr. 6</b>	1.7 m +	1.69 – 1.6m	1.59- 1.5m	Less 1.5
<b>Standing Leap Yr.7</b>	1.8 m +	1.79- 1.7m	1.69 – 1.6m	Less 1.6
<b>Standing Leap Yr. 8</b>	1.9 m +	1.8- 1.9m	1.8- 1.7m	Less 1.7
<b>20m sprint Yr. 6</b>	Less 3.5	3.51-3-75	3.76-4.1	4.1 +
<b>20m sprint Yr.7</b>	Less 3.4	3.41- 3.65	3.66 – 3.9	3.9 +
<b>20m Sprint Yr.8</b>	Less 3.3	3.31- 3.55	3.56 – 3.7	3.7 +