

The logo for Varsity College, featuring the word "VARSITY" in a bold, white, serif font above the word "College" in a white, cursive script font. The background is a dark blue gradient with a curved top edge and a gold triangle in the upper right corner.

VARSITY
College

ASPIRE SPORT
AFL 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

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.

Head Coach – ASPIRE AFL

Simon Foat - sfoatl@eq.edu.au

Qualifications:

Bachelor of Education

Coaching Experiences:

- Varsity Vikings QCUP coach – Senior Girls Qld Champions 2022
- Runners Up 2022
- Varsity Vikings QCUP coach – Junior Girls Runners Up Qld State Championship 2023, 2021, 2020, 2019
- South Coast Manager 2022-Present
- South Coast Under 15 Trainer 2013-2021
- South Coast under 15 Coach 2007-2011
- Gold Coast Suns Talent Academy Coach 2010-2013
- Qld Under 15 schoolboys coach 2011/2012
- Qld Under 15 schoolboys Assistant Coach 2010
- Broadbeach Cats reserve grade coach in state league 2004-2006

Ben Nicoll - brnic0@eq.edu.au

Qualifications:

Bachelor of Exercise and Sport Science

Masters of Teaching (Secondary)

Coaching Experiences:

- Varsity Vikings QCUP Senior Girls coach – Qld Champions 2022, Runners Up 2023, 2021
- Varsity Vikings QCUP Junior Boys Coach- 2021-Present
- VAFA U16 Premier Division Assistant Coach- Premiers St Beads/Mentone Tigers
- Six years of personal training, strength and conditioning and group training experience

Program Overview

The ASPIRE Sport AFL Excellence program is conducted as a year 7-9 subject. Students will have the opportunity to engage in three x 70min scheduled classes for the week for the full year. Program comprises of integrated theoretical and practical elements.

The program focuses on providing a sequentially developed program for students over years 7 -12. Accordingly, the AFL focus for each year is:

- Year 7 & 8 – ‘Intermediate’: Skill Acquisition, Game Sense Training
- Year 9 & 10 – ‘Advanced’: Skill Acquisition and Game Sense Training
- Year 11 & 12 – ‘Elite’: Skill Acquisition and Games and Performance Training

Junior Secondary program on field training times (Years 7-9):

Venue: Varsity College Oval

- All Year 7-9 Sessions are run in timetabled classes in year levels
- Tuesday Afternoon Sessions as required as a Schools of Excellence Squad 2:30pm – 3.45pm (2:30pm arrival for a 2:45pm start)

Senior Secondary program on field training times (Years 10-12):

Venue: Varsity College Oval

- Thursday 2:30pm – 3.45pm (2:30pm arrival for a 2:45pm start)

Strength and Conditioning Times:

- Years 7-9 classes run during timetabled Aspire AFL sessions

Students *MUST* be on time and ready to practice 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 Head Coach via email, phone call or in person.

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

Uniforms

Students accepted into the ASPIRE AFL program will be provided an ASPIRE AFL football jumper/shorts/socks. Students with an existing AFL uniform will be supplied a Vikings AFL training shirt that may also be worn in our sessions. It is the expectation of the ASPIRE AFL program that students will attend training session in their jumper/shirt, along with required playing equipment. Students will not be permitted to train or play without the correct uniform including sport shirts.

Competitions & Tournaments

The Aspire AFL program is proudly one of only twelve schools in Qld fully endorsed by the AFL as a ‘Schools of Excellence’ school. Due to this endorsement, Varsity competes in the premier

competition in Qld playing against the best schools in Qld. Varsity competes in the top tier (division 1) of this competition which comprises the top 6 excellence schools.

In addition to this competition, program participants will also take part in several interschool sport or invitational and exhibition style tournaments through the year, including:

- GC24 interschool sport competition
- Schools of Excellence years 7/8 gala days x 3
- Alliance Cup
- Exhibition games against various schools

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 **18th 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)

