



ASPIRE Athlete Development

Primary Campus Program Handbook

History and Rationale

The Varsity College ASPIRE Athlete Development Program (ADP) was established to provide students with opportunities to develop their physical literacy, fitness, sporting knowledge and athletic performance across a broad range of sports and physical activities. The program recognises that successful athletes require more than just sport-specific skills. They need a strong foundation in fitness, resilience, teamwork, leadership and healthy lifestyle habits.

The Athlete Development Program aims to develop well-rounded student athletes who are prepared for future sporting opportunities both within and beyond school. The program also serves as an important pathway into the Varsity College Secondary ASPIRE sporting programs, providing students with the fundamental physical and personal skills required for future success.

Goals and Purpose

The Athlete Development Program aims to develop confident, resilient and versatile young athletes who are committed to personal improvement and sporting excellence.

The program seeks to:

- Develop students' fitness, strength, endurance and athletic capacity.
- Foster positive attitudes towards health, physical activity and wellbeing.
- Build resilience, perseverance and a growth mindset.
- Develop teamwork, leadership and communication skills.
- Expose students to a wide variety of sports and physical activities.
- Improve movement skills and overall physical literacy.
- Create pathways into Secondary ASPIRE sporting programs.
- Encourage lifelong participation in sport and physical activity.

Key Personnel

Mr Kyle Milne is an experienced Physical Education specialist with a strong passion for developing young athletes and promoting lifelong participation in sport and physical activity. He has extensive experience working with primary-aged students and is committed to creating engaging and challenging learning experiences that encourage students to achieve their personal best.

Mr Milne has particular expertise and passion in AFL, Rugby League, OzTag and Track and Field. Through the Athlete Development Program, he aims to develop students into well-rounded athletes by building strong foundations in fitness, movement competency, teamwork and sporting resilience.

Mr Milne believes that exposure to a variety of sporting experiences helps students discover new interests, develop transferable athletic skills and become adaptable competitors.

Program Overview

The ASPIRE Athlete Development Program provides students with opportunities to participate in advanced physical education experiences designed to develop fitness, athleticism and sporting capability.

A major focus of the program occurs during Term 1, where students undertake a structured triathlon training program. Through swimming, cycling and running preparation, students work

towards participation in the Kingscliff Triathlon. This experience provides students with a significant fitness base that supports their participation and development throughout the remainder of the year.

Across Terms 2, 3 and 4, students participate in a diverse range of sporting experiences. Opportunities vary depending upon Sporting Schools Grant funding and external providers but may include activities such as:

- Golf
- NFL Flag Football
- Tennis
- Volleyball
- Gaelic Football
- Gym Circuit Training
- Team Sport Skill Clinics

The core sports underpinning the program are:

- AFL
- Basketball
- Soccer
- Athletics Development

Some program activities, competitions and training opportunities may require students to leave the school grounds to access specialist facilities, sporting venues and community events.

Student Selection Criteria

Applicants are selected through a competitive application process. Selection is a Two Phase Process:

Phase One:

- Open to students entering Years 5 and 6 in 2027.
- Completion of the online ASPIRE application.
- Submission of sporting involvement history and achievements via online ASPIRE application.
- Minimum of B rating in HPE in 2025 and 2026.

Students will be shortlisted based on their written application and invited to participate in a Fitness test which includes:

- Beep Test
- Endurance activities
- Strength assessments
- Physical fitness challenges

Expectations and Commitment to Program Requirements

The ASPIRE Program is committed to providing and maintaining a high performing and supportive learning environment for all its students. Being a part of the ASPIRE Program is a privilege, and students involved in the program must value and respect their placement. To this end, ASPIRE students will endeavour to perform at the highest level across the Global ASPIRE Performance Areas:

Academic (classroom and extra-curricular)

- Maintain high academic standards. This is considered a 'B' grade across all relevant ASPIRE subjects.
- Maintain no lower than a 'C' grade in all other subjects.
- Submit all assessment, completed 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 appropriate behaviour at all times, not only during ASPIRE lessons, but with all Varsity College staff (teaching and corporate services), contract and supply teachers.

Culture

- Students understand they bear responsibility as an ambassador of the ASPIRE Programs to be seen as a positive role model to others within the local community.
- Maintain a high level of school attendance in order to maintain learning standards.
- Active participation in competitions, events, activities and excursions related to the ASPIRE programs.
- Maintain high uniform standards in line with the Varsity College Appearance Policy.
- Be accepting and tolerant of all students.
- Show modesty and humility when interacting with students.

Maintenance of Position in Program

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

- Consistent lateness.
- Truancy, repeated detentions, after school detentions, suspension.
- Failure to submit assessment on a regular basis (monitoring and due dates).
- Failure to meet academic, behaviour and effort standards as outlined in the Expectations and Commitment to Program Requirements.
- Failure to meet the financial commitment of ASPIRE Program.

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

- The students and their parents are contacted by either the ASPIRE Coordinator or the Head of 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 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 the close date advertised on our platforms.
- 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.