

## SPORTS ACADEMY PROGRAM – STRUCTURE

The Sports Academy program at Grovedale College runs from Year 7 through to the end of Year 11. In Year 11, students obtain their Certificate III in Vet Sport & Recreation as well as a study score that is put towards their ATAR at the end of Year 12.

The program at **Year 7 & 8** is the foundation years of the program. In **Year 7**, students have the opportunity to trial in a squad of their choice, either AFL, Basketball, Cricket, Fitness, Netball, Soccer and Tennis. Over four weeks students are able to demonstrate their skills and leadership abilities. At the conclusion of the trial period, the final squads are announced and successful students then begin their training, with an emphasis on learning the fundamentals of the sports they have chosen.

The **Year 7** program runs each Wednesday afternoon and students are coached by specialist coaches, listen to guest presenters, attend excursions and play against other schools in the GISSA competition during terms 2 and 3.

In **Year 8** students continue their specialist coaching sessions and build on the fundamentals learnt in Year 7 with more emphasis placed on the tactical side of the sports through a game sense approach. This allows the students to replicate sporting situations and navigate their way through this with the support of their team mates and coaches.

The **Year 8** program runs each Friday afternoon and is a terrific way for the students to finish their school week. They have the opportunity to listen to guest presenters as well as attend excursions throughout the school year.

As the students move into the program at **Year 9** the structure changes. Students complete 12 sessions per fortnight made up of specialist coaching, fitness training as well as a theory component. Squads offered reduce to three (AFL, Netball and Fitness) with a focus on developing an understanding of how elite athletes approach training and recovery. Theory sessions focus on a range of areas such as training principles and methods, health and wellbeing and body systems.

As part of the **Year 9** program, the students have the opportunity to attend various excursions such as Big Day Out, VIS and North Melbourne Football Club as well as listen to guest presenters. One of the other key aspects of the Year 9 program is the delivery of primary school clinics. Students plan and deliver a range of clinics with local primary school students, which is a fantastic stepping-stone into the Year 10 Sports Academy Program.

In **Year 10**, students engage in the program 13 sessions per fortnight. This includes specialist coaching sessions, along with fitness training, theory and a strong focus on developing their leadership skills. Students develop their understanding of training principles to a point where they have a great deal of independence in their training throughout the year. They continue to conduct primary school clinics as well as engage in other leadership opportunities such as engaging with local agency GenU to conduct Big Day Out events for people with disabilities.

The **Year 10** program culminates with the Darwin Trip (subject to change), where the students work in remote indigenous communities and schools running clinics and working in the classroom with primary school students.

In **Year 11**, the students complete their Certificate III in VET Sport and Recreation. They complete all four units (1-4) in the one year. Students have 18 sessions per fortnight, which consists of specialist coaching, theory and other practical based components that are linked to the theory.

As part of the course the students assist in the running of primary school sports days, assist with the running of the GenU Big Day Out program, as well as facilitating sessions for their peers as required to complete the theory component of the subject.

The specialist coaching sessions again have an increased focus on how elite athletes train to achieve success. Students analyse game footage and replicate this in their training to enhance their performance.

We are extremely proud of the success of our past students in a range of fields, including becoming elite sportsmen and women along with gaining employment in the health, sports, medical and fitness fields.