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Excellence in Sports Performance

Athlete Development Program

ADP



FOR TERM 1 ENTRY 2021.

APPLICATIONS CLOSE: *Friday 16th of October 2021*

Late applications can be submitted and will be considered on a case by case basis.

Please note: There are a limited number of places in the ADP and ALL attached documentation must be completed to be considered for a position

Always seek worthy things



ATHLETE DEVELOPMENT PROGRAM – IMPORTANT INFORMATION

The ADP is a complete sports education and training program aimed to assist students in the pursuit of sporting excellence. The ADP is an extra-curricular opportunity at MGH and students must apply for entry. The program runs for the entire year. The ADP is a physical conditioning program run before school by strength and conditioning coaches and service providers.

Core Components of the ADP

- Physical Preparation
- Professional Development curriculum
- Sports science and sports medicine support
- Personalisation of training and development

Conditions of Enrolment

ADP athletes offered a position in the program must accept their position and pay their Annual Fee by the required date to secure their position. Athletes must also agree to the terms and conditions specified by the **'Student Athlete Agreement.'** This requires athletes to:

- *'Always seek worthy things'* in sport and studies
- Conduct themselves in line with the school's expectations
- Communicate well and use social media appropriately
- Always demonstrate sportsmanship and abide by the rules and spirit of sport at all times
- Maintain personal habits of health and fitness that contribute to sporting excellence
- Behave and dress in a professional manner at all times during sport and training
- **Always** abstain from taking drugs that modify growth, behaviour or performance

Athletes will be supported to meet these Conditions of Enrolment. Failure to address requirements may result in removal from the ADP.

Application Process

Please refer to the **Admission Process Flowchart** on the ADP website for details about the Application Process.

Annual Fees

As participation in the ADP is voluntary, not all costs are covered in the school budget.

The 2021 ADP Annual Fee is TBA. This fee is non-refundable. This Fee will be divided 4 x term installments of TBA.

The Annual Fees are in addition to MGH school fees and contribute to costs associated with running the Program. Some excursions will incur additional costs, especially where accommodation and transport are required. Parents will be given advanced notice of major excursions to assist with planning and budgeting.

Please contact the Business Services Manager at the school if you require more information about Annual Fees or if you would like to discuss a payment plan.

Important

Acceptance into the ADP in one year does not lead to automatic acceptance in the following year. Students are required to apply each year.

Both academic achievement and sporting progress are important elements to the ADP. Students are therefore required to **consistently** satisfy the terms of their Student- Athlete Agreement to maintain their place in the ADP.



APPLICATION 2019

ATTACH
PHOTO
HERE

ATHLETE NAME _____

Year Level 2019: _____ MALE [] FEMALE [] Date of Birth: ____ / ____ / ____

Address _____ Suburb _____ Postcode _____

Parent's / Guardian's names _____

Contact email (please print) _____ Contact number _____

The sport/s that I am currently interested in improving my performance in are:

Please complete the below if applicable:

REPRESENTATION: (please attach extra pages if you wish to provide more information)

(i) **NATIONAL:** Please provide details of any **National** level achievements or **Australian** team selection

Achievement _____ Location _____ Date ____ / ____ / ____

Achievement _____ Location _____ Date ____ / ____ / ____

(ii) **STATE:** Please provide details of any **State** level achievements or **State** team selection

Achievement _____ Location _____ Date ____ / ____ / ____

Achievement _____ Location _____ Date ____ / ____ / ____

(iii) **REGIONAL:** Please provide details of any **Regional** level achievements or **Regional** team selection

Achievement _____ Location _____ Date ____ / ____ / ____

Achievement _____ Location _____ Date ____ / ____ / ____

Achievement _____ Location _____ Date ____ / ____ / ____

(iv) **CURRENT CLUB or TEAM**

Local Club _____ Representative Team _____

Student- Athlete & Parental Signatures

By signing below, you acknowledge that all details are correct, and that you have read and understood the **Conditions of Enrolment** and **Annual Fees** on the previous page, and the **ADP Selection Policy, Student-Athlete** and **Probation Policy** which can all be found on the Mount Gravatt High School website:

.....
(Student-Athlete Name) (Student-Athlete Name) Date

.....
(Parent / Guardian Name) (Parent / Guardian Name) Date



YOUR GOALS

PLEASE NOTE: The Selection Committee requires applicants to complete this page in their own handwriting.

Please attach extra pages if you wish to supply more information.

Sporting Goals

Describe your future goals in your sport. Please consider short and long term goals.

Academic Goals

What are your academic study goals? Describe which subjects you wish to improve in.

Describe how you think ADP might benefit you and your development in 2019.

Please outline your current weekly training schedule.

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
AM							
PM							



PROGRAM ENTRY

To be considered for selection, applicants must:

- Submit a complete application by the due date
- Attend ADP orientation
- Attend selection interviews as required

CHECKLIST

Please ensure that:

- You have read and understood the Conditions of Enrolment (page 2)
- You have included a passport size photo with your application (**new MGH students only**)
- You and your parent / guardian have signed the application
- You have included your previous year's school report (**new MGH students only**)
- You have requested a Confidential Reference from a current coach (non-family member).

Incomplete applications will not be assessed

SUBMITTING YOUR APPLICATION

Please scan and email your application to:

Mr Kyle Jones

A/Head of Department – Health Sciences

Email: kjone535@eq.edu.au

Or return in person or by mail to:

Kyle Jones

C/O Mount Gravatt High School

PO Box 2515

Mansfield DC QLD 4122

ATHLETE DEVELOPMENT PROGRAM



Confidential Coach Reference: For all ADP Applicants.

Please ask a current coach (non-family member) to complete the following form and

Name of Coach _____

Date _____

Position _____

Contact Number _____

Contact Email _____

Present Club _____

Student-Athlete Name _____

Sport and position in the team if relevant _____

Strengths _____

Areas of improvement _____

Training commitment _____

Coachability _____

Attitude / Sportsmanship _____

Thank you