

# PROGRAM ENTRY

The Sports Academy Application Form can be downloaded via [www.salesian.vic.edu.au/learning/enrichment-programs/sports-academy-program/](http://www.salesian.vic.edu.au/learning/enrichment-programs/sports-academy-program/)

The Application Form requires information about the student athlete, a confidential reference from the student's coach and a video sample of the student performing three core skills in his sport. Submission guidelines are detailed further on Page 8 of the Application Form.

Your Sports Academy Application and College Enrolment Application must be submitted prior to enrolment closing for your son's Year 7 intake year.

If your son's application for enrolment at Salesian College is accepted, you will receive a letter advising whether he has been successful in his application for the Sports Academy. There may also be a requirement for your child to attend both physical and sports specific testing as a part of the selection process. If this is required, the College will contact you.

covered within the College budget.

Parents are required to pay an annual Sports Academy Fee of \$300, which will contribute to costs associated with technical sport training sessions, venue hire costs, equipment use, transport to and from activities and access to sport science services including physical preparation staff. This funding also covers excursions and guest speakers.

The annual Sports Academy fee of \$300 needs to be paid on acceptance of your place in the Sports Academy Program, following physical and sports specific testing. Enrolment in the program will only be confirmed once the \$300 payment has been made at the Accounts Office of Salesian College.

Year 7, 2025 applications close on 18 August 2023. The Sports Academy Application Form can be found on the College website and will need to be completed by 13 October 2023.

**Further Information:**  
Email: [ssellwood@salesian.vic.edu.au](mailto:ssellwood@salesian.vic.edu.au)

## SPORTS ACADEMY PROGRAM PARTNERS

Salesian College Chadstone are proud to be partnering with the following brands. Ask us about how these partnerships benefit our students.



International Academy  
Australia



# SPORTS ACADEMY



# SPORTS ACADEMY

Over the years we have seen the progression of many talented young athletes pass through our corridors. As a result, we have launched an official Sports Academy Program. The program aims to assist talented student athletes to achieve at the highest levels of performance in their various sports, and to help them with their personal education and vocational development.

Students will be placed into our 7A (Academy) class which will be a tailored class consisting of only Sports Academy students. Students in the program will have extra time dedicated to the Sports Academy Program in their weekly timetable.

Students will complete a tailored PE program during both practical and theory lessons with a focus placed on athlete specific topics. Students will still experience some elements of the 'regular' PE curriculum, however the large majority of PE would be dedicated to the Academy Program.



## WE'RE COMMITTED TO:

- Assisting students to balance their sporting ambitions and academic studies in an encouraging educational environment, within an "athlete friendly school"
- Improving students' sporting abilities through a specialised and accelerated curriculum, with an emphasis on long-term athlete development
- Promoting and developing self-discipline, goal setting, time management and leadership through team and individual pursuits
- Assisting students to develop advanced skills, knowledge, and an understanding of pathways that lead into the VCE PE program or VET Sport and Recreation
- Fostering direct connections with sport pathways beyond the College



## THE JUNIOR PROGRAM

YEARS 7, 8 & 9

- Fundamental motor skills
- Multi-sport skill development
- Circuit training
- Anatomy
- Sports nutrition/hydration
- Fitness testing
- Strength and conditioning program
- Improved skills and tactics
- Injury prevention
- Recovery practices
- Coaching accreditations
- Sports psychology
- Level 1 First Aid
- Specialist coaching

## THE SENIOR PROGRAM

YEARS 10, 11 & 12

- Fitness testing
- Strength and Conditioning program
- Recovery practices
- Injury prevention
- Sports science
- Sports nutrition / hydration
- Referee/Officials course
- Leadership training
- VCE Physical Education
- VET Sport and Recreation
- Specialist coaching

## FUTURE PATHWAYS

- Sportsperson
- Sports Official
- Health Sciences
- Sports Psychology
- Sports Administration
- Sports Development
- Physical Education Teacher
- Athlete Management
- Sports Coach
- Personal Trainer
- Strength and Conditioning
- Sports Management
- Sports Medicine
- Dietitian
- Nutritionist
- Myotherapist
- Chiropractor
- Physiotherapist
- Sports Scientist

## EXCURSIONS

Students within the Sports Academy Program will be eligible to take part in specialised excursions outside the normal school curriculum, which will aim to encourage individual development and allow students to fully appreciate all different aspects of athletic careers and training. These could include:

- Victorian Institute of Sport (VIS) tour – a behind the scenes look at the facility of a professional sporting body
- Specialised Sports Academy camps, with a focus on training and leadership.
- Observation of professional training sessions - elite sportsmen and women from a number of chosen sports.
- Cross training sessions, including swimming sessions, spin classes, yoga, the 1000 steps etc.

## EXPECTATIONS

**By accepting an offer of a place in the Salesian Sports Academy, students will be agreeing to the following:**

- Being available for selection in College sporting teams when required, and competing to the best of their ability.
- Working towards achieving their full potential in both sport and academic studies
- Behaving in a manner that meets the College's expectations and rules
- Complying with all "reasonable" training expectations asked by the teachers/coach(es)
- Maintaining individual behaviours of health that will help develop sporting excellence
- Abiding by the rules and the spirit of the sport