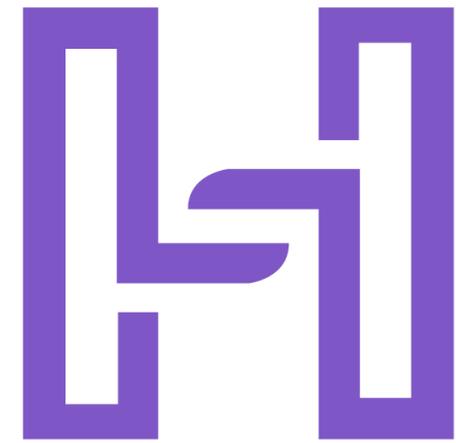


ADA

SPOTLIGHT

EDITION 1 – TERM 3 – 2021



Athlete
Development
Academy

**TIME TO CELEBRATE
THE ACHIEVEMENTS OF
OUR ADA COMMUNITY.**

What Is The ADA Spotlight?

Within our ADA Community, we have an endless number of students achieving their personal best in a wide range of sports. The ADA Spotlight provides all of us an opportunity to shout-out students who have reached an achievement in their athletic performance.

Each semester, the ADA Teachers will ask their students to present a photo and description of something they have achieved (this may include: tournament wins, player of the game, personal best performance/score and many more).

student's submissions will be selected to be placed on the ADA Spotlight and celebrated amongst our ADA and HGC community.

The ADA Spotlight will present an update from each ADA teacher, an interview with 3 ADA students and of course, a spotlight on our student's successes!

For edition 1 of the ADA spotlight, we have asked students to provide photos and descriptions of any major achievements completed in 2021.

The next edition will be posted Semester 1 (Term 2) 2022.

Term Update – Year 7's

Andrew Palumbo

Our Year 7 class is developing their knowledge around fitness components and how these health + skill measures can be trained to improve their athletic performance. Students have worked extremely hard in the first semester to gain their gym safety and exercise knowledge. With this knowledge, our class is now completing specific training sessions on individual fitness components to transfer to their sport. The class is also delving into the importance of an athletic mindset, leadership in sport and learning all things bones and muscles.

During our morning classes, the year 8 class is running a sepep unit of volleyball for our class. During this unit, all year 8's run the whole tournament (scoring, umpiring, vote counting, equipment etc). Our class will have the honour of completing this for the 2022 year 7's

As the term progresses, the year 7's will continue to develop individual fitness components and work collaboratively to plan their own excursion in term 4.

I cannot be prouder of how well the year 7's have adapted their learning to complete sessions remotely as well.

Term Update – Year 8's Kiah Pingree

Our year 8 class are currently locked into a battle to find the greatest team. This competition will see students working in teams across a huge variety of challenges to earn points. Teams need individuals to win events designed by students within the class, this competition runs for the term and the winning team will be awarded the perpetual ADA trophy.

The year 8 students this term are also completely running Thursday morning classes for our year 7s. This SEPEP unit lets the year 8s take charge and design a competitive season of Volleyball. Students have been required to design fixtures, teams, rules, umpire and organise a Brownlow style event at the end of the season where awards will be given. Our year 8 students are building their leadership capacity by upskilling and mentoring the year 7s.

This class are also looking into an excursion to reformer Pilates, so students have exposure to an alternative training form and get an insight into their current level of targeted strength and flexibility.

Term Update – Year 9's Mitchell Crowley

Currently our year 9 students are in the middle of a detailed training phase. The class have made the commitment to complete the Spartan Super Race together. This race is one that will test students mentally and physically over a 10km trail run in Tooradin where they must complete 25 military style obstacles. Students will have to wade through mud, rivers, jump walls, climb ropes and crawl under barbed wire while running between each challenge over several hours.

Students are currently working through specific exercises in strength and conditioning and completing cardio training on Thursday mornings before school. The focus of this physical feat will be teamwork as the class is dedicated to crossing the finishing line together, leaving no one behind. The big day will be Saturday the 11th September for students and teachers who have put the hard work in.

YEAR 7 SPOTLIGHT

Freya Scotson

Competition:

*Taekwondo State
Championship*

Achievement:

*Gold Medal in her
Age, Weight and
Belt Division*

*Freya hopes to
compete again in
September at
Nationals in Sydney.
Congratulations
Freya!*



YEAR 7 SPOTLIGHT

Olivia Morales

Achievement:

*Year 7 ADA Semester
1 Endeavor Award*

*Olivia is an extremely
motivated student
who pushes herself
and her peers in all
areas of ADA.
Congratulations Liv!*



YEAR 8 SPOTLIGHT

Abbey Flenley

Competition:

NFNL Football Team

Achievement:

*Getting into NFNL
rep under 15 girls A-
Team.*



YEAR 8 SPOTLIGHT

Campbell Flanagan

Competition:

Rep Basketball

Achievement:

Won MVP



YEAR 9 SPOTLIGHT

Cohen Melli

Competition:
*Autumn Junior
Classic
Tournament*

Achievement:
*"I was announced
captain of my
representative
basketball team.
We came runners
up, and I finished
third in scoring for
the division 1 under
16 Boys."*



YEAR 9 SPOTLIGHT

Chad Carmichael

Competition:

NFNL Rep team

Achievement:

"This is a photo of me playing footy in the rep games over the school holidays at Eltham Central Park"



YEAR 9 SPOTLIGHT

Darcie Parker + Bianca Mirra

Competition:

*Rep Netball Grand
Final*

Achievement:

*Undefeated season +
won the Grand Final.*

*Both students also
named for their rep
teams. Well done
girls!*



YEAR 9 SPOTLIGHT

Jemma Buckingham

Competition:

NFNL Rep Team

Achievement:

Multiple best on ground performances

Quote:

"Being apart of the ADA pushes me to become a better athlete and to enjoy sport on a different level it has also made me strive to see what other opportunities are out there!"



YEAR 9 SPOTLIGHT

Hayden Trim

Competition:

NFNL Div 2 rep team

Achievement:

*Best on ground performance
during a NFNL Div 2 game.*



YEAR 9 - SPOTLIGHT



Maddie Nash

Competition:

National Race Walking

Achievements:

1st in the Women's Under 15 1500m Race Walk for the Little Athletics State Championships.

1st in the Women's Under 16 3000m Race Walk for the Athletics Victoria State Championships.

5th in the Women's 3000m Race Walk.

2nd in the Women's Under 16 3km Road Race Walking Championships for Athletics Victoria.

YEAR 7 ATHLETE INTERVIEW

OLIVIA MORALES



Favourite food

Sushi

Who is your role model

My parents

Tv series/movie

The Simpsons

Artist/album

Panic! at the disco

What is your earliest memory of sport

Climbing to the top of the rope at gymnastics and being too scared to get down

Hobbies outside of sport

Gaming

Proudest sport moment

Making a crucial interception to win my 1st grand final in netball

Future Goal:

Play as best as I can for the upcoming state netball competition

YEAR 8 ATHLETE INTERVIEW

OLIVER SMITH



Favourite food

Chocolate

Who is your role model

Michael Jordan

Tv series/movie

Outer banks

Artist/album

Drake

What is your earliest memory of sport

Making the Rep team

Hobbies outside of sport

Gaming

Proudest sport moment

*Making the grand final for basketball
+ footy*

Future Goal

To get better at basketball and be tall

YEAR 9 ATHLETE INTERVIEW

CHAD CARMICHAEL



Favourite food

A nice juicy steak

Who is your role model

My dad

Tv series/movie

Animal kingdom

Artist/album

Juiceworld

What is your earliest memory of sport

Playing Auskick on the MCG

Hobbies outside of sport

Playstation

Proudest sport moment

*Being Vice Captain of the NFNL
Representative squad*

Future Goal

Play AFL

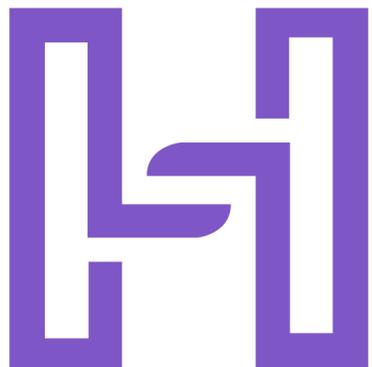
THANK-YOU

To sign off our 1st Edition of the ADA Spotlight our ADA Teachers (Mitchell, Kiah + Andrew) would like to send a massive thank you to our ADA Parents.

2021 has been a challenging year so we appreciate the commitment from our ADA Parents towards helping make our ADA Community stronger each day.

We'd like to also extend our gratitude to our amazing ADA Coaches for all of their dedication towards our Program.

Look-out for some exciting changes to our Program next year!



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