

- > Elite Setting
- > Holistic Approach
- > Tactical Analysis
- > Rehabilitation
- > Injury Prevention
- > Strength & Conditioning



COMMITMENT - COLLABORATION - ENDEAVOUR

- > Respect
- > Resilience
- > Relationships
- > Responsibility

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Hazel Glen College ATHLETE DEVELOPMENT ACADEMY

ACADEMY FOCUS AREAS

Strength & Conditioning

- > Injury prevention
- > Rehabilitation & recovery
- > Core strength
- > Technique and gym safety

Tactical

- > Developing skills & movement patterns
- > Biomechanics, gameplay & sports IQ
- > Strategic thinking
- > Tactical & video analysis

Sports IQ

- > Lectures & tutorials
- > Professional high performance guest speakers
- > Stress management & sports psychology
- > Mental health, mindset & gratitude

Learning Opportunities

- > ADA Leadership Group
- > Excursions and Sport-Based Incursions
- > Victorian Institute of Sport Guest Speakers
- > VET/VCAL Pathways
- > Major event planning and charitable work

Our Vision

The Hazel Glen College Athlete Development Academy (ADA) has been established to identify and develop highly talented and emerging student athletes within their focus sport. The Academy's holistic approach aims to enhance, develop and prepare the whole athlete for pathways into an elite setting by supporting them to balance their academics and develop their physical and mental strength to achieve their ultimate sporting goals.

Individualised Training Program

Our full time Personal Training and Strength & Conditioning coach will design and deliver individualised training programs for each student athlete. Student Athletes are encouraged to involve their sport coach during this process.

Focus and Tailored Programs

The Athlete Development Academy offers two different programs for student athletes:

- > **Focus Program**
Offers sports specific coaching sessions for basketball, netball and AFL. These sessions are run by external highly experienced elite coaches.
- > **Tailored Program**
Offers student athletes a more individualised program targeted at improving performance in a variety of sports. Student athletes are encouraged to negotiate training plans with their coach that can be implemented within their ADA curriculum.

Athlete Development Academy

Students will participate in 5 x 60-minute sessions per week that will replace their Physical Education and Health classes. Student athletes will follow a high-performance curriculum that will further deepen and support their sporting success in and out of competition.

Student Athlete Criteria

Due to the limited number of positions we can offer in the Academy, applicants will undergo a rigorous application process whereby successful applicants must meet the selection criteria and demonstrate the below attributes:

- > A committed mindset for ongoing development and improvement in their chosen area of sport
- > The physical, mental and emotional strength to undertake a challenging and rigorous program
- > A passion and commitment to work hard, be challenged and be a leader to motivate and extend their peers

Application Process

- > Attend the parent and student information evening.
- > Submit written HGC ADA application, including: sporting history and accomplishments, coach or sporting organisation references, previous academic and behavioural school reports.
- > 50 students will be invited to Stage 2 (sporting highlights and onsite fitness screening). Student/Parent conference may be requested at this stage.
- > Shortlisted applicants will be presented to the HGC Principal for final approval.

HGC Fit Gymnasium

Enrolment into the Academy will include access to the Team Build Program as part of their HGC Fit membership. Student athletes will complete a wide range of strength and conditioning class topics that educate students on: technique, safety, exercise movement patterns, fitness components and much more. All classes will be completed in our high-level gymnasium located within our indoor sports stadium. All Strength & Conditioning classes are planned and delivered by our Level 1 Australia Strength & Conditioning Association.

ADA Facilities

- > Cardio equipment, treadmills, spin bicycles and rowing machines
- > Strengthening and conditioning gym with free weights and a full range of cable/pin loaded machines
- > 6 outdoor basketball/netball courts
- > 2 indoor basketball/netball courts
- > 2 grassed ovals
- > State of the art video cameras and technology to enhance video movement analysis

Please note that additional fees occur for student athletes enrolled in the Hazel Glen College Athlete Development Academy. These fees will be presented in two components:

- > Yearly fees: Membership with HGC Fit Gym, ADA uniform, guest presenters, ADA Recovery Pack and coaching fees
- > Additional costs: Including all ADA excursions/incursions as well as the annual Year 10 ADA Major Event (planned, organized and conducted by our Year 10 ADA class)

