



HAZEL GLEN COLLEGE

ATHLETE DEVELOPMENT ACADEMY

2026 APPLICATION

ATHLETE DEVELOPMENT ACADEMY

Hazel Glen College Athlete Development Academy (ADA) was established in 2019 with 1 class consisting of 25 members. Today the program holds 100 members, across 4 classes and hosts 24 members in our Affiliate (reserve program). The ADA aims to identify and develop talented Student Athletes in their chosen sport. The Academy takes a holistic approach, balancing athletic and academic endeavour to prepare Student Athletes for elite performance and future career success. An emphasis is placed on leadership and growth, as Student Athletes are provided year-level specific learning opportunities to learn and develop essential lifelong values and skills. The ADA curriculum includes theory, practical, and strength & conditioning sessions held in the College's Fitness Centre. Students follow an individualised, data-driven program led by a qualified ASCA Level 1 Coach and our ADA Teaching Team. Curriculum is delivered via tutorials, expert-led lectures, excursions, and skill/tactical development sessions. Student Athletes attend **five 60-minute sessions per week**—two before school (7:30–8:30am) and three during school hours, replacing Physical Education and Health classes. The Academy requires a **4-year commitment (Years 7–10)**, with annual reviews to ensure each student maximizes their potential and opportunities.



Andrew Palumbo
Athlete Development Academy Leader

Below is a summary of the Information Evening

Year 7 ADA Subjects Explained:

Strength & Conditioning (scheduled within timetable P.E sessions x2 per week)

- ✓ Injury prevention/Rehabilitation, Fitness Components, Technique, Exercise Knowledge, Gym Safety.

Tactical & Sport Coaching (before school sessions x2 per week)

- ✓ Developing skills, Biomechanics, Game sense and Strategic critical thinking

Sports IQ (Scheduled within timetable Health session x1 per week)

- ✓ Lectures/Tutorials (Victorian Institute of Sport), School-Life-Sport Balance, Mindset, Gratitude and Psychology of an athlete

SPORT SELECTION BREAKDOWN

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

1. Focus Sport Program

Offers sports specific coaching sessions for Basketball, Netball, and AFL run by Elite Level Coaches. Student Athletes complete one coaching session before school 7:30-8:30am.

2. Tailored Sport Program

Provides Student Athletes with a personalised program focused on improving individual performance (if not selecting Basketball, Netball, or AFL). Sessions are held once a week before school 7:30-8:30am in the College's Fitness Centre

Note: All ADA Student Athletes follow the same curriculum and are only grouped separately for their chosen sport group - Focus or Tailored.

ACADEMY INFORMATION & INVESTMENT 2026

Year 7 Focus Program Yearly Fee - \$540.00

OR

Year 7 Tailored Program Yearly Fee - \$390.00

Inclusions:

- *Elite Coaching (Focus Program only)*
- *ADA Gym Pack (Strength + Conditioning Coach, Gym access, TeamBuildr account)*
- *Guest Speakers via Victorian Institute of Sport*
- *ADA Uniform (ADA Shorts, Purple Polo, Sports Specific Top)*
- *Sport-based incursion*
- *ADA Recovery Pack (Year 7 only)*

Additional Costs:

- Excursions are added costs and are an attendance expectation of the ADA.
- Each 1-2 years, the ADA Year 10 Class will deliver an ADA Event for all students/families to attend. A cost may be required.
- Additional uniform items can be purchased on request via the ADA Uniform Order Sheet.

Other Important Information:

Payment Requirements

- Families must either pay-in-full or commence a payment plan for their ADA Yearly Fees by **Mid-March, 2026**.
 - Payment plans can be organized via the Main Office at the College
 - Failure to do so may result in student forfeiting their position in the program

Communication:

- ADA Teaching Team strives to work alongside families to ensure Student Athletes have the best support and structure to aspire towards their personal best. Therefore, families must be contactable via email or phone communication.
- Student Athletes must communicate if they are to be absent for a morning session before school

Student Agreement Contracts:

- ADA Families sign their year-level specific Student Agreement Contract, which ensures our members are meeting and exceeding our high expectations within our program. These expectations are based on: Behaviour/Learning Endeavour, Uniform, Attendance & Sporting Achievements.

ADA Probation

- If a student is not adhering to the Student Agreement Contract expectations they may be placed on ADA Probation (decision made via ADA Teacher, Head of Academy and Head of School).
- ADA Probation consists of a 10-day behaviour monitored booklet and removal from all ADA classes.
- If a student fails ADA Probation, they are removed from the program with **no refund provided. Students must then purchase the HGC PE Uniform to wear thereafter.**

READ THE BELOW CAREFULLY - INCLUDING IMPORTANT DATES AND SUBMISSION DETAILS

Stage 1 of Application: Written Application

Student Athletes must complete all sections of the ADA Written Application and submit a **hardcopy** to the College's Main Office **before 3:30pm, Friday 31st October 2025**. **There will be no accepted applications after the above date and time.**

Student Athletes who are successful in reaching Stage 2 will be notified via email sent by ada@hazelglencollege.com. Email will be sent on **Friday 7th November (after school)**. Email will include instructions on Stage 2 if successful. *Please remove page 1-4 before submitting.*

Below is a checklist of the required sections needing completion and documentation to be attached to your Stage 1 ADA Application.

- All sections of Written Application completed (must be in Student's handwriting)
- Contact details for Stage 1 Application Result (must be written clearly)
- Coach/Sporting **AND** Teacher reference **(2 in total)**. *Please attach hard-copy of both*
- Two most recent school reports
- Any other supporting documentation

Stage 2 of Application: Remote + Onsite Testing

Stage 2 of the ADA Application Process is completed in two parts:

1. Sport Highlights (Video Submission):

Provides Student Athletes the opportunity of showcasing their talents within their sport. Student Athletes are encouraged to be creative with their submission. **All Sport Highlights Submissions must be emailed to ada@hazelglencollege.com by Friday 14th November 4pm**. Please note:

- Video length no longer than 5 minutes and can include game-day or training footage
- Video file must be sent via email (if a larger file, send via Dropbox link)

2. Fitness Testing (Onsite at Hazel Glen College):

The second and final part of Stage 2 is the Fitness Testing. This is an event held on **Monday 17th November from 4-6pm** inside the Hazel Glen Furze Centre (indoor courts). This event can only be attended by Student Athletes. Below is a breakdown of the Fitness Testing event:

- ✓ **Fitness Screening:** Conducted by ADA Team to analyse core values, fitness levels and suitability to strive in ADA Program. A combination of functional and performance tests will be completed.
- ✓ **Game Sense Screening:** Conducted by ADA Team to analyse teamwork, decision making, adaptability and overall skills.

SUCCESSFUL + UNSUCCESSFUL LETTERS

At the conclusion of Stage 2, communication will be sent to notify of success or unsuccessful ADA Applications. The final decision will be communicated with the Principal team based on Stage 1 and 2 performance. **All applicants will be notified by Friday 21st November (after school).**

Unsuccessful applicants will receive details about the 2026 Affiliate Athlete Program (AAP). A small number may be invited to immediately join the APP, whilst others will require to try-out.

- ✓ Successful email will include ADA Uniform try-on dates (Mon 24th - Fri 28th Nov)
- ✓ Successful Student Athlete Families will be provided continuous contact from the ADA team regarding Term 1, 2026.

WRITTEN APPLICATION

Student Athlete Profile

1. Student Athlete Name: _____

2. Gender: Male Female Other

3. Date of Birth: _____

4. Current School: _____



Focus Sport Achievements

1. Focus Sport or Tailored (no impact on your application): _____

2. Do you play at a Representative Level: YES NO

Details: _____

3. Have you represented at a National/State Level: YES NO

Details: _____

4. Current Clubs/Teams: _____

Your position (if Applicable):

5. Explain your “4 Greatest Achievements”. Provide details on dates/competition level.

Evidence of your answers are welcome to be attached to your application (photos or trophies)

1: _____

2: _____

3: _____

4: _____

If required, please provide extension of answers on the back of Page 7

Student Athlete Questions

The below questions are designed to give an insight into the Student Athlete and are to be handwritten by the Student Athlete.

1. If your team-mates or coach were to describe you in three words? What would they say and why?

2. Please explain why you are interested in this Program and how it will support your future ambitions:

3. There are 25 positions available within the Athlete Development Academy, what attributes do you have as a Student Athlete that makes you stand out from others?

4. If accepted into the Athlete Development Academy, what is an area of weakness that you would strive to improve on both in and outside of the classroom?

5. Explain what you believe the term "Student Athlete" means and if you see yourself as a Student Athlete? How and why?

If required, please provide extension of answers on the back of Page 7

Training Schedule

It is vital that Student Athletes have a positive school-life balance. Student Athletes will be required to attend 2 sessions before school per week. Please detail your current training commitments for your focus sport including start and finish times.

<i>Training Schedule</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					
After School					

Contact Details

The details provided below will be used for invitations to Stage 2 of the Application and letters of offer for a position into the Year 7 2026 class (please write these very clearly).

Home Phone: _____ Mobile: _____

Email: _____

Mailing Address: _____

Suburb: _____ Postcode: _____

Parent/Guardian Names: _____

Parent/Guardian Phone Contact Details: _____

Parent/Guardian Email Contact Details: _____

Are you Physically able to participate in fitness screening? *(Please circle)*

YES **NO** Please list why _____

Coach/Sporting Organisation & Teacher Reference

1. Please attach an athlete reference from a Coach/Sporting organisation outlining the applicant's sportsmanship, ability/skill levels, determination, and resilience.
2. Please attach a student reference from a teacher outlining the applicant's behaviour, academic endeavours, and ability to demonstrate important school values.

Academic and Behavioural School Reports

1. Please attach the last 12 months of behavioural and academic school reports for all subjects.

Please attach all supporting documentation to the end of this page.