

# Ironside State School Athlete Development Program



## Our Vision and Aims

### Our Vision

We aspire to offer talented young sportspeople the opportunity to improve as athletes and help them achieve their sporting goals. The Ironside State School (ISS) Athlete Development Program will offer specialist strength and conditioning coaching for kids which is appropriate for each individual child, based on their age and capability, in an environment which is supportive and fun.

### Our Aims

- To assist students to improve their overall fitness to help them achieve their sporting goals.
- To help students develop a growth mindset, which includes goal setting, commitment and developing resilience.
- To promote a “high performance culture” for students focusing on sporting excellence and encouraging others.
- To provide students with quality coaching, experienced coaches and “best practice” training programs.

## Overview

Students in Year 5-6 participate in an Ignite Athlete Development Program (ADP) during the school term. Sessions are scheduled before school and will take place at Fitter Futures, Indooroopilly. The sessions are taught by qualified and experienced coaches who specialise in coaching youth.

The ADP is designed to develop key components of fitness that are generally important to student athletes regardless of sport and include strength, power, speed, agility, co-ordination, flexibility/mobility, and aerobic capacity. There is also a focus on developing kids’ awareness and understanding of physiology of the body, nutrition and recovery activities.

The ADP is not intended to replace any technical skills training for the student’s chosen sport. It is assumed that students will continue to receive that technical training from their school/club coaches outside of this Program (e.g. swim coaches, soccer coaches, netball coaches, athletics coaches etc). The training

provided under the ADP will complement any sport specific training the student undertakes, supporting the student-athletes sporting commitments and goals.

The ADP is delivered by Fitter Futures Kids & Teens, and is based on the Brand X Method™ methodology – world leaders in developing strength and conditioning programs for kids (and teenagers). Correct technique is constantly reinforced and each student athlete is progressed through developmentally appropriate movements for their age and competence.

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## Format and Structure

Students selected in the ADP will participate in 2 x 45 minute sessions before school coached by qualified youth coaches.

This Program is a personalised training program based on key components of fitness that are important to student athletes regardless of sport and include strength, power, speed, agility, co-ordination, flexibility/mobility, and aerobic capacity. Sessions are tailored to the individual based on their developmental age and capability.

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## Eligibility

The ADP will begin in Term 2 of 2022 and is offered to students in grades 5 and 6 who are invited to participate in the program, or whose application to the ADP is accepted. There will be a limited number of places offered each term. Interested students are required to apply to participate in the ADP. Entry into the ADP in one term does not mean automatic entry in the following term. Each term an ADP squad will be selected based on the selection criteria below.

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## Selection Criteria

Set out below is the selection criteria for participating in the ADP. However, the Principal and Fitter Futures coaching staff have an overriding discretion to allow students to participate in the Program if they agree that the student is still an excellent candidate for the ADP (whether or not all of the selection criteria have been satisfied).

Students are expected to satisfy minimum criteria in study, sport, behaviour and effort to be eligible for selection:

**Sport:** (One of the following)

- State, national or regional representation and/or achievement in a sport
- Current involvement in a sport at a high community level
- Well-developed athletic ability and/or the student demonstrates an aptitude for sport & physical activity identified by ISS teachers or coaches and assessed by ADP coaches.

**Study:**

- Proven history of being up to date for all learning tasks
- Achieving at least a sound level in all areas of the curriculum

**Behaviour and Effort:**

- Class behaviour and effort is Very Good to Excellent
- Demonstrated commitment and positive attitude to school, training and participating in the Program.

**Selected athletes must consistently meet Program requirements to retain their position in the Program. Athletes not meeting ADP requirements will have their position reviewed.**

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## Selection Process

The ADP is a 'select entry' program for student athletes who are either already achieving success in their chosen sport, or who show an aptitude for sport & physical activity. Students may enter the Program via 2 ways:

1. Students are invited to participate by the school. OR
2. Students can apply for entry to the Program and their application is successful.

Applications must be completed online (whether students are invited to participate, or whether they apply for entry) and:

- Must be fully complete
- May contain a confidential reference from a current coach (non-family related) or teacher. This is to be emailed in by the coach/teacher directly.
- Have parent/carer consent

As part of the selection process, the following may be required:

- Participation in a trial session
  - Interview with the student and parent
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## Cost

Each term there will be an 8 week program. ISS will subsidise the cost of delivering the program. The subsidised cost that parents are responsible for paying for their child to participate in the ADP is \$288 per term.

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## Measuring Success

**Coach Feedback:** Coaches will provide ongoing feedback to students on an informal basis during the term (and as part of every session). Parents are welcome to contact the coaching team at any time should they like specific feedback about their child. Parent/teacher interviews will be another opportunity for parents to obtain feedback about their child.

**Goal setting:** At the start of the term ADP coaches will speak with students about their goals (including those identified in their application form). Goal setting will involve short and long term goals. Throughout the term coaches will check in with students (and their coaches where appropriate) to monitor progress towards achieving those goals.

**Testing:** At the start of the term ADP coaches will conduct initial testing of students (physical competency, fitness and mindset) to establish a baseline for each student. This will be re-tested at the end of the term to establish progress the student has made in those areas.

**Satisfaction Survey:** To help us continue to develop and improve the program, we will seek feedback from students and parents at the end of the term about the ADP and their child's experience.

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