

# Elite Sports Program—Sports Development A / T / M

## Elite Sports Program

UCSSC Lake Ginninderra offers gifted sportsmen and women the opportunity to develop their sporting skills while maintaining their academic studies in a supportive College environment.

The Elite Sports Program includes the 'Sports Development' course, which will form part of an academic package leading to the award of an ACT Senior Secondary Certificate.

### Elite Sports Program

Students in the program have access to

- Elite Sport polo shirt
- ClubLime Platinum Gym Membership via program partners CISAC (optional)
- Information sessions presented by guest speakers from elite sporting organisations
- Excursions to Elite Sport facilities across the region and interstate
- Access to weekly 'Injury Triage' supported by The Canberra Physio Clinic providing injury advice and referral
- Access to strength & conditioning facilities at Lake Ginninderra College
- Annual alternating excursion opportunities to Melbourne or New Zealand to represent the school in multiple sports against interstate and international high schools.

### Courses—A and T

## Sports Development A/T

Otherwise known as the 'Elite Sports Program', Sports Development is an integrated study that focuses on specialised sports development for the individual. Students learn about principles of high performance, self awareness and understanding of their prowess in an individual sport. They learn about and practice ways of maintaining elite performance. This course prepares students aspiring to participate in elite sport.

Lake Ginninderra College offers this course to students who are developing or potential elite athletes or officials partici-



pating in ACT level 'satellite' programs, aiming to assist students to develop in both their academic and sporting endeavours.

The study of Sports Development provides pathways to further study in both tertiary and vocational areas as well as providing foundations for future involvement in elite sport as a competitor, official or administrator.

Students who apply for this course will be actively training and competing at a state or national level.

Historically this course has been offered as Accredited. Since 2019, Sports Development offers a **Tertiary option** for students wanting a more academically challenging course that can count towards their ATAR. The program will also continue to provide pastoral care to students assisting with balancing the demands of training without compromising their study goals.

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### Units

- Personal Development in Sport
- Building an Elite Athlete
- Athletes in Society
- Performance Analysis

### Student's Role

The student meet on a regular basis with Sports Development staff to provide evidence of participation in their chosen sport to monitor progress.

Each student will be assessed and supported in their academic and athletic goals. Monday lessons are usually a conditioning and recovery focussed. Our Physiotherapist partner attends each Monday to provide injury triage and targeted physical testing.

For the award of grades students are expected to complete assignments related to the topics presented in the Sports Development curriculum along with a practical skills evaluation and attendance form completed by the student's Sporting Organisation. This feedback on athlete training and development and competition progress is essential for accurate and relevant assessment.





# Elite Sports Program (Continued)

## 2022 LAKERS SPORTS ACADEMY



### Excursion Opportunities

Elite Sports students are offered the opportunity to attend major excursions in their time at Lake Ginninderra.

**Melbourne:** Students visit and compete against Sports Colleges in a range of sports as well as professional club environments and elite training/playing facilities.

**New Zealand:** Students visit and compete against select NZ Schools in Basketball and Volleyball as well as participate in recreational activities.

In addition, Basketball, Futsal & Volleyball school teams are provided multiple opportunities to play in regional, state & national tournaments.

### Basketball

Current National School Boy Champions.



The Basketball program has an outstanding record with success in competitions at local, national and international level. The men's and women's 'Lakers' have won the Champion School of Australia competition a number of times.

### How to apply:

Application link

<https://forms.gle/PPwqDfJLuLNi375p6>

### Futsal

Recent National School Girl Champions.



In conjunction with the Physical Education Sport Specific R Unit, Lake G enter girls and boys teams in NSW regional qualification tournaments as well as National championships.

### Volleyball

Current National School Boy Champions.



Members of the boys and girls Volleyball programs compete in the ACT Schools Cup then prepare for the Australian Schools Beach and Indoor Volleyball

Championships in QLD.

### Australian Institute of Sport

Lake Ginninderra has a 35 year history supporting athletes from the AIS. Currently scholarship holders from the National Centre of Excellence programs for Basketball and Volleyball, form part of our Elite Sports Program.

