

Elite Sports Academy

Athlete Development Program

MELTON CAMPUS

2025



St Francis

CATHOLIC COLLEGE

ELITE SPORTS ACADEMY



Introduction

The Elite Sports Academy aims to:

- improve student engagement in school
- foster high levels of academic success
- build a winning and respectful culture in the school environment
- create pathways to careers for students
- promote and develop physically and mentally healthy young individuals.

Program structure

2024

Athlete Development Program (Extra-curricular)

Year 7

Year 8

Athlete Development Program

Year 9 (Semester 2)

Elite Sports Academy

Year 10

Year 11

2025

Athlete Development Program (Extra-curricular)

Year 7

Year 8

Athlete Development Program

(Two classes, one per semester)

Year 9 (Semester 1)

Year 9 (Semester 2)

Elite Sports Academy

Year 10

Year 11

Year 12

Qualifications

Certificate III Sport and Recreation

- From Year 10 to 12, students will complete a Certificate III in Sport and Recreation, to build industry specific knowledge and skills and identify employment and further study pathways.

Provide First Aid and CPR

- Academy students will complete their full First Aid and CPR qualifications in Year 10.

Sports Trainer Level 1

- Students in Year 10 will complete their Level 1 Sports Trainer qualification and gain knowledge about injury prevention and training techniques, providing opportunities for work as a sports trainer.

Elite Sports Academy students will receive a study score towards their VCE. Students pursuing a VCE VM pathway are ineligible for the Elite Sports Academy.

Theory Content

Throughout Years 9 to 12, students complete theory content relating to the sports and recreation industry.

During the Athlete Development Program in Year 9, the units of study are customised by Academy Learner to give students highly contextual learning from different concepts related to the sports industry. Topics covered include goal setting, healthy habits, fitness and nutrition and developing strong mindsets.

From Years 10 to 12, students follow a structured pathway incorporating units from Savile (our RTO partner) and Academy Learner to provide the abovementioned qualifications. There are also some bespoke units of study to help students identify areas of interest for future study beyond VCE or potential employment opportunities.



Training sessions and practical classes

Elite Fitness Testing

- Students complete regular fitness testing throughout the Academy program. We work with an elite testing company that conducts tests using precise timing gates, force plates and evidence-based protocol.

Learn About Injury Prevention

- Students learn warm-up, cool down and recovery techniques to elevate their performance and discover how strength training can contribute to injury prevention.

Strength and Conditioning

- Students learn to safely and effectively get stronger, faster, jump higher and build their aerobic fitness (among other qualities). The emphasis is on building a strong, functional and healthy body through resistance training and aerobic conditioning.

Strength training for adolescents

Academic Benefits

- Strength training and other forms of exercise have been shown to improve academic results and engagement in the school community for secondary school students.

Improved Physical Literacy

- Students will better understand how their bodies move, how to coordinate certain movements and mitigate their chances of injury.

Improved Sports Performance

- Improved strength promotes improved sporting performance through increased muscle mass. This boosts power, speed, agility, endurance, balance and many other factors.

Develop Lifelong Habits

- Developing healthy exercise habits during adolescence is proven to result in greater adherence during adulthood.

Academy uniform

As a member of the St Francis Elite Sports Academy, you will represent the College and Academy by wearing a special uniform manufactured by Puma.

The Academy uniform is compulsory on days when students have an Academy class. Students are not permitted to wear a mix of uniforms (e.g., SFCC academic or PE uniform with Academy uniform).

All Year 9 students in the Athlete Development Program can wear their PE uniform when they have a program class. No additional materials are required for students entering the program in Year 9.



1/4 Zip Jumper is optional



Athlete Development Program

The St Francis Catholic College Athlete Development Program (ADP) is designed for students in Years 7 and 8 to participate in foundation-level strength and conditioning training to benefit their sports performance.

It also allows students to experience the Elite Sports Academy (ESA) environment during a semester-based elective in Year 9 before applying for the ESA.

The ADP will run as an extracurricular activity in Years 7 and 8, with students able to participate once per week in a training session under the guidance of the Academy Strength and Conditioning Coach, with the support of an Academy teacher.

Training sessions are built around foundational bodyweight movements, where students will learn how to control and move their body efficiently and safely, providing benefits such as increased physical performance in their chosen sport and reduced risk of injury.

While the ADP in Years 7 and 8 is a voluntary, extra-curricular activity, it can improve a student's chance of selection for the Year 9 elective program by demonstrating their behaviour, commitment, teamwork, leadership and sporting ability before they apply.

This may also help improve their chances of being selected for the ESA in Year 10.

The ADP in Year 9 will consist of one theory and one practical class per week. The practical class will focus on bodyweight movements, with some light resistance added to the training program depending on the requirements of each student's sport. It is more specific than the Year 7 and 8 training sessions, and the theory class will include content from the following units, all relating to the sports industry:

- Fitness for Life
- Nutrition for Life
- Strong Mind Strong Athlete
- Goal Setting and Healthy Habits

There will be one class per semester, with students only able to participate in Semester 1 or Semester 2, depending on timetabling logistics (students cannot choose which semester they participate in).

Places in the ADP and ESA are competitive, and we recommend students demonstrate and maintain high standards of behaviour to ensure their application is successful.

Towards the end of Year 9, applications for the ESA will open, and all students will be encouraged to apply if they would like to continue with the program.

One class consisting of 24 students will be selected for Year 10. These students remain in the ESA class until Year 12 (unless they do not meet the expectations of the ESA or withdraw due to other reasons).

If a place becomes available in Year 10, ESA staff may re-open applications to fill vacancies.

Elite Sports Academy course costs

Year 10 - \$500.50

- Puma uniform package
- D3 Strapping & Taping Kit
- Elite Performance Journal
- Gym Towel
- \$566.50 with 1/4 Zip Jumper

Year 11 - \$44

- Elite Performance Journal
- Gym Towel

Year 12 - \$44

- Elite Performance Journal
- Gym Towel



Career pathways

Consider applying for the Elite Sports Academy if you are interested in the following careers:

- professional athlete
- strength and conditioning coach
- sports psychologist
- sport and exercise science
- teacher/educator
- professional sports coach
- fitness industry roles eg. personal trainer, recreation officer
- sports management
- physiotherapist
- dietician/nutritionist

Excursions and other opportunities

Excursions in 2024

- St Kilda FC (Year 10)
- Richmond FC (Year 11)
- Victorian Institute of Sport (VIS) (Year 10 & 11)
- ProPhysio+ (Year 10)
- MCG Tour (Year 11)

More exciting experiences planned for 2025 and beyond

Incursions in 2024

- First Aid & CPR (Year 10)
- Sports Trainer Level 1 (Year 10)
- Nutritionist Workshop (Year 10 & 11)
- Pioda Elite Fitness Testing Day (Year 9, 10 & 11)

Expectations

Students who are accepted into the Elite Sports Academy must:

- maintain high standards of behaviour
- maintain satisfactory grades across all subjects
- have good organisational skills
- practice excellent communication skills
- contribute positively to the program
- play or compete in at least one sport externally to the school
- participate in College swimming and athletics carnivals
- represent the College in SACCSS Premier League sports whenever possible
- encompass the College values and culture.

Code of Conduct and Ethics Agreement

All students who join the SFCC Elite Sports Academy and their parent/guardian are required to sign a Code of Conduct & Ethics Agreement, that must be adhered to.

A position within the Elite Sports Academy is a privilege, and high standards are expected of students at all times. If a student does not adhere to the Code of Conduct or displays inappropriate behaviours, they may be subject to a performance review monitoring period. If their behaviour does not improve, their place in the Academy will be given to another student.





Scholarship Program

Resilience
Engagement
Attitude
Character
Humility

Scholarship Outline

Academy Movement is offering a scholarship program for members of the Sport Academies they work with in schools, who exhibit the REACH student values of Academy Movement Inc.

Resilience
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Humility

Scholarship outline

- Academy Movement will provide a scholarship for the successful applicant covering the Elite Sports Academy fees and related costs up to the value of \$500 per school year that they are successful in obtaining the scholarship.
- Academy Movement will provide personalised mentoring from industry leaders and guidance towards success in the applicant's chosen career pathway.
- Where possible, Academy Movement will provide the successful applicant with additional sporting equipment and merchandise when they obtain it.
- Academy Movement will provide the successful applicant with work experience opportunities when available.
- Academy Movement will supply a character and work reference at any time to the successful applicant.
- Scholarship will be up for review each year to determine whether the applicant is fulfilling their obligations.

Eligibility and Expectations

The successful applicant must:

- be in Year 9 or 10 at the start of the school year
- play the club sport matching the academy e.g. Club Rugby Union for a Rugby Union Academy
- be academically and career-driven
- have a good school attendance record
- have a good school behaviour record
- show leadership qualities
- be driven to be the best version of themselves
- be willing to provide testimonials about Academy Movement and how the program has helped them succeed
- be willing to have their photo taken and used as part of promotion for the Academy Movement Scholarship Program.