

Lilydale High School - Athlete Development Program Application



LILYDALE
HIGH SCHOOL

Thank you for applying for a position in the Athlete Development Program (ADP) for next year. Students need to **complete page 2, 3 and 4** of this document and **submit it to the middle school office by Thursday 2nd of June.**

Selection Process for the Athlete Development Program:

Students will participate in Fitness Testing in which they will complete the Beep Test, 20 Metre Sprint Test and Vertical Jump Test. The completion of these tests along with the student's application form will be used to rank students. Students will be scored out of 5 for each of the following:

- fitness testing results
- Student goals and how they believe the program will assist them to achieve them
- students sporting potential and potential to benefit from being in the program

The selection process will also reference the student's Progress Reports. These rankings will be used to select the students that will be successful in obtaining a spot in the program.

How will I know if I got into the program or not:

Students will be notified via email if they were successful or not in their application. Please hold off completing your subject selections until you know if you are successful as this will impact the subjects that you select.

Maintaining your position in the program

Being selected into the Athlete Development Programs means you have a position in the program for both year 9 and 10. Student's are required to maintain a minimum behaviour and academic standard, as well as abide by all terms and conditions set out in the 'Student-Athlete Agreement' that is signed at the commencement of each year. Students who fail to meet these standards or fail to uphold the 'Student-Athlete Agreement' will forfeit their place in the Athlete Development Program when deemed by Lilydale High School.

ATHLETE DEVELOPMENT PROGRAM APPLICATION FORM



LILYDALE
HIGH SCHOOL

| | |
|-----------------------------|-------------------------|
| Name: | 2022 Home Group: |
| Sport/s of interest: | |

| | |
|--|-------------------|
| Representation (Any selection to represent your sport at a National, State or Region level, for example, Interleague teams, Teams Vic) | |
| CURRENT CLUB/S or TEAMS | |
| Local/Domestic: | Age group: |
| Representative: | Age group: |
| RECENT SPORTING ACHIEVEMENTS: Detail best achievements in past year/season. Include event, date, team or individual awards or other levels of performance. (Please attach additional documentation if applicable) | |
| | |

CURRENT WEEKLY TRAINING COMMITMENTS WITH CLUBS AND COACHES

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| Before School | | | | | | | |
| After School | | | | | | | |

Teacher References: This needs to be completed by your current Year 8 or 9 teachers for each subject.

Physical and Sport Education

Participation in Physical Education classes

Never  Always

Effort in Physical Education classes

Requires attention  Excellent

Any additional information: _____

Year 8 or 9 Physical Education teacher signature: _____ Date: _____

ENGLISH

Application in English classes

Requires attention  Excellent

Standard of work in English classes

Requires attention  Excellent

Any additional information: _____

Year 8 or 9 English teacher signature: _____ Date: _____

Maths

Application in Maths classes

Requires attention  Excellent

Standard of work in Maths classes

Requires attention  Excellent

Any additional information: _____

Year 8 or 9 Maths teacher signature: _____ Date: _____

Your Goals.

Sporting Goals: Describe briefly your future goals in your sport. Please include goals for 2021-22, as well as, longer term goals

Academic Goals (this includes subjects for improvement and future academic studies)

How do you believe your involvement in the Athlete Development Program will assist you to achieve your goals?

List non-sporting achievements that make you feel most proud. These may be positions of responsibilities you have held or awards you have earned.

Student-Athlete & Parent Signatures

Please ensure all details are correct to the best of your knowledge and sign in the space below:

(Student-Athlete's Signature) _____(Date) _____

(Parent/Carer Signature) _____(Date) _____