

Surf Coast Secondary College
2024 Sports Academy Info Pack



The SCSC Sports Academy is a specialist program delivered by Sport Support Australia before and after-school. The team from SSA work with SCSC students to assist those committed to their sport to reach their potential and develop important life skills through sport such as resilience, mental wellbeing, perseverance, and a long-term active lifestyle. Sessions are held on the school sporting grounds and facilities, with athlete development sessions hosted at the Surf Coast Sports Hub, 14B Castles Drive (behind Bunnings in the Torquay industrial estate).

For Sports Academy participation, students need to apply, and a limited number of places are offered in each year group. Behaviour and attendance standards are set in place to maintain your place in the Academy program through the year.

In 2024, the SCSC Sports Academy will be run the following programs.

Year 7-9 Program Options:

- ✓ Athlete Development
- ✓ Run Club
- ✓ Team Sports Academy Program: AFL, Netball, Basketball, Volleyball & Soccer
- ✓ Action Sports Academy Program: Surfing, Mountain Bike, Skate & Indoor Wall Climb Year

Year 10-12 Program Options:

- ✓ Athlete Development
- ✓ Run Club
- ✓ Action Sports Academy Program: Surfing, Mountain Bike, Skate & Indoor Wall Climb Year
- ✓ Parent Education for all parents

Students can also nominate an '**unlimited membership**' which allows them to participate in various programs and the option to participate in:

- ✓ Athlete Education, Mindset & Wellbeing Program
- ✓ Parent Education Workshops
- ✓ Term 4 Intertstate Camps
- ✓ Monday morning recovery sessions at Little Starfish Swimmers Torquay
- ✓ Monday Triage session with the Physiotherapists from Grand Slam Physio

Sports Academy Program in Detail: Athlete Development



Athlete Development is included at every year level and focusses on creating effective movement patterns and strength for sport including jumping, landing, strength, speed, power, change of direction and agility. The Athlete Development sessions are run by tertiary qualified Exercise Scientists, Exercise Physiologists and Sport Science students from Deakin University. The first week of every term involves screenings and testings to help set the individualisation of the student's program and we work through a progressive curriculum from Year 7 -12.

Athletes Development Programs are available **for Years 7-12** at the following timeslots.

- ✓ Tuesday & Thursday morning 7:30-8:30am
- ✓ Monday & Wednesday afternoon 3-4pm

Sports Academy Program in Detail: Run Club



Run Club is available for students in Year 7-12 and is conducted through the school term on a Wednesday morning at the school AFL ovals from 7:30-8:30am. The session involves running activation, injury prevention and technique work, followed by a main session of intervals, pace work and/or hills, with the main set typically involving a sprint and middle-distance option. It is perfect for those who are training for cross country, athletics, beach sprints or wish to develop their running fitness for their main sport.

Sports Academy Programs in Detail: Team Sports

AFL, Netball, Soccer, Basketball & Volleyball



AFL Academy Membership: Available for Year 7-9s

Term 1	Term 2	Term 3	Term 4
Tuesdays 7:30-8:30am Pre-Season Focus: Speed, Agility & AFL Skills Location: SCSC School AFL Ovals	Tuesdays 7:30-8:30am In-Season Focus: Athlete Development for AFL Location: CrossFit Bells Beach, 14B Castles Drive	Tuesdays 7:30-8:30am In-Season Focus: Athlete Development for AFL Location: CrossFit Bells Beach, 14B Castles Drive	Tuesdays 7:30-8:30am Off-Season Focus: Cross-Training & Skills Location: SCSC School AFL Ovals

Netball Academy Membership: Available for Year 7-9s

Term 1	Term 2	Term 3	Term 4
Tuesdays 7:30-8:30am Pre-Season Focus: Footwork, Agility & Netball Skills Location: SCSC Netball Courts	Tuesdays 7:30-8:30am In-Season Focus: Athlete Development for Netball Location: CrossFit Bells Beach, 14B Castles Drive	Tuesdays 7:30-8:30am In-Season Focus: Athlete Development for Netball Location: CrossFit Bells Beach, 14B Castles Drive	Tuesdays 7:30-8:30am Off-Season Focus: Cross-Training & Skills Location: SCSC Netball Courts

Soccer Academy Membership: Available for Year 7-9s

Term 1	Term 2	Term 3	Term 4
Tuesdays 7:30-8:30am Pre-Season Focus: Speed, Agility & Footwork Skills Location: SCSC Soccer Pitch	Tuesdays 7:30-8:30am In-Season Focus: Soccer Skills Location: SCSC Soccer Pitch	Tuesdays 7:30-8:30am In-Season Focus: Game Play Location: SCSC Soccer Pitch	Tuesdays 7:30-8:30am Off-Season Focus: Cross-Training & Athlete Development for Soccer Location: CrossFit Bells Beach. 14B Castles Drive

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Basketball Academy Membership: Available for Year 7-9s

Term 1	Term 2	Term 3	Term 4
Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am
Pre-Season Focus: Speed, Agility & Basketball Skills	In-Season Focus: Basketball Skills	In-Season Focus: Three on Three competition.	Off-Season Focus: Cross-Training & Basketball Skills
Location: SCSC Basketball Stadium	Location: Hoop City (students travel by bus)	Location: SCSC Basketball Stadium	Location: SCSC Basketball Stadium



Volleyball Academy Membership: Available for Year 7-9s

Term 1	Term 2	Term 3	Term 4
Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am	Tuesdays 7:30-8:30am
Term 1 Focus: Plyo & Movement Skills	Term 2 Focus: Volleyball Skills	Term 3 Focus: Beach Volleyball	Term 4 Focus: Game Play Mini Tournament
Location: CrossFit Bells Beach, 14B Castles Drive	Location: SCSC Basketball Stadium	Location: Geelong Indoor Beach Volleyball Centre (students travel by bus)	Location: SCSC Basketball Stadium

Sports Academy Programs in Detail: Action Sports

Surfing, Sport Climbing, Skate & Mountain Bike

Surf Academy: Available for Year 7-12 Students in two streams and a try-out is required for Surf Academy participation:

- ✓ Performance: Boardrider Club Level
- ✓ Development: Development Level

Term 1	Term 2	Term 3	Term 4
Tuesdays 6:45-8:15am Development Tuesdays Period 1 &2 Performance Surfing Session times 5 (every 2 nd Tuesday) Location: Jan Juc Surf Beach	Half Day excursion to Urbn Surf Tuesdays 7:30-8:30am: SurfFit at CrossFit Bells Beach	Half Day Excursion to Urbn Surf Tuesdays 7:30-8:30am: SurfFit at CrossFit Bells Beach	Tuesdays 6:45-8:15am Development Tuesdays Period 1 &2 Performance Surfing Session times 5 (every 2 nd Tuesday) Location: Jan Juc Surf Beach

Skate Academy: Available for Year 7-12 students with a try-out required:

Term 1	Term 2	Term 3	Term 4
Thursday AM: Alternate Skate session & Skate Specific Athlete Development	Thursday AM: Alternate Skate session & Skate Specific Athlete Development	Thursday AM: Alternate Skate session & Skate Specific Athlete Development	Thursday AM: Alternate Skate session & Skate Specific Athlete Development

Mountain Bike Academy

Term 1	Term 2	Term 3	Term 4
Tuesday afternoons times 5 sessions: ✓ Anglesea & Surrounds ✓ Excursion to You Yangs	Tuesday AM Spin Session & Cycle Fit at CrossFit Bells Beach, 14B Castles Drive	Tuesday AM Spin Session & Cycle Fit at CrossFit Bells Beach, 14B Castles Drive	Tuesday afternoons times 5 sessions: ✓ Anglesea & Surrounds ✓ Excursion to You Yangs

Indoor Sport Climbing Academy

Term 1	Term 2	Term 3	Term 4
Thursday AM: Alternate Indoor Climbing session & Sport Specific Athlete Development	Thursday AM: Alternate Indoor Climbing session & Sport Specific Athlete Development	Thursday AM: Alternate Indoor Climbing session & Sport Specific Athlete Development	Thursday AM: Alternate Indoor Climbing session & Sport Specific Athlete Development



Extra Inclusions for Sports Academy Unlimited Members

Your choices for Sports Academy are to register for one 'program' (example Basketball Academy which allows participation in the Basketball Academy sessions only) OR to register for 'Unlimited Sports Academy' which gives you the option of a number of programs, plus access to our optional extras:

- Athlete Education, Mindset & Wellbeing Program (5 afternoons on a Monday directly after school)
- Parent Education Online Workshops
- Opportunity to come on our Interstate Term 4 Camps
- Opportunity to attend Monday water recovery session at Little Starfish Swimmers Torquay facility.
- Opportunity to access Monday physio assessment sessions with the Physios at Grand Slam Physio

Athlete Education, Mindset & Wellbeing Program:

Our Athlete Education, Mindset & Wellbeing Program runs from 3-4pm on a Monday after school as an option for Sports Academy students, with 4 sessions each term for each year group:

- ✓ Term 1: Planning & Purpose
 - We start the year with interactive values, strengths, goal setting and planning activities, positive relationships and support team activities.
- ✓ Term 2: Set Up for Success
 - Education and practical activities around managing emotions and performance anxiety, training load, mental & physical recovery, fuelling for success and funding your sporting dreams.
- ✓ Term 3: Mindset & Mindfulness
 - Growth Mindset, Gratitude and Mindfulness Sessions
- ✓ Term 4: Reflections & Celebrations
 - Meaning, accomplishments, and reflections from 2024

Parent Education Online Workshops:

One Parent Education Workshop is delivered for parents of unlimited Sports Academy students each term online:

- ✓ Term 1: Training Load: How Much is Too Much?
- ✓ Term 2: Long Term Athlete Development: More Than Strength & Conditioning
- ✓ Term 3: Youth Athlete Wellbeing, Mindsets & Motivations
- ✓ Term 4: Youth Athlete Fuelling, Recovery & Body Image

Monday Recovery Sessions & Physio Triage from Grand Slam Physio:

For the first time in 2024, we will be conducting a water recovery session at the Little Starfish Swimmers facility on Monday mornings from 7:30-8:30am for Sports Academy students. This will involve water activities, ice baths and recovery boots. The session will also host a Physio representative from Grand Slam physio to perform 15 min triage sessions on the athletes (if required) post weekend activities.

Sports Academy Camps

Academy athletes who meet behaviour standards through the year and attend 80%+ of required sessions are eligible to attend the Term 4 Sports Academy Camp. The 2023 Camps were held at the Surfing Australia High Performance Centre at Casuarina on the Gold Coast (Year 7-9) and at the Sunshine Coast Sports Institute (Year 10-12)

Sports Academy Camp is optional and an additional cost.



How Do I Apply for Sports Academy & What Are the Key Dates?

Inclusion in the 2024 Sports Academy is by application and selection only. Note that all activities have maximum numbers who are able to participate and the Surf Academy Program requires a try-out as part of the selection process.

Current athletes – need to let our team know by Friday 8th of December if they are continuing.

New Athletes for 2024, will need to complete the application process outlined below by Tuesday 12th of December 2024:

- ✓ Complete the online application form at [THIS LINK](#)
- ✓ Send through a supporting letter of referee from a coach or teacher to scscsportsacademy@gmail.com also by Tuesday 12th of December.



What Does Sports Academy Cost & Include?

Sports Academy is a user pays program and you have two choices with your registration.

You can register for a **2024 Single Sports Academy Program:**

- ✓ Costs:
 - \$300 per Sports Academy Program
 - \$200 for Health Care Card Holders
- ✓ Inclusions:
 - Sessions for the chosen program as outlined (example, if you pick the 'Basketball Program' you get access to the Tuesday morning allocated Basketball sessions) covering the facility hire, coaching, equipment, insurance and travel costs (if applicable)

You can register for a **2024 Unlimited Sports Academy Membership:**

- ✓ Costs:
 - \$640 for unlimited programs and offerings
 - \$400 for Health Care Card Holders
- ✓ Inclusions:
 - Can choose to participate in an unlimited number of Sports Academy Programs (for example AFL, Athlete Development and Run Club) covering the facility hire, coaching, equipment, insurance, and travel costs (if applicable)
 - Option to partake in Athlete Education, Mindset & Wellbeing Program
 - Option for Parent/Carers to attend Parent Education online sessions.
 - Option to attend Monday Recovery & Physio sessions.
 - Eligible to attend a Sports Academy Camp (additional cost and fundraising activities coordinated through the year)

Our philosophy ***is no child should miss out due to finances***, so if you need to arrange an alternate payment plan, please get in contact. While we can spread payment out, we can't reduce the price, we are proud of the quality of program and price we are able to offer for our services through a partnership with the school and many generous local partners. Depending on your choice of membership our programs average out to \$5-\$8/session over the year for team sports and \$15/session for action sports.

Both single sports and unlimited memberships programs also includes the Athlete of the Year Awards

How do I find out more?

Sport Support Australia are hosting an online session with info regarding the 2024 Sports Academy Program on Tuesday 28th November from 8pm. Details are below:

Join Zoom Meeting

<https://us06web.zoom.us/j/81758487082?pwd=Sx9kPSMo8ADu3qnRGRTDDRtFaRIj1d.1>

You can contact Michelle Hemley from Sport Support Australia here:

Email: scscsportsacademy@gmail.com

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Mobile: 0402 299 589

Facebook: www.facebook.com/sportssupportaus

Instagram: www.instagram.com/sportssupportaus

LinkedIn: Sport Support Australia