



Athlete Development Program Students are:- A TEAM - COMMITTED - HONEST

Athlete Development Program

Expression of Interest
2022 – Years 7 - 9

-- BALANCED - EMPATHETIC - STRIVING FOR EXCELLENCE - LEADERS - REFLECTIVE





Athlete Development Program (ADP) 2022

Expression of Interest

The **Athlete Development Program (ADP)** is an established signature program that cultivates student performance through a high-end sporting and fitness curriculum. Selection for this program draws on both sporting and academic proficiency. ADP students are engaged in a richly supportive environment led by expert teaching staff, and are provided with unique opportunities that will significantly enhance their leadership and personal growth as global citizens.

The program is a pathway for students to develop as elite sportspeople through high level training concepts and fitness industry training. It caters to students' academic needs by maintaining a focus on sports and exercise science, coaching qualifications and university pathways. A key aim is to support students' development as athletes with a particular emphasis on professionalism, etiquette, leadership and high standards of conduct.

Students who apply for the ADP are required to complete a two stage selection process:

Stage 1

Please submit the following items to the **College Front Reception** by **Friday 28 May 2021**.

- A copy of most current school subject report card
- A portfolio
 - An ADP Expression of Interest (EOI) attached
 - A letter of recommendation from a Teacher/ Sports Coach/ Team Leader

Stage 2

Applicants will only be invited to the Stage 2 selection process after they have satisfied selection criteria in Stage 1. **There is a non-refundable application fee for Stage 2 of \$50 which is payable before testing and interviews are undertaken. If you are applying for the AEP, an additional fee of \$50 is payable.**

- Fitness screening (*This will take place afterschool in the College Sports Centre*)
 - Aerobic Capacity test Muscular Endurance test Anaerobic Power test
- An interview linked to the EOI Form responses (*This will take place afterschool in the College Sports Centre*)

Please note that students will be notified of their place in the program after Stage 2 testing data has been collated and analysed. Letters of successful/unsuccessful admission in the program will be mailed out in Week 10 of Term 2.



Athlete Development Program (ADP) 2022

Expression of Interest

ADP Expression of Interest Application form

Student Name: _____ Current year level: _____

Currently enrolled in CCC: Yes Other: _____

Are you applying for both ADP and APEX: Yes No

Parent/Caregiver Contact Details

Parent/Caregiver Name: _____

Address: _____

Phone: _____

Email: _____

Respond to the following questions in written format. You have a maximum of one page. Your response can be handwritten or typed (no smaller than size 10 Arial font).

- 1) Think of an occasion when you've had to work in a team. What do you enjoy about working in a team? What do you find challenging about teamwork? How do you address problems that you may have with team members?

- 2) Have you been in a situation where hard work and effort has been required to fulfil a goal? This could be academic, sporting or extra-curricular. Provide examples of some strategies you may have used to achieve your goal.

- 3) Why do you want to join the Athlete Development Program.

Parent/Caregiver Signature

Student Signature

___ / ___ / ___
Date

Please submit your ADP Application to the **College Front Reception** by **Friday 28 May 2021**.