

Sandgate District State High School

Athlete Development Program

HANDBOOK



**Sandgate Physical
Health Clinic**

PHYSIOTHERAPY | MASSAGE | ACUPUNCTURE | PILATES



Acceleration



FITNESS WITH FOOD

Sports dietitian

CANE
Clothing

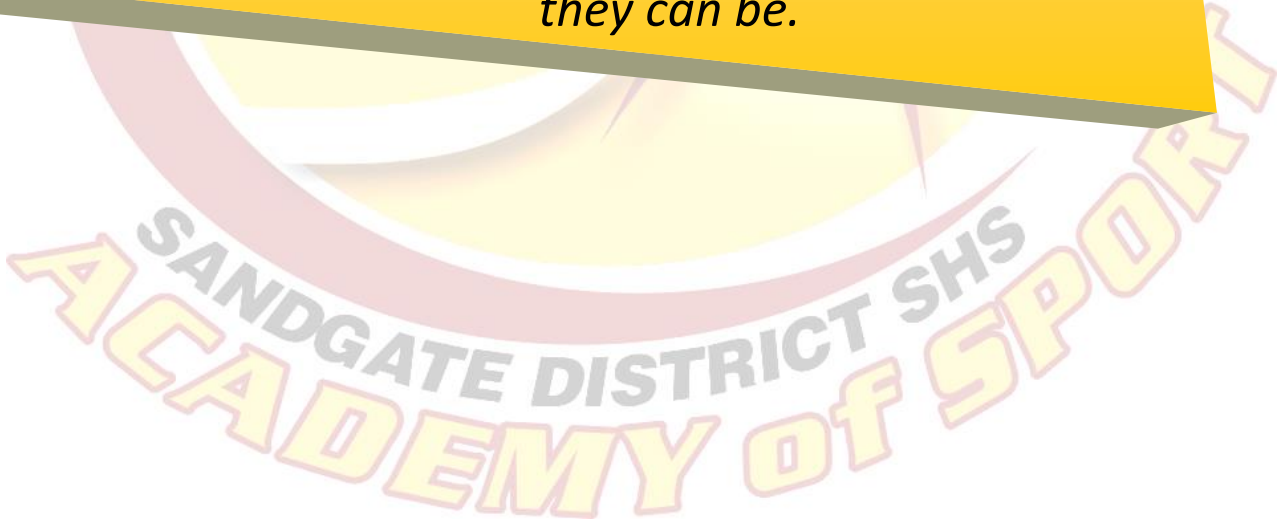
**Fresh
& Save**
Food Warehouse

Mission Statement

Within our supportive school environment we aim to develop the citizens of the 'game'.

In partnership with local, state and national sporting bodies we also aim to deliver a high quality program that focuses on the physical, personal & social development of the athlete.

Furthermore we aim to provide an environment that allows our students to expand their horizons and be all they can be.



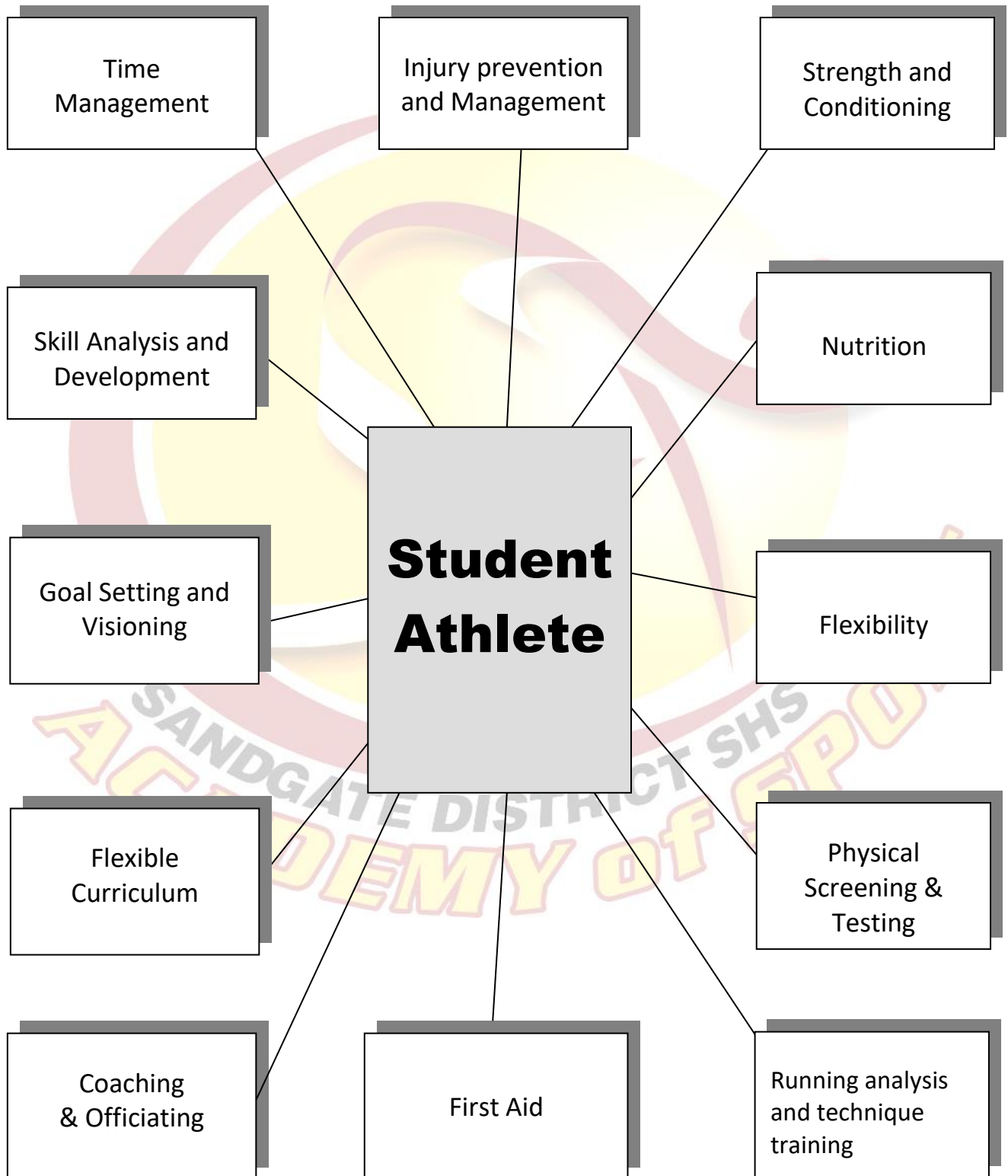
Core Values

Academy of Sport students are required to lead the school in consistently demonstrate the Core Values expected of all SDSHS Students.

Be Work Ready, Be Respectful and Be Your Best



Elements of our Athlete Programs



Program Responsibilities

Control and responsibility of the Academy program lies with the Sandgate District SHS. It is the responsibility of the school to fulfill the following roles:

1. Ensure high quality coaches and external sport science professionals to work with the students.
2. Provide a caring and supportive environment to achieve sporting and academic success.
3. Model and insist on high standards for behaviour and dress.
4. Monitor and report on student's progress in Academy programs and academic pursuits.
5. Provision of high quality facilities, programming and highly trained and motivated staff.

Program Rules and Conditions

This is a distinctive curriculum offering, as such students must continue to meet program requirements. Student's performance and behaviour will be monitored.

Students are expected to;

Be Work Ready:

1. Wear correct uniform.
2. Submit all work on time.
3. Attend all timetabled practical and theory sessions. **Normal school policy of 95% attendance will be required. Failure to meet requirements may result in exclusion from the program.**
4. Provide a valid reason for absences.
5. Be punctual and prepared for all classes. This also applies to days when it rains.

Be Respectful:

6. Behave in accordance with our school behaviour policy and procedures.
7. Training and team rules must be followed at all sessions.

Be their Best;

8. Required to attend and satisfactorily participate in whole school events such as the swimming, track and field and cross country carnivals.
9. **Game Day** – All players must attend school on the day of competition to be eligible to play in that game. They must also abide by relevant travel conditions and dress codes.
10. Should there be a clash involving participation in two sports at school, all members of the Academy must prioritise in favour of the Academy Sport.
11. Play club sport in their chosen sport or have a demonstrated commitment in an associated activity.

If a student fails to meet these commitments, their place in the program will be reviewed at the discretion of the Academy of Sport Director.

Sandgate District SHS Academy of Sport Program Behaviour Management Process

The Sandgate District State High School Athlete Development Program Behaviour Management process monitors all students in ADP in Yrs 7-12. In addition to providing sporting opportunities for our students, our aim is to develop and promote a culture that is based on effort and behaviour, both within the classroom and on the playing field. It is these two things that we believe are the prerequisites for future sporting and general day to day successes.

All students will receive a clean record at the start of each year, whether they are a new or existing student. However, if they were removed from the program in the previous year, they must complete a full semester with a minimum of satisfactory Effort and Behaviour before reapplying.

The Head of Department and the Academy of Sport Director will manage the program in the following ways:

1. The Head of Department and the Academy of Sport Director will monitor and review each student's **Report Card Data** at the end of **each term** as well as at the completion of **Semester 2** each year. Academy of Sport students who acquire more than 3 "Ds" in TOTAL in their **Behaviour and Effort** grades will receive a Monitoring Card; with which they will be monitored for five consecutive days. Students are required to achieve a minimum of 'satisfactory' for all subjects within the days to continue in the program. If they receive 3 or more 'unsatisfactory' or 'unacceptable' ratings in that time, they will likely be removed from the program for a semester, and must reapply thereafter.

Students must then complete a full satisfactory semester out of the program [less than 3 D's for effort and behavior grades combined] before they can reapply. Readmission will be considered and approved only by the Principal and HOD of HUMAN MOVEMENTS at the completion of semester 1 in the following year. Successful reapplication will also depend on class sizes and possible movement within the Sandgate District SHS timetable.

2. Students who have received a Monitoring Card and are out of their particular sporting program are not permitted to play for the school in that sport at any level until their next end of semester report card shows that they have met the criteria. **[Less than 3 D's for effort and behaviour grades combined]**
3. A student is not permitted to play in school competition games at any level whilst suspended from school for disciplinary reasons. Students are not permitted to play for the school if they are suspended by their particular sporting association.
4. A student is not permitted to play in any competition game at any level if their absence from school on the day of the game is unapproved.
5. All new or existing students at Sandgate District SHS wishing to enroll into the ADP class from years 7-12 must meet the criteria listed above on their last school report before they will be considered for enrolment into the program.

Injury and Rehabilitation

Injury for sporting people is often a regular and accepted occurrence. It is the athlete's responsibility to have any injury assessed and treated. It is also their responsibility to complete rehabilitation for the injury.

It is not acceptable to merely carry the injury and use it as an excuse to not be involved. We do not self diagnose.

We highly recommend that all participants have private medical cover. This will help cover out of pocket expenses for treatments and also allow access to specialists if needed.

We also highly recommend that you see a sport specific doctor when getting injuries assessed and treated. We recommend the following practice:

Physiotherapy

- ❑ Sandgate Physical Health Clinic – They are supporters of the AOS program and perform all of the student's physio screens. Call to make an appointment; 3869 1099.

Staff Profiles

Mr Julian Bates (B.Ed Phys Ed., Dip. Sport Development)

- 10 years teaching Experience
- Level II Football Coach
- Senior Football Coach BSHS 2002 – 2008
- Coach Olympic Football Club 2009 – 2010
- Advanced First Aid
- Certificate IV Trainer and Assessor

Mr Gary Bishop (B.Ed, P-10)

- 29 years teaching experience
- Level III, High Performance Rugby League Coach
- 12 years Met North and Bramble Bay Coaching
- Qld recruitment officer for Cronulla Sharks
- Certificate IV Trainer and Assessor

Mr Chris Charlton (B.Ed. P- 10)

- 19 years teaching experience
- Level II Rugby League Coach
- Level I Strength and Conditioning
- Aspley RLFC Coach
- QRL Staff Coach at Summer Development Camps 2000 – 06
- Senior First Aid
- Certificate IV Trainer and Assessor

Mr Jonathan Hatch (B.Ed Phys Ed) Head of Department Human Movements

- 14 years teaching experience
- Level 1 Volleyball
- Assistant Coach Met North Volleyball
- Assistant Coach Queensland Volleyball
- Senior First Aid
- Certificate IV Trainer and Assessor

Miss Laura Platt (B.Ed. Phys Ed)

- 8 years teaching experience.
- Beginning coaching general principles
- Foundation Level 1 Coaching Course
- Development Level 2 Coaching
- Coach Met North U19 Girls Netball 2017 - present
- Apply First Aid
- Certificate IV Trainer and Assessor

Mr Howard Roberts (B.Ed Phys Ed)

- 21 years teaching experience
- Level II Australian Football
- Coach Met North U15 2006 - 2011
- Assistant Coach 2012-present
- Northern Raiders Coaching Staff 2004 – 2012
- Senior First Aid & Advanced Principles Sports Medicine
- Certificate IV Trainer and Assessor

Miss Karissa Richter (B.Ed.HM Learning management)

- 8 years teaching experience
- Certificate IV Trainer and Assessor
- Certificate IV Fitness
- Beginning Coaching General Principles

Mr Dan Parkes (B.Ed Phys Ed)

- 3 years teaching experience
- Certificate IV Trainer and Assessor
- Certificate IV Fitness
- AFL level 2 Coach

Mr Cade Smith (B.Ed Phys Ed)

- 10 years teaching experience
- Certificate IV Trainer and Assessor
- Certificate IV Fitness
- Rugby League Level 1 Coach
- Level 1 Strength & Conditioning Coach

Mr Jordan Vass (B.Ed Phys Ed)

- 4 years teaching experience
- Certificate IV Trainer and Assessor
- Certificate IV Fitness
- Elite level Swim Coach

Behaviour and Effort Monitoring Procedure

