



**POINT COOK COLLEGE**

## **Athlete Development Program**

At Point Cook College, we are proudly offering a high-performance athlete development program to assist our emerging athletes in their pursuit of sporting and academic excellence. We will provide the best possible environment for young athletes in developing their sporting attributes and their sporting pathways to a future in their chosen field.

The outline of “The High-Performance Program” consists of up to 4 x 50-minute sessions per week in years 7 - 9 in addition to their Health and Physical Education classes. If your child is successful in the ADP program, they will not take part in LOTE and Digital Tech. The ADP is an environment that not only nurtures young talent, but harnesses that potential, instilling our core values. We are Learners. We are Responsible. We are respectful. We are safe.

Students are supported in becoming well rounded individuals, with a great work ethic and an emphasis on academic enthusiasm. Athletes are continually learning how to get the best out of themselves in all aspects of their education and sporting journey. The High Performance Program curriculum involves strength and conditioning activities, recovery sessions, personal development, leadership and relevant consultancy sessions (e.g. nutrition of an athlete, guest speakers, leadership and coaching and excursions to elite sporting venues may be among the opportunities provided).

Students are able to take part in the program through a select entry process, and must demonstrate excellent athletic abilities, outstanding behaviour and dedication to their academics. The application process for the ADP program is available on the college webpage and students will also have to also attend a physical fitness trial to become successful in the program.



Scan QR code  
to apply