



ATHLETE DEVELOPMENT PROGRAM

Preparing students in pursuit of their athletic goals



RAISING THE BAR



St Stephen's School

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WHAT IS THE ADP?

The Athlete Development Program (ADP) is a specialised program delivered in partnership between St Stephen's School and Athletic Institute (AI). The ADP is open to selected students in Year 7 and 8 at the Carramar campus, and Year 7 at the Duncraig Campus, acting as a precursor to the School's Elite Athlete Program in the senior years.

AI are leaders in youth strength and conditioning, passionately mentoring the next generation of sporting stars. Their vision 'to educate, empower and inspire future generations of athletes as they persevere in their pursuit of athletic success on a global scale', aligns with St Stephen's School's desire to encourage and enable students to reach their potential. Their values of respect, integrity, grit, humility, trust and teamwork also underpin the qualities we strive to instil in our graduates.





HOW DOES IT WORK?

The ADP sees our sports specialists working together to deliver a curriculum, written by AI, that is fun, challenging and results-driven. There are added opportunities for students to work with degree-qualified youth coaches and industry leaders, access to the same training opportunities as state athletes and sporting teams, and enhance the traditional study of sport, incorporating a program that targets strength in both mind and body.

The holistic program promotes a mature approach to sport and development, using evidence-based research protocols and techniques and thorough screening and testing, setting students up with good foundations for long-term health, fitness and performance.

The ADP is delivered through a series of workshops including mobility, warm-ups, program exercises, skills training, fun games and activities. The focus for each Term influences curriculum delivery, outlined briefly below.

- **Term 1 – introduction, goal setting, functional movement**
- **Term 2 – functional movement, altitude training, speed and agility**
- **Term 3 – speed and agility, prehab training program**
- **Term 4 – nutrition**

The program kicks off with an official launch for all selected students and their families at the West Perth Football Club, with guest speakers and a special screening. All accepted students will receive an invite to the launch upon acceptance into the program.

WHO IS ELIGIBLE?

Students in Year 7 and 8 at the Carramar Campus, and Year 7 at the Duncraig Campus who fit the below criteria:

- High level of ability and performance in both a training and competitive environment
- Positive and enthusiastic attitude to support their personal development
- High level of coachability that enables all individuals to seek and accept a variety of feedback
- Provide a positive role model for others in their approach to learning, school rules and behaviour
- Demonstrate academic effort and achievement
- Must play/compete for a club in a recognised sporting competition

Students in the program are expected to:

- Demonstrate a willingness, desire and commitment to developing their own skills and knowledge within their sport
- Compete in all House carnivals
- Trial, where appropriate, for places in Interschool Athletics, Cross-Country and Swimming
- Represent St Stephen's School in their chosen sport (if offered)
- Participate in other St Stephen's School Interschool sporting teams.

Students must complete an Application Form and return to the Head of Physical Education for the corresponding campus, who can also be contacted for any further information.

Carramar: Adam Dwyer – 9306 7176 or adam.dwyer@ststephens.wa.edu.au

Duncraig: Matt Richmond – 9243 2193 or matt.richmond@ststephens.wa.edu.au



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