IONA COLLEGE

HIGH PERFORMANCE SPORT PROGRAMME

OMI 60 1957/58 2017/18 IONA

Presentation by **Rick Nalatu |** Head of High Performance Sport

13th February 2018

Think. Act. Play.

LIVE LEARN LEAD SERVE

MISSION STATEMENT

Identify, guide and foster the development of high performing athletes, whilst balancing academic and sporting commitments

Develop lifelong learners, committed to physical activity, healthy eating and motivated to achieving their potential

Encompasses Long Term Athletic Development, including strength and conditioning, nutrition and sports psychology

WHY THE PROGRAMME WAS LAUNCHED

- Over the past decade, students have been increasingly representing the school, state and country through a range of elite level sports

- Several consistent challenges identified for these students
  - Juggling multiple sports and schedules
  - Often experiencing early burnout, injury or loss of motivation
  - Not reaching full sporting or academic potential

- Programme was developed to address these challenges

Nurturing the physical talents of student athletes, whilst balancing academic and sporting commitments

PROGRAMME OVERVIEW

PROGRAMME PATHWAYS

Iona Sport

- **MAXIMISE OPPORTUNITIES TO PARTICIPATE IN ALL SPORTS**
- **Level:** Interhouse, AIC

Pathways

- **TRANSITION ASPIRING SPORTSMEN TO ELITE ATHLETES**
- **Level:** ‘A’ Level team, Met East representative

High Performance

- **MAXIMISE ELITE ATHLETE POTENTIAL**
- **Level:** Queensland and Australian representatives

SELECTION CRITERIA

On selection into the High Performance Sport Programme the athlete will be placed into one of two categories for that year.

<u>High Performance</u> – an athlete who has represented Queensland and/or Australia; an athlete who has medalled in a Queensland Schools Championship and/or medalled in an Australian Schools National Championship.

<u>Pathways</u> – an athlete who has represented Metropolitan East and competed at a Queensland Schools Championships.

BLACK AND WHITE STANDARDS

SELECTION CRITERIA - CONTINUED

- Level of representative sport achieved – AIC, school-based, Olympic
- Participation in other AIC sports
- Member of College Music Programme or other extra-curricular activities

- Student must also demonstrate:
  - Understanding of ethos of Iona College and charisma of the Oblates
  - Higher standard of behaviour
  - Diligent in work ethic towards academic studies
  - Understand sacrifices need to be made to pursue academic and athletic potential
  - Well-rounded, balanced and respectful member of Iona College

PROGRAMME ELEMENTS

Academic Planning	• Planning tools for weekly, term and annual timetables • Enables balance between schoolwork and training
Academic Training Session	• Allocated period(s) in the week where student commits to extra study • Learning strategies designed to suit individual
Physical Assistance	• Supervised strength and conditioning program • Focuses on skill development
Financial Assistance	• All Met East, Queensland and Australian Representatives in School based sport will have access to Financial Assistance.
Nutrition	• Access to professionals in the field of nutrition to consult on general eating habits and personal eating plans
Sport Psychology	• Access to representatives of University of Qld to consult on general focus techniques and mental preparation

PLANNING

- The HPSP Planning document is available on the College website.
- The document is in ‘excel’
  - Weekly schedule
  - Term Assessment Planner.

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QUESTIONS?

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STANDARD