



IONA COLLEGE

# HIGH PERFORMANCE SPORT PROGRAMME

Presentation by **Mr Jarrod Biggs** | Acting Head of High Performance Sport

17 February 2021

LET YOUR  LIGHT SHINE

PLAY YOUR ROLE | iRESPECT | LIVE, LEARN, LEAD, SERVE | IONA STANDARDS | ALWAYS LEARNING

# WELCOME

## Special Guests

- Tania Cooper – Head of Pathways, Iona College
- Chris Bates – Talent Director, Study and Play USA
- Sally Anderson – Founder & Director, Apple to Zucchini Performance Nutrition

# 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

# SELECTION CRITERIA

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

High Performance – 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.

Pathways – an athlete who has represented Metropolitan East and competed at a Queensland Schools Championships (or similar).

# SELECTION CRITERIA - CONTINUED

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

## Physical Development

- Supervised strength and conditioning program that aims to develop knowledgeable, technically correct and resilient trainers

## Financial Assistance

- All Met East, Queensland and Australian Representatives in School based sport will have access to Financial Assistance

## Nutrition

- The Programme utilises the expertise of Sally Anderson
- Supermarket Tours will be offered throughout Semester 1 and 2

## Sport Psychology

- Access to consultations from our Sport Psychologist – Mr Kai Morris
- A focus on athlete wellbeing

# Strength Training

- Year 9, Term 4 – every year, this cohort of A/B players across all sports are invited to begin their pathways in the Iona Strength Program.
- There is a Weekly and Term Schedule for strength training at Iona.
- There are allocated sessions for specific groups –
  - Senior Football
  - Senior Rugby
  - Individual Athletes Training sessions
- Athletes in the HPSP can get access to the gym to suit the needs of their training program.

# STRENGTH TRAINING

Term 1 Gym Schedule (current until Week 8)

Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	<b>Football</b>	<b>Year 10</b>	<b>Bball +Vball</b>	<b>Rugby 1</b>	<b>Rugby 2</b>
After School	<b>Rugby 1</b>	<b>Rugby 2</b>	<b>Individuals</b>	<b>Year 10</b>	



# FORMS

- **Lytton District (primary)** forms go to **Mr Anthony Bannerman**
  - **5295** is the online payment code number for Lytton Districts Sport.
- **Composite District (secondary)** forms go to **Mr Keith Harron**
- **Met East Forms (all)** go to **Mr Keith Harron**
  - Payment form for Met East is online ('How to' in brochure)
- **Absence due to Rep Sport Application Form (Website)**
  - These must be completed and returned to the relevant staff members
- **Funding Assistance Form** (from Mr Biggs)
  - At the end of each term there will be a follow up to parents to send these forms back to Mr Biggs
    - **Know which forms go where and to who**
    - **Know which forms to take to trials and which forms have to be completed and submitted before trials**

# PLANNING

- The HPSP **Planning Document** is included in your information pack tonight.
- The document is created in 'excel' so I will aim to get it uploaded to the school website for digital access.
- The document includes:
  - Yearly Planner
  - Weekly schedule
  - Term Assessment Planner

# PLANNING - ASSESSMENT

School Policy:

- **Exams** cannot be undertaken earlier than the due date
- **Assignments** can be handed in earlier than the due date

You may need to fill out one or more documents in the case of missed assessment due to sport. It is best to contact Mr Biggs, who can liaise with your relevant staff members or direct you to the appropriate form.

Extensions:

- The student will need evidence that he cannot get the work done in the allocated time
- Completion and evidence of classwork is needed
- Heavy training schedule needs to be shown
- He needs to ask for the extension as early as possible

# PLANNING - ASSESSMENT

## Compass Learning Tasks:

<div> <div>Show Hidden Tasks</div> <div>Turn off code grouping</div> <div>Academic Year: (Currently Relevant) <span>▼</span></div> </div>			
<div> <div>Categories</div> <div>Assessment</div> <div>Assignment</div> <div>General</div> <div>Homework</div> <div>Practice Task</div> </div>			
Learning Task	Status	Result	Actions
11 Year 11 Chemistry			
<div>Assessment</div> <b>FIA1 Data Test</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: 11/03/21 04:00 PM Submitted: <div>⬜ Pending</div>	-	
11 Year 11 English			
<div>General</div> <b>Unit 1 Achievement</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Staff-only	Due date: No due date Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA2 Persuasive Speech</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: No due date Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA1 Blog</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: No due date Submitted: <div>⬜ Pending</div>	-	
<div>General</div> <b>Unit 2 Achievement</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Staff-only	Due date: No due date Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA3 Essay Exam</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: No due date Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA4 Narrative</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: No due date Submitted: <div>⬜ Pending</div>	-	
11 Year 11 Mathematics Methods			
<div>Assessment</div> <b>FIA1 - Problem solving and modelling task</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: 22/03/21 04:00 PM Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA2 - Exam</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: 12/05/21 04:00 PM Submitted: <div>⬜ Pending</div>	-	
<div>Assessment</div> <b>FIA3 - Exam</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: 08/09/21 04:00 PM Submitted: <div>⬜ Pending</div>	-	
11 Year 11 Modern History			
<div>Assessment</div> <b>FIA1 Examination (SR)</b> Subject-wide Task   Report: No   Grades: Staff-only   Task: Students, Parents	<div>🔔</div> Due date: No due date Submitted: <div>⬜ Pending</div>	-	

# YEAR 11 & 12 - ASSESSMENT

School Policy:

- **Exams** cannot be undertaken earlier than the due date
- **Assignments** can be handed in earlier than the due date

School Policy:

- Some flexibility with FIA tasks (Year 11)
- IA and EA (mostly Year 12) tasks are heavily governed by the QCAA. Little flexibility exists however, the school will work with the student to arrange suitable outcomes.
- Documentation is very important.

# YEAR 11 & 12 - ASSESSMENT

- It is imperative that the Year 11 and Year 12 student is up to date with his checkpoints in all of his classes.
- The student needs to alert Mr Biggs (who will liaise with Mr Cornish and Mrs Connors) as soon as he knows he will be missing school to compete in a major championship.
- It does not matter which week of term that the competition is taking place – as Year 11 and Year 12 assessments can be due at any time – not just at the end of the term.
- When there is long planning involved from all of the stakeholders – student/parent and teachers/Iona – we can get the best possible outcome for our elite athlete/senior student.

# QUESTIONS?

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# CHRIS BATES - STUDY AND PLAY USA

Since 2004, families have placed their trust in Study & Play USA to guide them through this rewarding pathway. Highly regarded by coaches right across the USA, our expert team consists of former student-athletes, educators, coaches and parents who understand the importance of finding the right fit for the student-athlete.

The catalyst for the establishment of Study & Play USA was the life changing experience that founder Chris Bates enjoyed during his four-year USA University journey. The positive outcomes from his experience ignited a passion for educating others about their own unique opportunities in the hope that more student-athletes can set themselves up for their best lives.



# SALLY ANDERSON - ADVANCED SPORTS DIETICIAN

Sally's interest in sports nutrition began when she was competing nationally as a lightweight rower. As 'weight-category' athletes will testify, meticulous attention to food is necessary to achieve a goal weight. As a result, Sally has first-hand experience & empathy for the challenges that face her athletes and weight management clients.

Her dietetic career began in research, completing an honours thesis on 'Caffeine use in elite athletes' in 2005. Following this, she tied her dietetics & exercise science degrees together with the Sports Nutrition Course at the Australian Institute of Sport, and then began consulting to various sporting & personal training groups around Brisbane, as well as working for some years at a weight management clinic.

Thank you for attending, please feel free to speak to any of our presenters in the foyer on departure.