

Sports Academy INFORMATION 2024



The Cardijn College Sports Academies have been established to assist students to achieve their highest levels of performance in their chosen sport, plus improve and develop their emotional and social health and wellbeing. Sports Academies are a dynamic, inclusive part of the Cardijn College curriculum, and we hope the programs will be an important feature of the student's academic journey.

Cardijn College offers Academy programs for the following four sports:

- FOOTBALL
- NETBALL
- BASKETBALL
- SOCCER

The philosophy of Sports Academies is holistic in nature, meaning we aim to develop the whole person and player over the course of the program. The teachers and coaches involved in each Academy program attempt to:

- Promote a student-centred experience to improve their skill, knowledge and understanding of the game.
- Foster each student's personal development in their chosen sport.

- Provide a range of competitive opportunities which maximises exposure to a variety of game formats and opposition teams.
- Provide greater contact time to quality coaching to improve player development into potential pathways into junior club and representative programs.
- Implement a long-term athletic development mindset and account for maturation in coaching progressions
- Support student involvement in all College sporting programs.
- Develop relationships with the local sporting clubs to ensure the student's best interests are always first.
- Encourage students to play their Academy sport for the College and their local club.
- Use contemporary coaching methodology as outlined by the relevant national/ state representative bodies (e.g., Netball SA/ Netball Australia, SANFL/AFL, SANFLW/AFLW, FFSA/FFA, BSA/BA).

Football



Netball



Basketball



Soccer



ENJOY THE GAME

CHAMPION'S SPIRIT

SPORT ACADEMY

STRONG WORK ETHIC

BE A GREAT TEAMMATE

We are extremely passionate about the opportunities which exist in our Sports Academy programs and we attempt to coach, learn, and play according to our four key pillars.

■ ENJOY THE GAME

It is essential that students who select a Sports Academy enjoy their sport as much as possible. If students enjoy or love the sport, there is generally a sense of excitement and eagerness to play in all aspects of their sport, but also help others to find enjoyment in the sport.

■ CHAMPION'S SPIRIT

A student with a champion's spirit displays positive sportsmanship and fair-play and always demonstrates a high level of character and integrity. They are highly competitive but respects their opposition, and always plays by the rules and in the spirit of the game.

■ STRONG WORK ETHIC

A student with a strong work ethic is constantly looking for ways to challenge themselves to improve and accept challenges set forth by their coach/teacher. They embrace practice, training, and competition and have a willingness to work hard and the ultimate dedication to their craft.

■ BE A GREAT TEAMMATE

A great teammate is someone who consistently shows a positive and energetic attitude regardless of the situation. A great teammate never places the blame or finds excuses and always makes others in the team feel valued. A great teammate leads by example and understands everyone has different strengths and weaknesses. A great teammate is willing to accept feedback from their coach or team and supports their team when things may not be going their way.

The Sports Academy curriculum aims to provide students with sport focussed opportunities outside of traditional Health and Physical Education classes, where they develop knowledge and

understanding of all aspects of athletic development which contribute to performance including:

- On-field/on-court skill development and acquisition
- Sports nutrition
- Injuries and rehabilitation
- Fitness assessment
- Performance analysis
- Strength & conditioning
- Sports biomechanics
- Analytics & technology

Students in Sport Academy programs are REQUIRED to:

- Represent the College for training and competition in their academy sport.
- Participate in the Tenison-Woods Exchange
- Demonstrate a willingness, desire, and commitment to developing their own skills and knowledge within their sport.
- Display the four key pillars of the Sports Academy philosophy during class time and competition.
- Complete all structured assessments for all subjects, thoroughly and on time and understand this is part of upholding their commitment to the Academy.
- Be prepared for each lesson with appropriate uniform, footwear and equipment for their sport.
- Understand that being part of an Academy is a privilege.

All Academy students will be required to pay an academy levy (per semester), purchase a compulsory academy training top to wear during academy lessons, plus a Cardijn College playing uniform for the relevant sport.

Further information about each Sports Academy can be found on the College website.

**All students who wish to be a part of a Sports Academy must complete the application form and submit it to the Academy High Performance Coordinator, Mr. Dylan Hayes
Dylan.hayes@cardijn.catholic.edu.au**