



CARDIJN
COLLEGE

Sport Academy 2024

Student and Parent Contract & Declaration



SPORT ACADEMY KEY INFORMATION

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

Cardijn College offers Academy programmes for the following four sports:

- Football
- Netball
- Basketball
- Soccer

The philosophy of each Sport 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 programme 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 maximise 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 programmes.
- 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 a local club with the understanding they must prioritize playing for the College when a fixture clash may occur (*exceptions may be made for students playing at the highest level in their sport, i.e., U16 South Australian Representation, who cannot play for the College for a period.
- Use contemporary coaching methodology as outlined by the relevant national/ state representative bodies (e.g., Netball SA/ Netball Australia, SANFL/AFL, FFSA/FFA, BSA/BA),

We are extremely passionate about the opportunities which exist in our Sport Academy programmes 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 Sport 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 Sport Academy curriculum aims to provide students with sport focused 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 selected in sport academy programmes are required to:

- Represent the College in their chosen sport during either mid-week, Saturday morning sport competition and Knock-out sport.
- Purchase an Academy training top (approx. \$50, excl. GST) to be worn during all practical academy lessons. This will be invoiced to the parent/guardian.
- Participate in the Tenison-Woods Exchange (if selected)
- Demonstrate a willingness, desire, and commitment to developing their own skills and knowledge within their sport.



- Display the four key pillars of the Sport 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 sport is a privilege.

Across all academy sports, there is a \$100 levy (per Semester, incl. GST) which will be used for on-site and off-site specialist coaching, guest speakers, strength and conditioning sessions, umpiring and coaching accreditations, excursions, and transport. This will be invoiced to the parent/guardian at the start of the Semester of enrolment. If students need to change out of an Academy sport elective, the levy will be non-refundable once Week 3 of each Semester has concluded.

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



Student and Parent/Guardian Contract & Declaration

*circle/highlight/write responses

1	Student Name				
2	Current Cardijn College student	Yes	No		
3	If No to Q2 - Current school				
4	Year Level in 2024	8	9	10	11
5	Current Cardijn College Homeroom				
6	Gender	Male	Female	Non-binary	
7	Sport Academy you are applying for (circle/highlight)	Basketball		Football	
		Netball		Soccer	
8	Please circle Y or N for each criterion.	Online nomination form	Y	N	
		Attended selection trial(s)	Y	N	
		2024 subject selection form	Y	N	
9	I have read and understand the Cardijn College Sport Academy expectations detailed in this document.	Y		N	
10	I understand that the Cardijn College Sport Academy is an elective and not a compulsory core topic.	Y		N	
11	I understand that students are required to purchase a compulsory Academy sport training top (approx. \$50, excl. GST) which is to be worn during all practical lessons.	Y		N	
12	I understand that there is a Semester based levy of \$100 (incl. GST) to be part of all Academy sports. If students need to change out of an Academy sport elective, the levy will be non-refundable once Week 3 of each Semester has concluded.	Y		N	
13	I understand my responsibilities regarding the Cardijn College Sport Academy.	Y		N	

In signing below, I acknowledge that I understand and agree to the Student and Parent Contract and Declaration

Student name	
Student signature	
Date	
Parent/Guardian's Name	
Parent/Guardian's Signature	
Date	

Please return this compulsory hard copy student/parent contract and declaration (or electronic version via email) to the Academy High Performance Coordinator, Mr Dylan Hayes (Dylan.hayes@cardijn.catholic.edu.au).