

# Athlete Development Program



**Mr Nicholas Hofmann**  
ADP Program Coordinator



To become the school of choice for talented sporting students in our community by providing the opportunity to excel in their chosen sporting field



The program aims to provide your child with the opportunity to:

- Discover clearly defined pathways to allow a seamless transition for students to pursue their sporting ambitions
- Develop their skills in an inclusive, supportive and stimulating environment
- Establish high level leadership qualities in their personal, educational and vocational endeavours
- Access expert technical coaching at school with support from industry specialists
  - Athletes
  - Nutritionist
  - Fitness professionals
- Be involved in a structured personal development program that gains lifelong skills that encompasses healthy and active lifestyles



The program emphasises holistic athlete development, catering for a range of team and individual sports and will allow:

Access expert technical coaching at school

Participation in training that is designed to enhance progression in each students chosen sport

1 x 60 minute  
technical  
training  
session per  
week

- Session focus is on individual fitness development
- Facilitated fitness training programs designed and ran by our professional team and external facilitators

# Program Sequence

## Junior Athlete Development Program

1 x 60 min session weekly

## Intermediate Athlete Development Program

1 x 60 min session weekly

## Senior Athlete Development Program

1 x sessions weekly

### Year 7

Core Health

Core PE & Sport

### Year 8

Core Health

Core PE & Sport

### Year 9

Strength and Conditioning

Physical Activity & Sport

Leaders in Sport

### Year 10

Sport Development & Coaching

Exercise Science

Health Development and Promotion

### Year 11

VCE Unit 1 & 2 Physical Education

VCE Unit 1 & 2 Health and Human Development

VCE VET Sport and Recreation

### Year 12

VCE Unit 3 & 4 Physical Education

VCE Unit 3 & 4 Health and Human Development

VCE VET Sport and Recreation

Expectations are high for students in the ADP. Your child will be expected to:

- Conduct themselves in a manner that meets the College's rules and expectations
- Comply with all training requirements and schedules as designed by coaching and support staff
- Demonstrate sportsmanship and fair play principles within the program and during any sport
- Adhere to College uniform requirements at all times, including wearing correct training attire when undertaking classes linked to the ADP
- Maintain acceptable results in their Interim and Semester Reports across all subjects. This will be based on an individual basis and will be at the discretion of ADP staff and Principal Team. Students will be expected to demonstrate genuine effort in all aspects of their schooling
- Maintain 90% attendance to all classes and scheduled training sessions



Students will be assessed via the following:

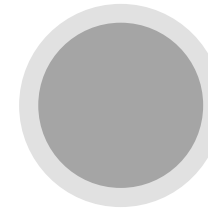
- LAB Reports – Learning, Attitude and Behaviour  
Reports – ADP Teacher



**COMPASS**  
School Manager

As participation in the Athlete Development Program is voluntary, not all of the cost will be covered within the College budget.

In 2025 the entry fee for the Athlete Development Program will be approximately \$350



## What does the fee cover?

Training top – ADP specific

ADP merchandise

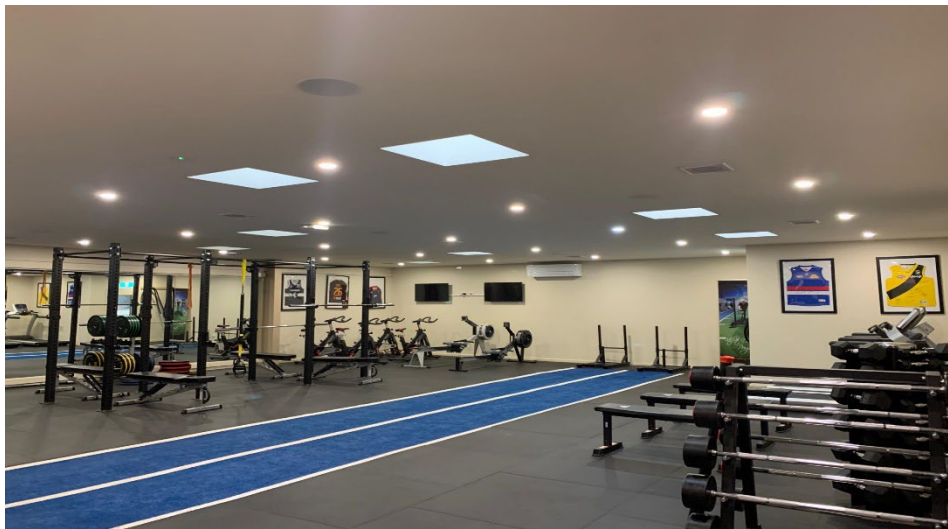
Excursions/Incursions

Specialised coaching

Training program

Access to industry professionals

Parent information nights







NetFit



FootyFit



Axis Performance



Melbourne City FC



AFL Football Clubs

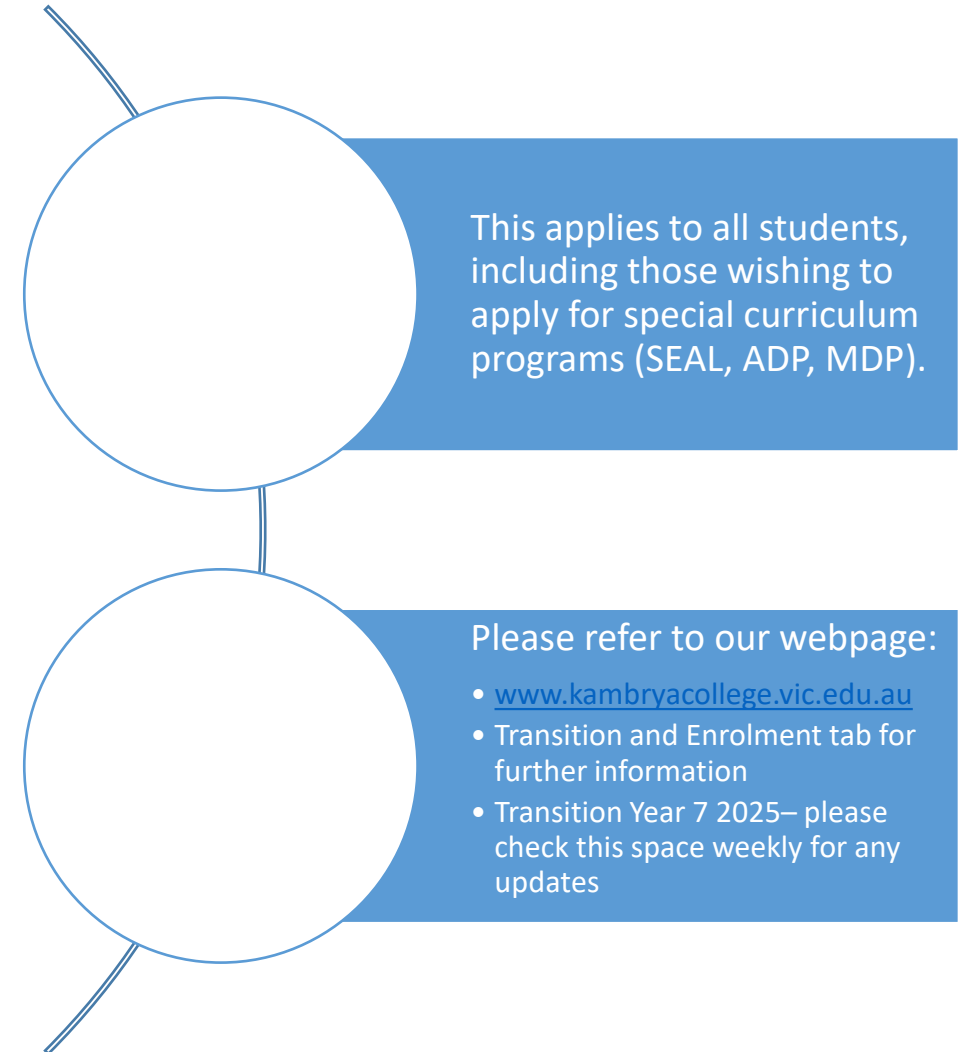
## Excursions can include:

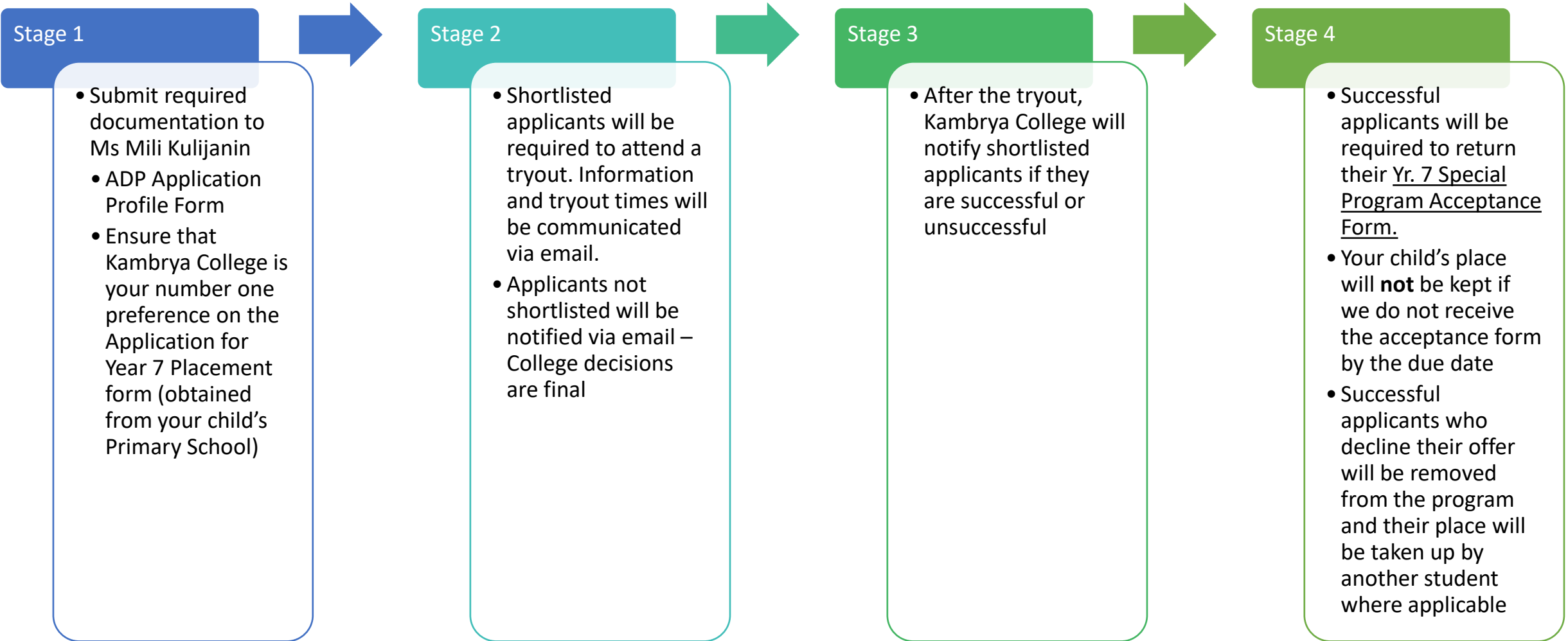
- AFL Football Clubs
- Suncorp Netball League Netball Clubs
- MCG
- Victorian Institute of Sport
- Surfing trip
- The Tan running track
- Bounce
- Hoop City





- All students wishing to apply for entry into this program will need to be aware of the following information:
- ***Priority enrolments are provided to students within our current School Zone\*\* as set out by the Department of Education.***
- *We foresee that students living within our school zone or with older siblings enrolled for 2025 will most likely bring the school to full capacity in Year 7 for 2025.*
- *Those living outside our school zone are still invited to attend the transition evening for more information, however due to restricted numbers enrolment applications from outside our zone are unlikely to be successful.*





***Please note: Dates for each of these stages will be confirmed as soon as possible  
Applications will be uploaded onto the school website in Term 3, 2024***

# Questions



If you have any questions regarding the ADP program please do not hesitate to contact Mili Kuljanin

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Transition  
Coordinator

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