



*A New World of Learning...*

## ORANGE ANGLICAN GRAMMAR SCHOOL

January 2018

### Athlete Development Program 2018

#### About the Program

The Athlete Development Program is offered by Orange Anglican Grammar School to provide students who play sport at a representative level with an opportunity to develop their skills, fitness and knowledge through targeted training sessions and workshops. As part of the Athlete Development Program in 2018, athletes will also have access to the Australian Institute of Sport Basecamp Training platform, an online program developed through research by AIS sport scientists to guide their skill and fitness development.

The program consists of fitness testing, training sessions and educational workshops. Training sessions will take the form of circuit and plyometric training with an emphasis on the development of core strength, speed, agility, power, coordination and sport specific skills. Workshops will seek to educate athletes about goal setting, sports psychology, sports nutrition, recovery and injury management.

The proposed format for sessions will be:

- Fitness training: Tuesday
- Monthly Workshops: Thursday lunchtime

#### Application Criteria

Applicants must:

- be in Years 7-12 at Orange Anglican Grammar School
- have been selected in representative teams for AICES or higher OR have been selected for WAS (or equivalent) in at least two sports.
- a desire to develop their skill, knowledge and fitness
- are willing to commit to involvement in training sessions
- have demonstrated a commitment to involvement in school sporting teams

Ongoing participation in the program is subject to satisfactory attendance at training sessions, maintaining a high standard of student behaviour and positive engagement in the school community.

If you have any questions regarding the OAGS Athlete Development Program please do not hesitate to contact me via phone or email.

Kind regards

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