



WARRNAMBOOL COLLEGE
SPORTING PATHWAY PROGRAM

STUDENT ATHLETE AGREEMENT 2017

BETWEEN: The Student Athlete and Parents/Carers and Warrnambool College/Sporting Pathway Program

1. INTRODUCTION AND TERM

1.1 Warrnambool College is the school implementing the Sporting Pathway Program (SPP).

1.2 You have been selected as a member of the Warrnambool College Sporting Pathway Program by satisfying the criteria based on referrals from a number of people/staff. Student athletes are reviewed during Term Four to determine whether they remain in the SPP for the following year. The review takes into account whether the student athlete remains in the SPP based on the Attitude and Effort across all academic subjects (based on a six week reporting cycle).

1.3 Each student's Attitude and Effort progress will be checked on a six week cycle. If a student is not meeting the minimum 70% Attitude and Effort standard across all subjects then the SPP mentor will conduct a student meeting to discuss goals on how to improve; see below for the stage response.

- If a student is still below the Attitude and Effort expectation by the next reporting cycle then an athlete will forgo the before and after school training sessions BUT will still be required to attend at these times and complete Study Hall during these sessions to improve the Attitude and Effort across subjects.
- Once a student reaches the Attitude and Effort expectations they will return to before and after school training sessions. The SPP mentor will remain in contact with families about this process.
- If a student cannot demonstrate the ability to maintain 70% Attitude and Effort across all subjects by a third reporting cycle (18 weeks) then the athlete will lose their place in the SPP (no refund of payments already received will be made).

1.4 This Agreement contains the terms on which you have been selected and which must be adhered to as a member of the Warrnambool College SPP.

1.5 The terms of this Agreement are valid for your enrolment in the Warrnambool College SPP and are agreed to and signed each year.

1.6 “The Sport” refers to the sport in which you have been selected (AFL, Basketball, Netball, Hockey, Cricket or Tennis).

1.7 Student athletes are classified within the SPP as athletes who are enrolled in sports where Warrnambool College has employed technical coaches and sport specific technical training sessions are scheduled before and after school. Athletes are expected to attend all training sessions unless negotiated with the SPP Director (Adam Matheson) and specific SPP year level mentors;

- Year 7 – Jackson Greene
- Year 8 – Steve Hall
- Year 9 – Adam Dowie/Adam Matheson
- Year 10 – Gault McCluggage

2. ATHLETE BENEFITS - You will receive:

2.1 Access to a holistic program that balances academic achievement and sporting excellence.

2.2 The right to participate in the SPP training programs and activities.

2.3 Access to strength and conditioning programs, coaching personnel and associated cardio enhancement programs and facilities such as the High Performance Centre and TRX Training Zone (use of Polar and Garmin Heart Rate monitors included in program).

2.4 A theory component which will cover athlete wellness feedback mechanisms, Training Peaks information sessions, sports nutrition and injury prevention and treatment.

2.5 Access to personal development programs including possible overnight camps, guest speakers and excursions including Federation University pre and post testing events.

2.6 Access to a student portal for the Training Peaks online program which allows for athletes to check training schedules and individual training sessions and provide vital athlete wellness data to be overseen by SPP mentors and other SPP staff.

2.7 Support from the SPP mentor to take into account subject selection for following year, career advice and development of sporting goals and time management skills.

2.8 Interim academic and Attitude and Effort reports every 6 weeks (with advice on whether the student athlete is up to date and indications on Attitude and Effort) in accordance with the Warrnambool College reporting process.

2.9 Basic Sporting Pathway Program uniform including SPP school polo, SPP sport specific training top and SPP shorts (additional to the SPP \$850 levy payment).

3.0 Netball and Tennis athletes – additional membership to the South West Academy of Sport

3.1 Netball – affiliation to the Net Fit program conducted by Sarah Wall

3.2 Opportunities to participate in selected South West Academy of Sport events – guest speakers including Olympians, nutritionists, dieticians and sports psychologists.

3. OBLIGATIONS - You must:

3.1 Attend all scheduled Sporting Pathway Program coaching sessions (unless ill, injured or have approval from the SPP Director and SPP mentor).

3.2 Comply with the direction of Warrnambool College staff, Defy Fitness instructors, sport coaches and SPP mentor.

3.3 Comply with the rules and expectations of Warrnambool College (see Code of Expectation document on the WC website)

3.4 Be a good role model in the eyes of peers, teachers and coaches - i.e. wearing the correct uniform, exemplary behaviour, attitude and effort in the class, yard behaviour and extra-curricular activities etc.

3.5 Demonstrate good sportsmanship and conduct at all sporting fixtures and training sessions.

3.6 Maintain a satisfactory rate of Attitude and Effort progress. The expectation for student athletes is that a 70% minimum is maintained across all studies.

3.7 Wear the SPP uniform on all occasions when undertaking SPP training programs (can be worn as Warrnambool College uniform). Families can order SPP uniform via the Indigo Wolf online ordering process (information will be provided to athletes and families).

3.8 Be available for selection in school sporting teams when required and compete to the best of your ability. There may be inhibiting factors that limit your availability to be selected for school sporting teams and these should be discussed with your SPP mentor.

3.9 Pay SPP fees on acceptance of a place in the program. Payment can be made via Compass OR at the Main Office of Warrnambool College. Continuation in the SPP will require the subsequent payments to be made by the date required (see below).

Payment can either be made in full (\$850) or by following the below payment scheme;

- Term 1 First payment – made by 17 March \$250
- Term 2 Second payment – made by 12 May \$200
- Term 3 Third payment – made by 11 August \$200
- Term 4 Fourth payment – made 20 October \$200
 - It is critical that payment is made by the above dates as there are ongoing costs associated with the SPP that need to be accounted for on a fortnightly basis

3.10 Take no drugs that will modify growth, behaviour or performance.

4. MEDICAL

4.1 If you are ill, injured or involved in an accident, parents authorise the administering of medical treatment and agree to pay for the cost of any such treatment.

4.2 All athletes will participate in a Functional Movement Screen conducted by Defy Fitness and a musculoskeletal screening process conducted by Physio Freedom to identify whether they are prepared to undertake the training components of the SPP. If the screening identifies a significant concern then the athlete and family will be notified to seek professional guidance about this concern.

4.3 Screening will take place at the beginning of each year to identify progression/regression of the functional movement patterns of each athlete. By signing this athlete agreement parents/carers are providing informed consent to allow the screening to occur. First screening test will take place at the beginning of the program.

4.4 Athletes will also be required to complete a Pre-Exercise questionnaire/screening tool to identify athletes with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise.

5. BREACH BY WARRNAMBOOL COLLEGE SPORTING PATHWAY PROGRAM STUDENT

5.1 If you do not comply with any term of this Agreement, Warrnambool College may preclude you from participating in the Warrnambool College Sporting Pathway Program and remove you from the program. All students will adhere to the expectations procedures and policies of Warrnambool College and the Sporting Pathway Program.

5.2 Enrolment of athletes in the Sporting Pathway Program is conditional upon them meeting the behavioural and attitudinal requirements set by the teaching and coaching staff. Students' who elect to withdraw from the SPP, fail to pay mandatory SPP fees or are excluded from the program because of behaviour or attitude will be required to forgo their enrolment in the program to make way for other students.

5.3 Students failing to meet minimum Attitude and Effort standards will be placed on a personal improvement program after meeting with the SPP mentor. If improvement is not effected the student will be suspended from components of the program (see earlier staged response).

5.4 In the event that a student is found to be unable to meet with the sporting standards required for continued participation in the Sporting Pathway Program, the student will lose their place in the program but will be permitted to continue their education at Warrnambool College.

6. SIGNATURE

I have carefully read this document and understand my obligations under the Warrnambool College Sporting Pathway Program Athlete Agreement. I agree to abide by all the rules and conditions as stated.

Signed by Student Athlete _____

Print name of Student Athlete _____

Signed (Parent/Carer) _____

Print name of Parent/Carer _____

Date signed: _____