

AN ELITE PROGRAM FOR ALL STUDENTS



SPP STAFF MEMBERS



Rogan Bartlett
S&C Coach
Masters in S&C
Federation University



Jack Patterson
SPP Trainee
Former SPP Student

SPP 2020 MENTORS



**Jacob Bloom
(Y7)**



**Gault
McCluggage
(Y7)**



**Jackson
Greene (Y8)**



**Stephen
Hall
(Y8)**



**Kasey Owen
(Y9)**



**Adam Dowie
(Y9)**



**Zacc Struth
(Y10/11)**

HOW DOES IT FIT INTO THE WEEK?

Today	Jump to: 21/05/2017	Go	Week	Month		
May 21, 2017	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
					Cat #2 - 2D Creatu...	
9am	9:00: T-0H2 - A1 - GRJ 9:19: 1 - 7 SCIEA - L1 - PRI	9:00: T-0H2 - A1 - GRJ 9:19: 1 - 7 SPPAA - C6 - GRJ	9:00: T-0H2 - A1 - GRJ 9:19: 1 - 7 SOSEA - LIE3 - FID	9:00: T-0H2 - A1 - GRJ 9:19: 1 - 7 ELECA - T1 - BEK	9:00: T-0H2 - A1 - GRJ 9:19: 1 - 7 VARTA - L1 - CQA	
10am						
11am	11:04: 2 - 7 MATHA - T1 - OSM	11:04: 2 - 7 MATHA - L3 - OSM	11:04: 2 - 7 VARTA - L1 - CQA	11:04: 2 - 7 FRENA - C8 - GAV	11:04: 2 - 7 ENGLA - LIBG - STK	
12pm	12:20: 3 - 7 ENGLA - U9 - STK	12:20: 3 - 7 FRENA - C6 - GAV	12:20: 3 - 7 SPPAA - HALL1 - GRJ	12:20: 3 - 7 MATHA - C3 - OSM	12:20: 3 - 7 SOSEA - A7 - FID	
1pm						
2pm	2:15: 4 - 7 SPPAA - HALL1 - GRJ	2:15: 4 - 7 VARTA - L1 - CQA	2:15: 4 - 7 ENGLA - LIBG - STK	2:15: 4 - 7 SCIEA - L1 - PRI	2:15: 4 - 7 SPPAA - HALL1 - GRJ	
3pm						
4pm	4:00: SPPAFL1 - DOA					

**4x Periods during school – 3x Practical + 1x Theory
1x Sport specific training session**

WHAT DOES SPP INCLUDE?

3 periods per week:

Strength and Conditioning program:

- **Strength, speed, and endurance focused sessions**
- **Spans the Basics through to training independence**
- **Recovery and Rehab work**
- **Fun, Games, Teamwork, and Challenges**

1 period per week:

Theory/Mentoring Session:

- **Theory session following the Victorian Curriculum**
- **More info on next slide**

1 External Sport Specific Training Session per week

- **More information to come, later in presentation**

MENTORING SESSIONS

Include:

- Identity
- Nutrition (sport related)
- Puberty
- Risk Taking in Adolescence
- Cyber Safety
- TeamBuildr
- Athlete analysis – Fed Uni
- Reporting analysis
- Cross Curriculum learning tasks
- External Agency Visits



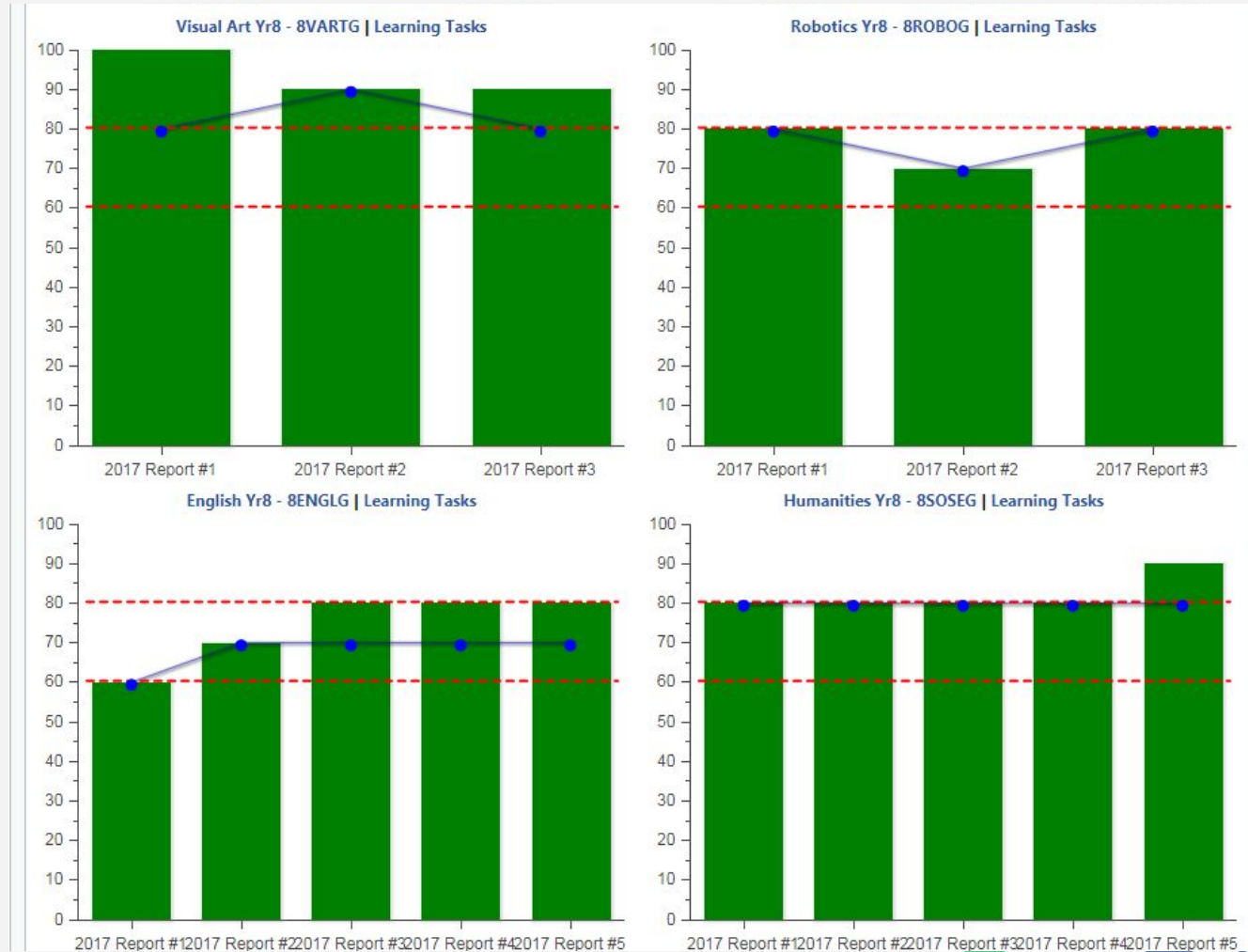
ACCOUNTABILITY

All SPP students must maintain a level of 70% Attitude and Effort across all subjects.

Students reflect on their reports after every cycle (six cycles across year).

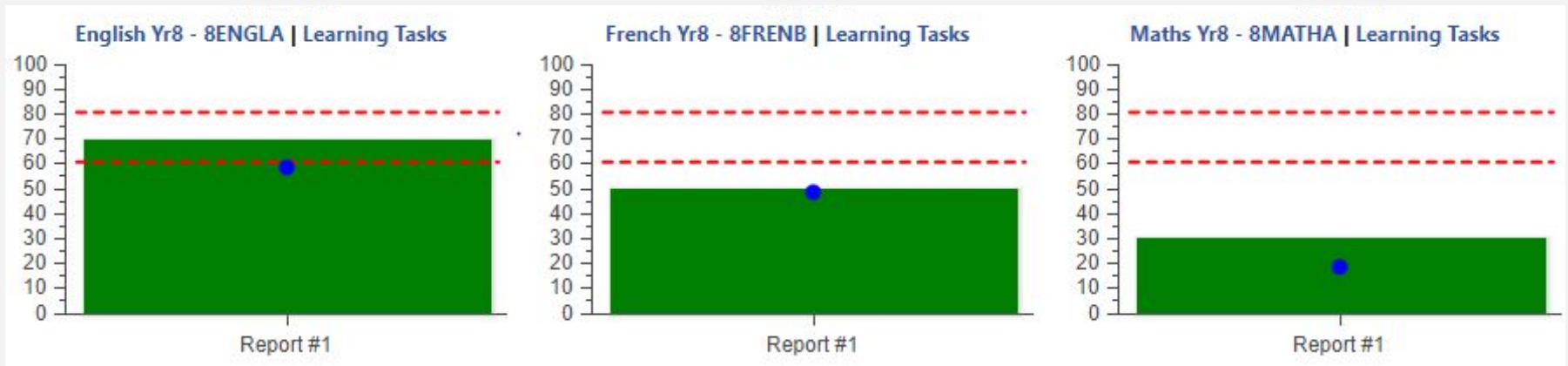
If a student falls below 70% they must have a document signed by the specific teacher that identifies three things to improve on before the next cycle.

There are consequences for a student not showing improvement.



CONVERSATIONS WITH TEACHERS

Blue dot – Academic Performance
Green bar – Attitude and Effort



Research has shown that the more Attitude and Effort a student displays then the academic performance will improve/increase.

WHAT DOES A TYPICAL SESSION LOOK LIKE?



STUDENT HEALTH AND WELLBEING?

- **All SPP athletes are screened to ensure they can safely participate in the program**
- **S&C Coach – Masters in S&C (Rogan Bartlett)**
- **All SPP mentors are either Level 1 Strength and Conditioning Coaches or currently studying**
- **All SPP sessions have three or four supervising staff every session**
- **Wellbeing data is collected after every session**
- **Data is saved on the online platform for the lifetime of the program**

PHYSIOTHERAPY

Every class has a qualified physiotherapist (Lucy) visit once a week.

**Lucy provides assessments and recommendations for students.
*(Not Treatment)***

All assessment notes are made visible to parents via Compass.

At times we will contact home if further external assessment should take place.



COMMUNICATION TO FAMILIES



General Observation

Recorded by Kelsey RATCLIFFE - RAK

Overview: SPP Assessment

Details: [REDACTED] had a Physio Freedom assessment on Friday. He explained to Lucy that his knee is getting better however he still experiences some trembling during some exercises, mainly when he is fatigued. Lucy has informed [REDACTED] that he is able to participate in all sessions however being aware of when it may hurt/ start to fatigue. She has also requested that he continues his specific strengthening exercises (copy in the HPC). Will continue to monitor over the next month.

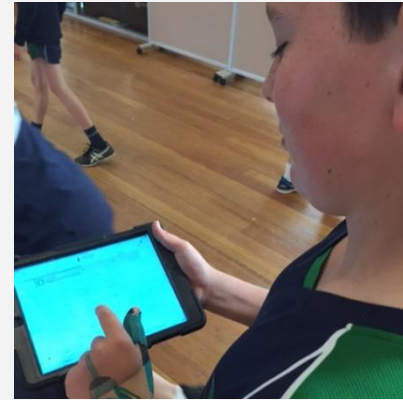
General

Recorded Feb 25 at 10:55am, Occurred Feb 25 at 10:45am

ATHLETE WELLNESS

Once a week students fill in a Wellness Questionnaire.

This data is then used by Rogan (S&C coach) to assess their readiness to train.



STRESS	SLEEP	MOOD	SORE	ENERGY
3	4	5	4	4
3	4	3	4	2
2	3	5	3	5
2	3	4	1	4
1	4	4	3	3
1	4	5	2	4
3	4	4	3	3
3	4	2	1	3
1	4	5	1	5
3	3	2	1	2
3	5	2	2	2
2	5	4	3	4
1	3	4	2	4
2	5	5	2	5
3	4	4	3	4
2	3	5	4	4
1	4	2	3	4
2	3	3	3	3

This way we ensure students aren't being overloaded with work, and we are able to challenge them when they are up to it.

TEAMBUILDR

The screenshot displays the desktop version of the TEAMBUILDR application. At the top, there is a navigation bar with tabs for 'FEED', 'CALENDAR', 'WORKOUT TOOLS', and 'COACH TOOLS'. Below this, a green header shows the date 'Apr. 2020' and the user's name 'McCluggage (75)'. The main area is a calendar grid with columns for each day of the week (Sunday to Saturday). Each day's column contains a list of workout items, including 'Untitled Workout', 'Athlete Wellness', 'Warm-up', 'Workout', and various exercises like 'Lateral Squat', 'SL >> DL Bounds', 'Glute Bridge', 'Polar Bears', 'Salt Squat', 'Row', 'Calf Raise', 'Superman Hold', 'Plank', and 'Russian Twist'. Each exercise entry includes a small icon and a brief description of the exercise and its volume (e.g., '3 x 8 ea.').

This screenshot shows the mobile interface of the TEAMBUILDR application, displaying several workout entry screens. The top navigation bar is dark with icons for 'FEED', 'CALENDAR', 'WORKOUT TOOLS', and 'COACH TOOLS'. The date 'Wednesday - Apr 29, 2020' is visible at the top. The screens show detailed views for the following exercises:

- Lateral Squat:** 3 x 8 ea. The screen has a 'Reps' field with a value of 8 and a 'Save' button.
- SL >> DL Bounds:** 3 x 4 ea. The screen has 'Set' and 'Reps' fields. Set 1 has 4 reps, Set 2 has 4 reps, and Set 3 has 4 reps. It includes 'Opt Out', 'Save', and 'Add Note' buttons.
- Glute Bridge:** 3 x 10 ea. The screen has 'Set' and 'Reps' fields. Set 1 has 10 reps, Set 2 has 10 reps, and Set 3 has 10 reps. It includes 'Opt Out', 'Save', and 'Add Note' buttons.
- Polar Bears:** 3 x AMAP. The screen has 'Set' and 'Reps' fields. Set 1 has AMAP, Set 2 has AMAP, and Set 3 has AMAP. It includes 'Opt Out', 'Save', and 'Add Note' buttons.
- Split Squat:** 3 x 10 ea. The screen has 'Set' and 'Weight' fields. It includes 'Opt Out' and 'Save' buttons.

At the bottom of the screen, a list of other exercises is visible, including 'Polar Bears', 'Split Squat', and 'Row'.

INDUCTION & TESTING SESSIONS

All students will participate in two induction activities:

- Musculoskeletal screen (Physio Freedom)
- Introduction to Teambuildr

These take place during the last week of school and are not Pass/Fail. The screening is to identify any weakness/injury that may need work to correct.



Basic fitness testing takes place during orientation day in December. Our major fitness testing sessions occur periodically throughout the year with the help of our partners Federation University.



UNIFORM FITTING



COMPULSORY ITEM



COMPULSORY ITEM



COMPULSORY ITEM



COMPULSORY ITEM



COMPULSORY ITEM



OPTIONAL ITEM

Two uniform fittings:

- Date to be advised
- Order and pay online
- compulsory and optional garments explained at fitting
- SPP uniform can be worn as school uniform.

SPORT SPECIFIC TRAINING SESSIONS



Seven Sports on offer in 2020

- **AFL (Wed 4pm)**
- **Swimming (Fri 7am)**
- **Basketball (Wed 4pm)**
- **Netball (Fri 8am)**
- **Athletics (Wed 3.45pm)**
- **Cricket (Wed 4pm)**
- **Tennis (Fri 8am)**

AMBASSADORS



COST

The cost of the program in 2020 was \$900 per student. This amount is additional to school fees (can be on a payment plan).

This does not include uniform, but covers all other costs associated with the program.

Final budgets will be looked at before setting the price for 2021. We anticipate the cost to be similar to this year.

APPLICATION PROCESS

- **May 29– applications to be returned to your primary schools**
- **May 29 – application from non-government primary schools to be returned directly to Warrnambool College**
- **July 29 – SPP application information session (TBC)**
- **August 6 – families will be informed of the success of their application to WC (will receive a welcome pack)**
- **August 31 – applications for SPP close**
 - **Referral forms**
 - **Coach referral**
 - **Student referral**
 - **Confidential teacher referral (posted to WC)**

CAN'T BE CONSIDERED FOR SPP UNLESS ENROLLED AT WC

QUESTIONS?

