



**HENLEY  
HIGH SCHOOL**

Cudmore Terrace,  
Henley Beach SA 5022

Ph (08) 8355 7000

Fax (08) 8355 7070

[henleyhs@henleyhs.sa.edu.au](mailto:henleyhs@henleyhs.sa.edu.au)

[www.henleyhs.sa.edu.au](http://www.henleyhs.sa.edu.au)

# APPLICATION

## Henley High School

### *Athlete Preparation Program*

### *Term 3, 2017*



Government of South Australia  
Department for Education and  
Child Development



## Information for Prospective Athletes

The Athlete Preparation Program at Henley High School has been established to assist talented student athletes to achieve at the highest levels of performance in their chosen sport.

The aims of the Athlete Preparation Program are to provide student athletes access to:

- A program of Recovery and Rehabilitation
- A program of development in both Physical and Mental preparation for Elite Athletic performance

Students in the Athletes Preparation Program at Henley High School will have the opportunity to:

- Complete a goal oriented and Individually specific program of three sessions a week in Recovery, Rehabilitation, Physical and Mental preparation
- Complete physical screenings appropriate for Athletic performance which will assist to develop the athletes individual program
- Opportunity to meet with professionals regarding their Recovery, Rehabilitation, Physical and Mental preparation

Support will be provided through the Athlete Development Program to assist student-athletes to balance their demanding schedules and achieve success at school as well as in their personal and sporting lives.

### Criteria for selection

The selection of students into the program is based upon their ability to meet the following criteria

- High level of ability and performance in both a training and competitive environment
- Positive and enthusiastic attitude to support their personal development.
- High potential for future development and growth in their identified sport.
- High level of coachability that enables all individuals to seek and accept a variety of feedback
- Provide a positive role model for others in their approach to learning, school rules and behaviour.
- Must play/compete for a peak body affiliated club.
- Demonstrate a strong commitment to improvement and development

### Conditions of the Enrolment:

By accepting an offer for a position in the Athlete Preparation Program, a student must agree to the terms and conditions specified by the ***'Athlete Preparation Program Expectations'***

#### STUDENTS ARE EXPECTED TO:

- Demonstrate a willingness, desire and commitment to developing their own skills and knowledge within their sport(s)
- Notify their out of school Coaches of their involvement in the APP and the contact details of the coaches are given to the Manager Athlete Services and Support.
- Notify the Manager Athlete Services and Support and APP Trainer of any individual training programs or requirements that are requested by the athletes coaches or association to maintain placement in their Sport Elite programs
- Be prepared for each session with appropriate APP uniform (provided), footwear and safety equipment for their session.
- Attend three compulsory sessions a week and if unable to attend notify the Athlete Support Manager via email or text the reason for non-attendance prior to the session
- Complete an Athletes Injury Report Form if restricted or unable to complete the three required sessions per week due to injury
- Continually strive to improve their skills and knowledge in all aspects of their schooling
- Provide a positive role model for others in their approach to learning, school rules and behaviour.

## **Application Process:**

1. Please complete the attached Athletes Preparation Program **Athlete Application**.
2. Submitting application to Jayne Hickman, Administration Officer  
SPESS, [jayne.hickman@henleyhs.sa.edu.au](mailto:jayne.hickman@henleyhs.sa.edu.au)
3. Submit the Athlete Application not later than **Friday Week 10, Term 2 (Friday 7<sup>th</sup> July)**
4. The Athlete Preparation Program Application is thoroughly reviewed to gauge whether the student-athlete meets the criteria for the program. A key aim is to ensure the balance between **academic achievement** and **sporting excellence** can be achieved.
5. Student-Athletes are notified by email or letter on whether their application was successful or not, no later than **Monday Week 2, Term 3 (Monday 31<sup>st</sup> July)** to start at the beginning of Week 3.
6. Student progress and achievement is **reviewed throughout each year** and requires the student to **consistently** satisfy academic, conduct and sporting criteria.

# ATHLETE PREPARATION PROGRAM

## Student-Athlete Application

SURNAME: \_\_\_\_\_ GIVEN NAMES: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ GENDER: MALE [ ] FEMALE [ ]

ADDRESS: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ ATHLETE MOBILE: \_\_\_\_\_

ATHLETE EMAIL: \_\_\_\_\_ HEIGHT: (cms) WEIGHT: (kg)

MOTHER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_

**PREFERED EMAIL** FOR APP NOTIFICATIONS/ MESSAGES:

\_\_\_\_\_

**PREFERED MOBILE** FOR APP SMS MESSAGES:

\_\_\_\_\_

## Sporting Details

Sport: \_\_\_\_\_

Club: \_\_\_\_\_

Representation (Indicate present or latest team selection)

National: \_\_\_\_\_  
\_\_\_\_\_

State: \_\_\_\_\_  
\_\_\_\_\_

Club: \_\_\_\_\_  
\_\_\_\_\_

## Sporting Goals

Indicate briefly what future goals you have in your **sporting** career.

### **IMMEDIATE (this year)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **MEDIUM TERM (3 years)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Outline the training schedule you are currently doing for your sport (include activities, hours etc.)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## PROGRAMS

Please select from the program days that meet your needs best and fill into the program table below:

<b>Pilates (choose 1)</b>	Monday or Friday
<b>Weights and Conditioning (choose 2)</b>	Monday, Tuesday, Wednesday, Thursday or Friday (please make sure you include a day your weights and conditioning sessions and it does not clash with your Pilates session).

Requested Program Days (please include 1x Pilates session and 2x Weights and conditioning (WC) sessions)				
Monday	Tuesday	Wednesday	Thursday	Friday

## Referees

List **the coach** who could speak about sporting skills and abilities and discuss your involvement in the program:

1. **NAME:** \_\_\_\_\_ **SPORT ROLE:** \_\_\_\_\_

**CONTACT PHONE:** \_\_\_\_\_

## APP Levy

A levy will be charged to each student involved in the program to help support the substantial cost in hiring external providers for the running of the program. The levy of **\$60 per term** will be invoiced to parents on acknowledgement from the school that your son / daughter application has been successful.

- I am aware that this is an optional activity which is not an essential part of the curriculum.
- I therefore agree to pay the amount of \$60.00 for my child to participate in the Athlete Preparation Program.
- Students involved will gain access to training top which is to be worn to each session and this top is to be returned to the school on completion of the program.

## Student-Athlete & Parent Signatures

Please ensure all details are correct to the best of your knowledge and sign in the space below:

.....  
**(Athlete's signature)**

.....  
**(Date)**

.....  
**(Parent/Guardian signature if athlete under 18 years)**

.....  
**(Date)**