

# AN ELITE PROGRAM FOR ALL STUDENTS



# SPP STAFF MEMBERS



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



**Tara Elliott**  
**SPP Trainee**  
**Former Warrnambool College**  
**Graduate**

# SPP 2021 MENTORS



**Jacob Bloom**



**Gault  
McCluggage**



**Jackson  
Greene**



**Stephen  
Hall**



**Tait Niddrie**



**Adam Matheson**



**Adam Dowie**



**Zacc Struth**

# HOW DOES IT FIT INTO THE WEEK?

| Dashboard | Schedule            | Personal                                         | Learning Tasks                                   | Attendance                                         | Reports                                          | Analytics                                        | Insights |
|-----------|---------------------|--------------------------------------------------|--------------------------------------------------|----------------------------------------------------|--------------------------------------------------|--------------------------------------------------|----------|
| 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<br>9:19: 1-7 SCIEA - T1 - PRI | 9:00: T-0H2-A1-GRJ<br>9:19: 1-7 SPPAA - C6 - GRJ | 9:00: T-0H2-A1-GRJ<br>9:19: 1-7 SOSEA - LIE3 - FID | 9:00: T-0H2-A1-GRJ<br>9:19: 1-7 ELECA - T1 - BEK | 9:00: T-0H2-A1-GRJ<br>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      |                     |                                                  |                                                  |                                                    |                                                  |                                                  |          |
| 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 - T1 - 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**



# ACADEMIC EMPHASIS

**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).**

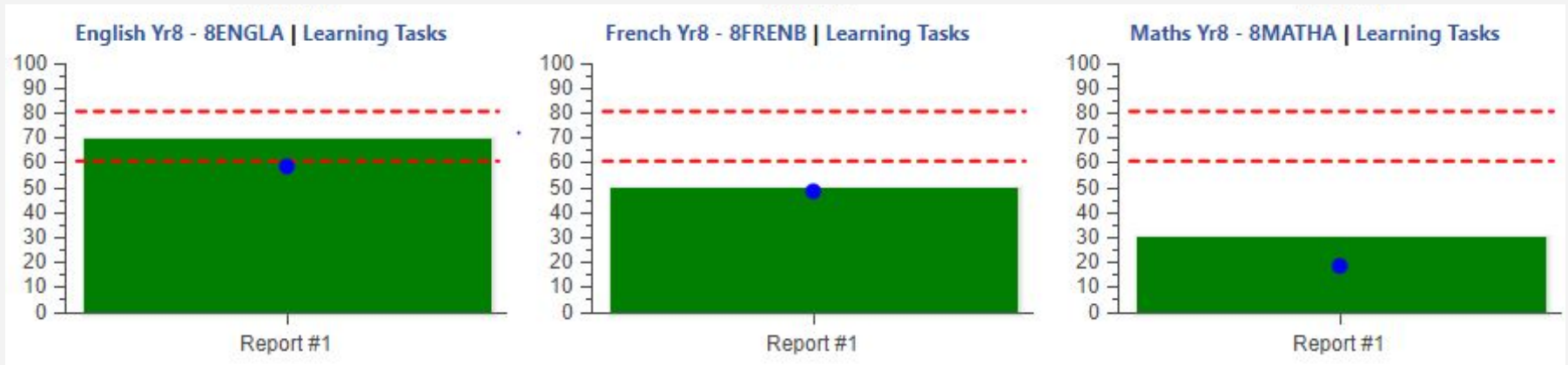
**If a student falls below 70% they must have a document set goals and complete accountability tasks to improve their reporting scores.**

**There are consequences for a student not showing improvement. These are worked through with the mentors and heads of the program**



# 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 have a strong background in strength and conditioning and sports science**
- **All SPP sessions have three or four supervising staff every session**
- **Wellbeing data is regularly collected and analysed**
- **Data is saved on the online platform for the lifetime of the program**

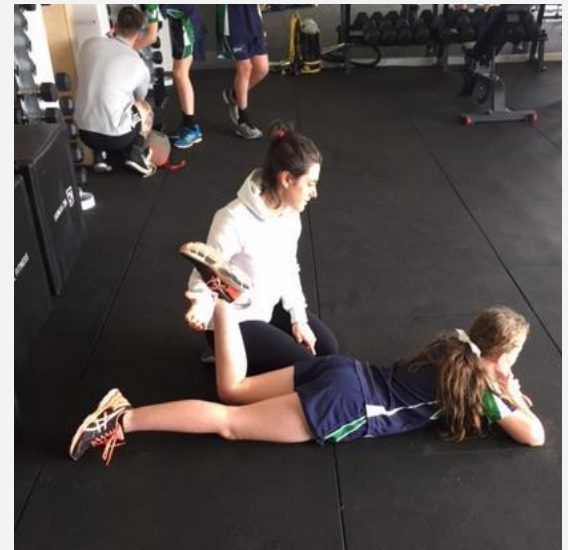
# PHYSIOTHERAPY

**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.

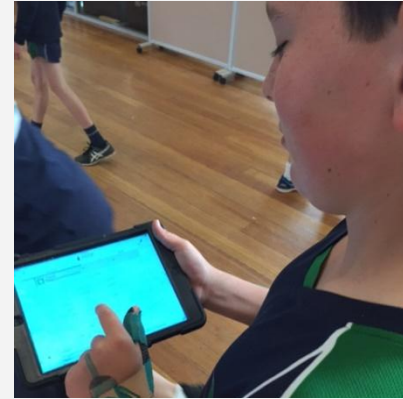
General

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.

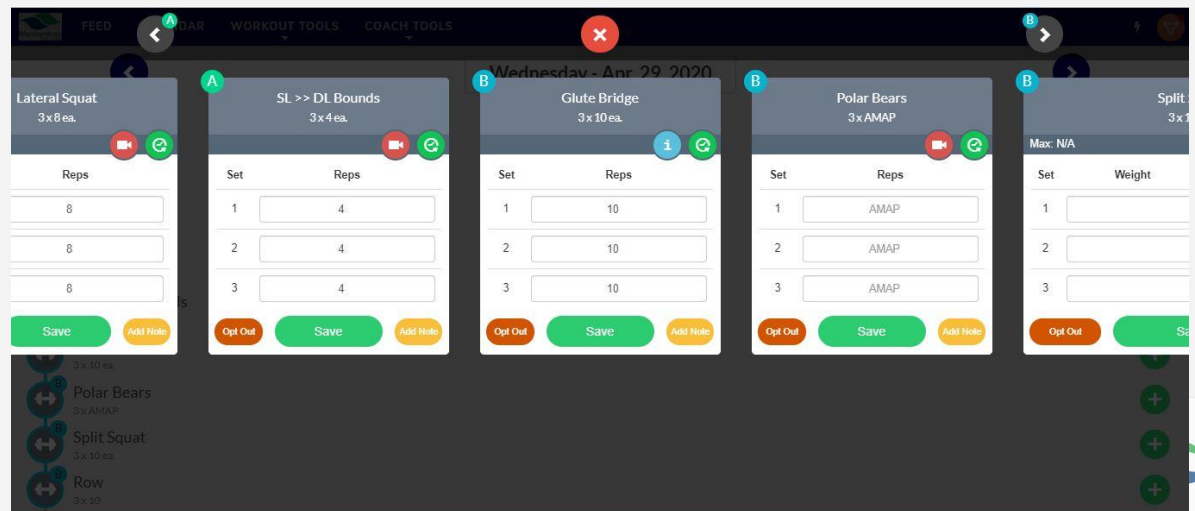
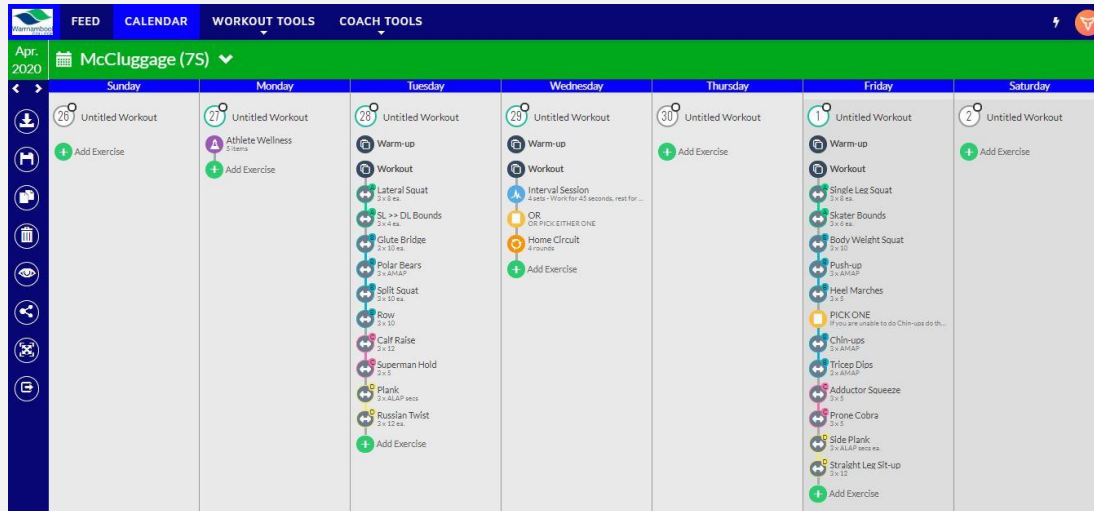


| STRESS | SLEEP | MOOD | SORE | ENERGY |
|--------|-------|------|------|--------|
|        |       |      |      |        |
| 3      | 4     | 5    | 4    | 4      |
| 3      | 4     | 3    | 4    | 2      |
| 2      | 3     | 5    | 3    | 5      |
|        |       |      |      |        |
| 2   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



# INDUCTION & TESTING SESSIONS

**All students will participate in two induction activities:**

- **Musculoskeletal screen**
- **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



Warrnambool College  
**Sporting Pathways Program**



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 2021**

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

**20 Sessions for the year**



# AMBASSADORS





# **COST**

**The cost of the program in 2021 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 2022. We anticipate the cost to be similar to this year.**

# APPLICATION PROCESS

- **August 5 – families will be informed of the success of their application to WC (will receive a welcome pack)**
  - **August 9 – SPP info night focussing on “How to apply”**
  - **August 27 – application from non-government primary schools to be returned directly to Warrnambool College**
  - **August 27 – 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?

