

SPORTS ELITE PROGRAM



AVELEY
SECONDARY COLLEGE





VISION STATEMENT

Our vision is to create a high performing culture that supports talented athletes.



OVERVIEW

The Sports Elite Program (SEP) is exclusively available to students in the Aveley SC local intake area. It does not focus on a specific sport, instead it places emphasis on maximising the physical and personal development of young athletes as they pursue their sporting ambitions. The program operates in conjunction with the mainstream curriculum, allowing students to experience academic and athletic success in a supportive environment.

AIMS OF THE PROGRAM

- Promote a high performance culture for students focusing on sporting excellence
- Assist students to balance their sporting and academic pursuits in a supportive educational environment
- Provide students with elite training programs and structured support systems
- Knowledge in topics of sports psychology, nutrition, data analytics, bio-mechanical movements, weight training and recovery methods
- Team work, communication and leadership
- Expose students to a diverse range of sporting career pathways
- Athlete load management—personal roadmapping, including individual mentoring to navigate competing priorities both in and out of school

BENEFITS

The opportunity to be part of a supportive culture and network of peers with similar lifestyles, aspirations and interests. Staff will empower students to balance their sporting goals, family commitments and academic studies in a supportive environment.

The program provides students with:

- Access to athlete support systems and personal development programs with links to industry experts and guest speakers
- Access to local state of the art facilities
- Additional camps, incursion and excursion opportunities.

SELECTION

The selection process for the Sports Elite Program consists of two components:

- 1: Completion of an application form which outlines previous sporting achievements and future aspirations
- 2: A physical test based on a variety of key fitness components such as strength, power, speed, agility, flexibility and aerobic fitness - which is conducted at the College.

FOR ANY FURTHER INFORMATION CONTACT

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