

# ignite excellence

## SPORTING G.O.A.L.S YEAR 7-12

Grace Lutheran College has a long-standing record of success in sport spanning over 40 years. Our students are passionate about representing the College in a wide range of sports and activities including Athletics, Basketball, Futsal, Netball, Rugby League, Soccer, Touch Football and Volleyball. The opportunities and pathways that are available at Grace Lutheran College provide our students with the chance to strive towards their sporting dreams, build lasting friendships and memories, and be inspired to live a healthy and active lifestyle.

For more information on the breadth of sporting opportunities at the College, please visit the College website [glc.qld.edu.au](http://glc.qld.edu.au).

## PROGRAM OVERVIEW

The IGNITE EXCELLENCE: SPORTING G.O.A.L.S (Guidance and Opportunities for Athletic Lifelong Success) Program is a multi-sport program that has been specifically designed to suit the needs of high performing student athletes through a holistic approach to long term athlete development.

**PROGRAM MISSION:** To create a supportive and positive environment where young athletes can flourish to achieve athletic lifelong success.

**PROGRAM AIMS:** To help nurture our high performing student athletes towards a career in sport & to challenge student athletes to work hard and reach their potential.

The program is age specific regarding both physical and mental development, with and may cover core motor skills, sport specific physical conditioning, recovery modalities, nutrition, personal development and sport specific psychological skills.

This high-performance program will provide student athletes with a supportive and collaborative excellence environment, where quality mentoring and guidance is provided for their personal sport journey. The program helps students to understand the potential pathways available in the sport world, all while working towards their sporting and academic goals.



## APPLICATION PROCESS

Applications are open throughout the year, with college induction fitness tests occurring end of Term 3. Following the completion of the application process places will be offered to successful students throughout Term 4, for Term 1 commencement. To apply for the Sporting G.O.A.L.S program, please complete and return the application form below.

### CRITERIA FOR ENROLMENT

1. A high level of experience in sport including a commitment to training and representative participation;
2. An ambition to achieve a career in the sport industry;
3. Uphold the College values, Code of Behaviour and G.O.A.L.S Code of Conduct; and
4. Maintain a passing grade within the program.

# APPLICATION DOCUMENTS

The application form, if accepted by the College, will form part of the enrolment agreement. It is important that all sections of this application form are completed honestly and accurately, and that full disclosure is made.

To be successful in acceptance into the GLC Sporting G.O.A.L.S program, students will be required to meet the criteria and provide the following supporting documents:

- A letter from the student's external coach highlighting current playing standard, training commitment and attitude for sport;
- A letter from current teacher / school contact with current grades and achievements or a copy of the student's most recent Report Card;
- A completed application form; and
- Complete sport specific fitness testing held at the College.



To apply for this program, visit [Ignite Excellence Programs Application Form](#) (Caboolture) or scan the QR code.



For more information on the Program, please contact the Head of Sport Development at [sport\\_cab@glc.qld.edu.au](mailto:sport_cab@glc.qld.edu.au) or via telephone on (07) 5495 2444.



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