

ignite excellence

SPORTING G.O.A.L.S

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, but not limited to, Athletics, Basketball, Futsal, Netball, Rugby League, Softball, Soccer, Touch Football, Volleyball and Water Polo. The opportunities and pathways that are available at Grace Lutheran College (and within Grace Sports Academy) 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, and within Grace Sports Academy, please visit the College website 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 excellence 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 high performing athletes can flourish to achieve athletic lifelong success.

PROGRAM AIMS: To support and nurture high performing student athletes to work hard and reach their potential, and consider future performance pathways and/or careers in sport.

The Ignite Excellence: Sporting G.O.A.L.S Program is available to students who meet a set-criteria and are accepted into the program following a selection process. Where possible, the program is delivered in 3 formats, Junior (Year 7), Intermediate (Year 8 and 9) and Senior (Year 10 to 12), with the enrollment criteria narrowing with each program.

Students accepted into the program will be required to adhere to our G.O.A.L.S Code of Conduct which centers on the development of a Growth Mindset and being immersed into our GLC designed 'Process of Progress.'



G.O.A.L.S is delivered by highly qualified and experienced staff who have backgrounds in developing young athletes. These staff understand the challenges that come with participating in high level sport and balancing an academic workload. Over the duration of the program, student athletes utilise an online Wellness Tracker to monitor athlete health, injuries, stress, and wellness; and world class performance testing systems by VALD. In addition, AIS online courses are also used to supplement their learning. The program is age specific in regards to both physical and mental development; with attention to core motor skills, sport specific physical conditioning, personal development and mental skills.

The Sporting G.O.A.L.S Program is delivered via timetabled classes during the school day, or via outside school hours classes, depending on the Campus and Year Level.

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 sporting journey. The program helps students to understand the potential pathways available in the sporting world, all while working towards their sporting and academic goals.

APPLICATION PROCESS

Applications are open throughout the year. College Fitness Tests and Interviews for new enrollments occur in Term 3, the year prior to entry. Following the completion of the selection process, places will be offered to successful students. To apply for the Sporting G.O.A.L.S program, please complete and return the application form below AND the required supporting documentation.

CRITERIA FOR ENROLMENT

1. A high level of involvement in sport including a commitment to extensive training and representative participation (increasing with age)
2. An ambition to achieve a career in sport or representation at a high level (E.g. State or National)
3. Uphold the College values, Code of Behaviour and G.O.A.L.S Code of Conduct
4. Maintain an academic and performance level agreed on between the College and the student
5. Meet a set target on sport specific fitness tests delivered at the College.



APPLICATION DOCUMENTS

There are a range of documents required to submit an application for this program (see list below). It is important that all sections of the Application Form are completed honestly and accurately and that full disclosure is made.

Please supply ALL of the following documents (at the outset), for an application to be considered. Failure to supply all required documents will mean the application cannot be processed.

- **A letter from the student applicant explaining why they wish to enrol in GLC Sporting G.O.A.L.S and how they see the program being beneficial to their individual situation.**
- **A letter from the student's external coach highlighting current playing standard/level, training commitment, and attitude for sport.**
- **A copy of your most recent school Report Card showing your academic results and behaviour.**
- **A completed Ignite Excellence: Sporting GOALS Application Form**

After your application is processed, you will be contacted to complete a sport specific fitness testing session and interview with an Ignite Excellence: Sporting GOALS staff member.



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ignite excellence

SPORTING G.O.A.L.S

STUDENT DETAILS

SURNAME _____ GIVEN NAME/S _____

COLLEGE CAMPUS: **ROTHWELL** GENDER: _____ DATE OF BIRTH: _____

YEAR LEVEL: _____ IN _____ (YEAR)

SPORT: _____ CLUB / REPRESENTATION: _____

OVERVIEW OF SPORTING ACHIEVEMENTS: _____

STUDENT SIGNATURE _____ DATE: _____

PARENT DETAILS

SURNAME _____ GIVEN NAME/S _____

CONTACT DETAILS: PHONE _____ EMAIL _____

PARENT SIGNATURE _____ DATE: _____

Please also attach the following supporting documentation (failure to do so means your application cannot be processed):

- A letter from the student applicant explaining why they wish to enrol in GLC Sporting G.O.A.L.S and how they see the program being beneficial to their individual situation.
- A letter from the student's external coach highlighting current playing standard/level, training commitment, and attitude for sport.
- A copy of your most recent school Report Card showing your academic results and behaviour.

EMAIL YOUR APPLICATION AND SUPPORTING DOCUMENTATION TO:

dan_kerr@glc.qld.edu.au

or deliver hard copies to College Reception

FOR MORE INFORMATION

Please contact the Director of Sport, Mr Dan Kerr via dan_kerr@glc.qld.edu.au or telephone 3203 0066

