



Peak Performance Program Policy

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Authorised by:
Principal

Approved by School Council:
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Context:

This policy explains key elements of the Peak Performance Program at Horsham College. This policy encompasses the Peak Performance elective at Years 9 and 10 and the WestVic Academy of Sport partnership.

Background:

Horsham College is committed to creating a sporting pathway into elite sport for our students. The Peak Performance Program commenced in July 2017. It has a selection processes and unique curriculum offerings for students in Years 9 and 10. Horsham College and the WestVic Academy of Sport partnership will commence in 2018. Up to 10 students in Years 7 to 12 will be offered membership from the academy. The aim of the partnership is to provide services to these athletes, which they could not otherwise access, therefore completing and complementing their current coaching, training and competition environments. WestVic Academy of Sport services may include: coaching, strength and conditioning, sport psychology, nutrition, fitness testing and other personal development.

General Principle

The guidelines in this policy spell out the roles and expectations of students, teachers, Learning Area Heads and key members of the school Leadership Team in regards to the Peak Performance Program. Students may be moved out of the program and the WestVic Academy of Sport support, given the constraints in this policy.

Implementation - Background

2016

- Refurbishment of the Gymnasium to include a training facility (Gym 2) and a general purpose room (Gym 1)
- Selection of students for Peak Performance in Semester 2

2017

- Lease contract with Life Fitness approved by School Council
- Gym 2 has equipment from Life Fitness installed
- Peak Performance classes start in Semester 2
- Partnership with WestVic Academy established
- Selection of students for Peak Performance and WestVic Academy of Sport finalised

2018

- Elective classes at Year 9 and 10 to offer VET subjects – titled 'Peak Performance'
- 10 students to be benefiting from WestVic Academy of Sport memberships

Selection Process

Peak Performance Elective

The Peak Performance selection panel will be: Peak Performance Coordinator/s, Health and PE Learning Area Head and a Year Level Coordinator. Any conflict of interest must be declared to the selection panel and a replacement staff member will be added to the panel.

The selection of students will be based on:

- Students selecting Peak Performance on the Subject Selection Day
- Students complete an online application form nominating their highest level of representation, sporting achievements and performance goals for the following year (application form is available on the Horsham College website).
- The panel will meet and decide on the Year 9 and 10 classes for the following year. The panel will take into consideration the student application and their suitability to commit to the student expectations for the elective.

WestVic Academy of Sport Membership

The WestVic Academy of Sport selection panel will be: Peak Performance Coordinator/s, Health and PE Learning Area Head and the Principal. Any conflict of interest must be declared to the selection panel and a replacement staff member will be added to the panel.

The selection of students will be based on:

- Parent Nominations
- Student level of representation
- A consideration for the level of disadvantage of individual students in achieving their sporting goals

Talented and emerging athletes, coaches and officials are often faced with a number of disadvantages over their counterparts in the metropolitan areas.

- Cost of access to quality coaching;
- Large distances to travel for competition and training;
- Limited involvement in elite development programs;
- Limited exposure to selectors of higher level teams and squads;
- Less opportunity to participate regularly in high level competitions; and
- Limited access to quality training facilities

Review Process

Peak Performance Elective

All Peak Performance students will be reviewed at the end the first month of the Semester by the Peak Performance coaches.

The review will include each student's data on SEQTA:

- Attendance report showing percentage of unexplained absences
- Behaviour concern records
- Academic results

Students that fail to abide by the program expectations, as outlined below, **will be removed** from the program. Offers of acceptance into the program are conditional on parents and students signing these expectations. If students are not fulfilling these expectations:

- The Peak Performance Coordinator will meet with the student and parent and make the issue clear
- The student will be given an additional month to meet the expectations
- Students still failing to meet the expectations will meet with Year Level Coordinators and the Peak Performance Coordinator to create a transition plan out of the program.

Appeals may be made by parents/guardians directly to the selection panel.

WestVic Academy of Sport Membership

In accepting the offer of the membership, students must honour the conditions during the term of their membership.

- Students must comply at all times with the Academy's Code of Conduct and other relevant Academy policy and rules
- Failure to abide by the Code of Conduct and other relevant Academy policy and rules may result in the student's exclusion, suspension or expulsion from the Academy
- The Academy reserves the right to alter any decision regarding a student's participation in the program, made on the basis of incorrect information.

The WestVic Academy of Sport school contact will liaise with the selection panel if any concerns with the student's membership suitability.

Appeals may be made by parents/guardians directly to the selection panel.

Guidelines

Students - Peak Performance Elective

The Horsham College Peak Performance program is tailored to service athletes who are committed to achieving their best in their chosen discipline. Entry into the program is a privilege that requires total commitment from the athlete in their physical and theoretical performance.

All Peak Performance athletes must make a commitment to attend and participate in all activities connected to the program (absences must be accompanied with parental notification).

Athletes entering into the Horsham College Peak Performance Program must agree to abide by the following:

- Maintain excellent levels of attendance and punctuality to all classes (**above 90%**)
- Maintain work of a high standard in all studies in the program (**above 60%**)
- Behave in an appropriate manner towards my training and performance both at school and externally, modelling sportsmanship and professionalism to other students
- Wear the Physical Education uniform in all training classes
- Inform the Peak Performance coach of any injury or illness that may inhibit training performance

Students – WestVic Academy of Sport

Students involved in the WestVic Academy of Sport membership program are to abide by the following:

- Commit to the program for its full term
- Comply by the academy's Code of Conduct
- Notifying the academy of any medical issues that impacts on the students ability to train or perform
- Be prepared to travel to Ballarat (if required)
- Declare any personal sponsorship to the academy

Health and PE Learning Area Head

In regards to Peak Performance and WestVic Academy of Sport, the Health and PE Learning Area Head is required to:

- Be the first point of contact for any school community enquires about the program
- Ensure that staff have the relevant and up to date qualifications to teach in the program
- Provide opportunity to staff to gain professional development in this field
- Work with the Leading Teacher responsible for the school Timetable for staff requests and rooms.

External Coaches and WestVic Academy of Sport Staff

- All external Coaches and WestVic Academy Sport staff must have current Working With Children Check and abide by the Childsafe Code of Conduct.

Peak Performance Coaches

In regards to Peak Performance, the Coordinator is required to:

- Have Level 1 strength and conditioning qualifications through the Australian Strength and Conditioning Association (ASCA)
- Have current VET training to teach to VET units at each year level
- Provide opportunities for professional development of other Physical Education staff
- Advise the Health and PE Coordinator and the Year Level Coordinators if a student is not abiding by the Peak Performance Program expectations
- Be a panel member in the Peak Performance elective classes and the WestVic Academy of Sport student nominations
- Participate in professional development related to fitness training
- Make contact with parents if students are not meeting the expectations of the elective class.

Year Level Coordinators

In regards to Peak Performance, Year Level Coordinators are required to:

- Make direct contact with parents (if required) if concerns have been raised by Peak Performance teachers
- Directly participate in any Parent-Teacher meetings (if required).

Assistant Principal - Senior School

The Assistant Principal: Senior School is required to:

- Manage the Peak Performance budget

VET Coordinator

The VET Coordinator is required to:

- Assist the structural set up of the VET units covered in the Peak Performance electives
- Support Peak Performance staff in obtaining VET training and qualifications

Principal

In regards to reports, the principal is required to:

- Manage any appeals to program decisions
- Provide accountability to staff who do not abide by the guidelines in this Policy