



Peak Performance Program Policy

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Authorised by:
Principal

Approved by School Council:
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Purpose

This policy encompasses the Peak Performance elective at Years 9 and 10 and the Fed Uni WestVic Academy of Sport partnership. This policy explains the selection process for students at Horsham College and the review process (including recommendations for students who do not meet the expectations).

Policy Statement

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

Horsham College is committed to creating sporting pathways into elite sport for our students.

Definitions

- Fed Uni WestVic Academy of Sport – Ballarat based sports academy that provides talented Western Victorian athletes with high performance services in order to enhance their chances of State & National representation.
- HOPE – Health, outdoor and physical education
- Peak Performance – Select entry high performance PE elective in Year 9 and 10 (two year subject).
- Strength and Conditioning – Training method used to develop fitness in athletes

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.

Implementation

This policy is to be implemented by the relevant leaders at the College.

Key users of the policy would include: Peak Performance teaching staff, WVAS Partnership Coordinator, HOPE Coordinator and members of the College Leadership Team.

PEAK PERFORMANCE

Selection Guidelines

The Peak Performance selection panel will be: HOPE Learning Area Head, Peak Performance Staff 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 self-nominating for the program via an online application process (application form is available on the Horsham College website in Term 2).
- The panel reviews the online application form and ranks the applicants based on their highest level of representation, sporting achievements and performance goals for the following year
- The panel will also take into consideration the suitability of each applicant to commit to the student expectations for the elective over two years.

Successful applicants will be required to sign a 'Peak Performance Student Expectations' agreement.

Review Process

All Peak Performance/WVAS students will be reviewed at the end of each Semester by the relevant school leaders/staff.

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

- Attendance report showing percentage of unexplained absences
- Behaviour concern records
- Academic results
- Non-participation of organized events (incursions and excursions)

Students that fail to abide by the program expectations, as outlined below, **may be removed** from the program. 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.

Program Expectations

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.

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 VET program (**Minimum of 80% completion on VET units each Term**)
- 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

Fed Uni WestVic Academy of Sport

Selection Guidelines

The Fed Uni WestVic Academy of Sport selection panel will consist of: WVAS Partnership Leader, HOPE Learning Area Head and a member of the College leadership team. 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 self-nominating for the program via an online application process (application form is available on the Horsham College website in Term 4).
- The panel reviews the online application form and ranks the applicants based on their highest level of representation, sporting achievements and performance goals for the following year
- A consideration for the level of disadvantage of individual students in achieving their sporting goals

Program Expectations

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

- Commit to the program for its full term (12 months)
- Comply by the academy's values; Respect, honest, hard working, united, integrity and humility
- 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

Review Process

In accepting the offer of the membership, students must honor 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.

Key Staff - Responsibilities

HOPE 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

External Coaches and WestVic Academy of Sport Staff

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

Peak Performance Staff

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 Certificate IV Training & Assessment Qualifications
- Advise the HOPE 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
- Make contact with parents if students are not meeting the expectations of the elective class.

WVAS Coordinator

The WVAS Coordinator is required to:

- Be the direct school contact for the WVAS
- Coordinate all incursions and excursions involving WVAS activities
- Maintain up-to-date information about the program on the college website
- Be a panel member for WVAS applications

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 review meetings (if required).

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.

Review Cycle

This policy will be reviewed in accordance with the Policy Review Schedule