

# MARYMEDE HIGH PERFORMANCE ACADEMY

*Marymede Catholic College's Sport Department is now accepting applications for positions in the 'Marymede High Performance Academy' in 2015 for students in Years 7-12.*

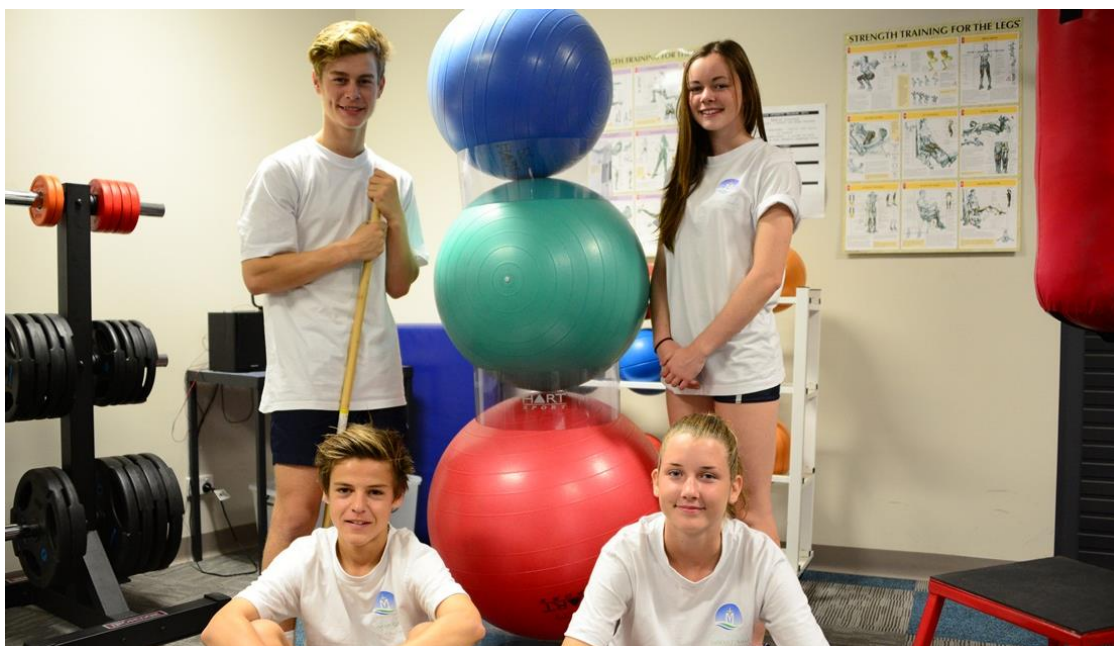
The High Performance Academy provides an opportunity for Marymede's elite sporting athletes to take their sporting performance to the next level through participation in an intensive conditioning program running across Term 2, 3 and 4 (5/6 weeks per term). We are looking for talented athletes who have made a significant contribution to sport at Marymede, in their local community, regionally, state wide or nationally.

## **Program Focus:**

The main focus of the 'Marymede High Performance Academy' will be the development of functional strength specific to the given sport of each participant. Athletes will also benefit from a reduction in the likelihood of injury, increased self-confidence and improved performance in their given sport.

## **Who is running the Marymede High Performance Academy?**

The program will be run by our Head of Health and Physical Education, Derek McConn. Derek is currently working as a Strength Coach with the Box Hill Hawks Football Club. He is a registered Strength Coach with the ASCA (Australian Strength and Conditioning Association) and is currently pursuing his Masters in Strength and Conditioning through Edith Cowan University in Perth.



**Benefits:**

- All participants will complete a physical fitness screen upon entry into the program.
- All participants will be provided with an individualised strength program tailored to the demands of their given sport.
- Only a select group of athletes will be offered positions in the academy, thus ensuring your son/daughter will get concentrated care and attention across the program.
- Participants will be provided with 'Marymede High Performance Academy' sporting apparel, foam roller, theraband, stretching strap and will participate in a trip to the Victorian Institute of Sport in Term 4.

**When will the sessions commence:**

Students will be expected to attend the academy on Monday and Wednesday mornings (7:15am to 8.15am) in the Fitness Centre starting Monday Week 5, Term 2 (May 4). Athletes will complete one additional session at home per week.

**Requirements:**

Participants will be expected to attend all sessions across each program. Failure to attend on 2 occasions without notification via email will result in removal from the program.

Participants must be excelling in their given sport, participating in/ or aspirations to be a member of a representative, state or national team/discipline.

Any students interested are required to complete an application form to apply for a position in the Marymede High Performance Academy. If you have any further questions please contact 0394079000 or email [derek.mcconn@marymede.vic.edu](mailto:derek.mcconn@marymede.vic.edu).

