



John Paul College

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John Paul College High Performance Academy Information Letter

Dear Students and Parents/Caregivers,

John Paul College is pleased to provide the opportunity for selection into the High Performance Academy, our specialist program for high performance student-athletes. The High Performance Academy (HPA) is a select and specialist program with an integrated approach to training, designed to support student-athletes in pursuit of an elite level. The program goal is to support the holistic development and aspirations of our high-performing student-athletes through individualised programs, including strength and conditioning, load management, wellbeing monitoring and educational workshops.

The High Performance Co-ordinator will closely monitor the athlete's workload and wellbeing, and provide priority access to specialised programs for training, recovery and facilitation of access to high performance professionals.

Students in the HPA must be an active member of a JPC TAS Sport and/or JPC Cheer or Dance group. Student-athletes in the HPA are required to maintain specific standards of performance, academics, behaviour, attendance and effort and uphold College values in order to retain their position in the program. Upon invitation to the program, students will sign a Student-Athlete Agreement to acknowledge their understanding and commitment to these conditions. Students who are not meeting the Academy criteria may be placed on probation or be removed from the Academy.

Unsuccessful applicants will still have the opportunity to access the Gym and individualised strength and conditioning program under the supervision of the High Performance Co-ordinator.

We continually strive to provide greater opportunities and support for athletes at JPC to balance their sporting, cultural, personal and academic pursuits. Any involvement, advice or feedback that can contribute to this and further benefit our High Performing athletes is welcomed.

Thank you for considering this exciting opportunity. If you have any questions, please don't hesitate to contact the High Performance Co-ordinator or the Sports & Activities team. I look forward to working with you in the future to help our athletes reach their highest potential.

Kind regards,

Mr Daniel Mowen
High Performance Co-ordinator
John Paul College
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Program Overview

Students engaged in the High Performance Academy can access a variety of opportunities to further their athletic and holistic development, including:

- Training
- Strength and conditioning
- Load management
- Wellbeing monitoring
- Technical
- Recovery
- Professional development

Students will consult with the High Performance Co-ordinator to determine if training and strength and conditioning loads are conducted through the JPC High Performance Academy or through external programs. Sessions available may include strength and conditioning, technical, recovery or theory.

Additional High Performance Academy activities may include:

- Compulsory attendance at High Performance Academy Information Evenings (1 per term)
- Regular academic and sporting progress check-in meetings
- High Performance Academy induction and information breakfast sessions
- Excursion to professional sporting/high performance training facility
- 'After the Siren' Griffith University student workshops

Selection Criteria and Application Process

Selection Criteria

Students must satisfy minimum criteria in study, performance, behaviour and effort to be eligible for selection. **Students must also be an active member of a TAS Sport and/or JPC Cheer or Dance group.**

Performance Criteria:

- Regional, state or national representation and/or achievement in sport, cheer or dance.
- Current involvement in TAS sport or JPC dance at a high level
- Well-developed athletic ability and potential to perform at an elite level

Academic Criteria:

- C average or greater, or greater than 12 months growth and improvement
- Proven history of being up to date for all learning tasks

Behaviour Criteria:

- Learning Habits DARTS Rubric maintained in top two criteria for each habit
- Classroom Behaviour on school report is Very Good to Excellent

Effort Criteria:

- Demonstrated commitment and positive attitude to school, training and competing/performing
- Proven history of good attendance, communication, and organisation

Application Process

Applicants must complete the online High Performance Academy Application Form available [here](#).

Shortlisted candidates may be interviewed by the High Performance Co-ordinator and the Head of Sport and Activities. References from coaches may be obtained if required.

Applications close at 5:00pm on Friday 3 November 2023.

Conditions & Requirements

Conditions of Enrolment

When accepting an offer into the High Performance Academy, each student must agree and commit to the terms and conditions specified by the Student-Athlete Agreement. This requires athletes to:

- Maintain minimum standards of the above **Selection Criteria** (Performance, Academic, Behaviour and Effort)
- Represent the College in their TAS sport or performance activity
- Demonstrate the College Guidelines of Mutual Respect
- Always maintain high standards of behaviour and presentation
- Communicate promptly and appropriately, including when using social media
- Demonstrate fairness, sportsmanship and abide by the rules of competition
- Maintain habits of personal health and fitness to support performance excellence
- Consistently 'train like a professional' in all endeavours

Specific High Performance Academy Requirements:

- Attend all scheduled HPA events and sessions. Absences must be approved by the High Performance Co-ordinator.
- Completion of daily training and wellness logs
- Satisfactory periodic assessments and reviews

Important:

- Athletes will be supported in meeting these conditions and requirements.
- Failure to meet conditions and maintain standards may result in probation or removal from the High Performance Academy.
- Continued involvement in the HPA is subject to regular review.
- Students may be required to reapply for the following year.