

Athlete Development Program

Elizabeth College currently runs the largest Athlete Development Program (ADP) in the state and students from all schools are eligible to apply to be included in a range of sport specific and general classes which run predominately after school hours as night lines. To be eligible for inclusion students **must be in year 9 or above** in the year they participate.

There will be one day line of Athlete Development general offered in 2014, which will run during the normal Elizabeth College timetable. Students from a range of sports may enrol in this course.

Students interested in participating in ADP must play in an organised sporting competition in the year they undertake the course and have access to a coach who can report on their progress. ADP enrolment is open to students regardless of ability or experience as long as they are passionate about improving their performance.

The ADP provides students with an opportunity to develop their sport specific skills and their all-round fitness which will ultimately lead to improved sporting performance. ADP's holistic approach to developing athletes also includes sports tutorial sessions that enable participants to develop knowledge around a number of key areas such as sports nutrition, methods of training, components of fitness, physiology, sport psychology and competition preparation.



The course is delivered by highly qualified and experienced Physical Education staff who work closely with targeted coaches from various sports.

The following ADP night classes will be offered in 2014:

Monday:	AFL
Tuesday:	AFL*
Tuesday:	Netball
Wednesday:	Hockey
Wednesday:	General Sports
Thursday:	Volleyball

**Enrolment in the Tuesday evening AFL ADP class is strictly via the AFL Tasmania Development Program.*

For further information please contact:
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