



SPORTS ACADEMY

ELITE ATHLETE DEVELOPMENT
(EAD) PROGRAM

APPLY
TODAY!

Are you a high performing athlete who has drive and aspirations to reach elite level in your chosen sport?

The EAD program takes a holistic approach by providing support, development and pathways for aspiring athletes. Students train before and during school to improve their speed, strength, agility, balance, aerobic endurance and coordination. Over the course of the program, students will learn key athlete life education including sport nutrition, sportsmanship, sports psychology, time management and injury prevention. Students practice to develop sport specific skills and team strategies as well as running, plyometric and weightlifting technique.



TOGETHER WE SUCCEED.

PIMPAMASSC.EQ.EDU.AU



SUPPORT

- Athlete life education and mentorship
- Discounted physiotherapy at Fighting Fit Physio
- Gold Coast Academy of Sport Future Stars program for tier one athletes



DEVELOPMENT

- Goal setting and decision making
- Strength training program and use of College gym
- Physical testing, conditioning, skill development
- Professional coaching delivered by Brisbane Roar (football)
- Conditioning training delivered by G.M.G
- Sports trainers
- Competitions
- High performance sport and leadership camps



PATHWAYS

- Connecting and directing students in terms of sporting careers, representative trials, clubs and coaching
- Links with Instinct Netball Club (netball), Coomera Crushers (rugby), Brisbane Roar (football) and Coomera Colts (football)

PROUDLY PARTNERED WITH



Athletes can apply as a **General** or **Technical Athlete**. Technical sports include Football (soccer), Basketball, Netball and Cross Code Rugby (touch / league / union / sevens). Athletes who specialise in other sports can apply as a **General Athlete**. Acceptance into the program is subject to submission of an application form and attendance at one of the physical testing trials.

How to apply:

1. Download and complete the General Enrolment application from pimpamassc.eq.edu.au
2. Attend next available Academy Trials and Principal's Tour Day

For further information please contact:

ACADEMY COORDINATOR
E academy@pimpamassc.eq.edu.au
P 5540 9333



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