



Health and Physical Education

THRIVE

Athlete Development Program



BRACKEN RIDGE STATE HIGH SCHOOL

Goals and Purpose

Bracken Ridge State High School Physical Education and Sport Department is committed to enhancing student development in the sporting arena.

The HPE THRIVE Athlete Development Program aims to assist students in the pursuit of sporting excellence no matter what their chosen sporting field. This program specialises in sports strength and conditioning training as a vehicle in developing students physical, social and emotional attributes and caters for a diverse range of interests and abilities while encouraging students to:

- be physical active
- confident in their physical/sporting pursuit – enhance positive sporting behaviours
- identifying ways of responding to sporting situations and behaviours
- maintain positive supporting networks, relationships and partnerships that contribute to student welfare and wellbeing
- achieve academic and sporting excellence.

The THRIVE program will produce long-life learners who can take the skills learnt from the program into their daily lives.

HPE THRIVE enhances student's athletic ability and exposes students to a multi-faceted approach to training. The program offers targeted support to encourage students to reach their full potential as athletes whilst promoting academic success and instilling Bracken Ridge State High School's core values.

Commitment

To the prosperity of ourselves and others as learners. Adhere to our THRIVE and Bracken Ridge State High School's core values and be involved in all facets of the THRIVE Program and give 100%.

Cooperation

With one another to achieve success. Work together with others to achieve the best possible outcomes for yourself and others. Demonstrate the ability to lead by example, accept direction from others and support and encourage others in their pursuit of sporting excellence.

Courtesy

Speak and behave in a way that respect the rights of others. Respect yourself through the demonstration of a strong work ethic.

Consideration

Support, assist and encourage fellow students while maintaining a positive attitude.

Common Sense

In all decision making:

- show sensible behaviour
- be accountable for your actions (on and off the sporting field) and accept the outcome of your decisions.

Program Overview

The HPE THRIVE Athlete Development Program is conducted as a Year 7 to 9 Health and Physical Education subject. Students engage in two timetabled lessons per week (70 minutes) and one morning training session per week. The program comprises of theoretical and practical elements.

The THRIVE course of study is developmental with concepts, knowledge, attitudes and skills increasing in depth, complexity and difficulty over the three (3) years of study. This program will also provide students with knowledge of their bodies and foster attitudes that will empower students to adopt healthy lifestyles and development strategies in their pursuit of sporting 'excellence' and display an increasing responsibility for their decisions concerning their own sporting lifestyles and the development of optimal health and conditioning. Content studied is Sports Science, Personal Development, Fitness and Training and Sports Nutrition.

Training

Students must be on time and ready to train. If a student is unable to take part for any reason they are to notify the Program Teacher via email, phone or person.

Training will consist of:

- Strength and Conditioning Training
- Fitness Component Training
- Sports Carnival Specific Training (including cross country and track and field)
- Cross Training
- Team Building Activities
- Modified Games
- Injury Prevention Based Training
- Recovery Training

Competitions and Tournaments

THRIVE athletes are required to participate in all whole school sporting events including swimming, cross country and athletics carnivals as well as the Bridge to Ridge run at school and at district and regional levels. Athletes are also required to take part in several specially selected sporting competitions throughout the school calendar year.

Partnerships and Industry Links

The THRIVE Athlete Development program prides itself on its industry link with the local Bracken Ridge and Sandgate community. This partnership links athletes directly to industry professionals and which provide expert education information sessions that supports the programs curriculum. THRIVE students will receive education on topics such as Sports Science, Sports Psychology, Sports Nutrition and Physiotherapy.

Review Process

Regular reviews are undertaken during the year to ensure students are meeting the required THRIVE standard. If they are unable to maintain the standards, students may be withdrawn from the THRIVE program.

Grounds for review may include:

- Consistent lateness
- Truancy, repeated detentions, after school detentions, suspension
- Failure to submit assessment for all subjects on a regular basis (monitoring and due dates)
- Failure to meet academic, behaviour and effort standards as outlined in the Code of Conduct.

The THRIVE Review Process for students consistently not meeting expectations is completed at the end of the term or beforehand if necessary. The following procedures are then implemented:

- Student and their parents/carer will be contacted by either the THRIVE Coordinator or the Head of Department where expectations of the program will be discussed
- Specific targets will be identified, and it is the student's responsibility to meet these
- The student will be placed on probation for the following term
- If students fail to meet their targets throughout this period, their enrolment in the program will be cancelled, and they will be placed in another class for the remainder of the year.

THRIVE criteria

Successful applicants for the THRIVE Athlete Development program will need to demonstrate (and provide supporting documentation for):

- Complete and submit the THRIVE Application Form
- Above average academic results in all subjects
- Very high levels of behaviour and effort
- High levels of achievement in specific sports
- High levels of physical fitness displayed at the TRIVE Sports trial day
- A clear desire for extending their skills within their chosen sport and contributing to the broader sport community of Bracken Ridge State High School
- Upon completion of an interview process, Head of Department and specialist teachers will decide on the suitability of each applicant. Successful applicants will be notified by Bracken Ridge State High School.

*The will to win, the desire to succeed, the urge to reach your full potential . . .
these are the keys that will unlock the door to personal excellence.*

Eddie Robinson

THRIVE Application Form

ATHLETE NAME: _____

Year Level 2025: _____

Date of Birth: ____/____/____

Parent's / Carer's names: _____

Contact email (*please print*): _____ Contact number: _____

The sport/s that I am currently interested in improving my performance in are:

Please complete the below if applicable:

REPRESENTATION: (please attach extra pages if you wish to provide more information)

(i) NATIONAL: Please provide details of any **National** level achievements or **Australian** team selection

Achievement _____ Location _____ Date ____/____/____

Achievement _____ Location _____ Date ____/____/____

(ii) STATE: Please provide details of any **State** level achievements or **State** team selection

Achievement _____ Location _____ Date ____/____/____

Achievement _____ Location _____ Date ____/____/____

(iii) REGIONAL: Please provide details of any **Regional** level achievements or **Regional** team selection

(iv) Achievement _____ Location _____ Date ____/____/____

Achievement _____ Location _____ Date ____/____/____

Achievement _____ Location _____ Date ____/____/____

(v) CURRENT CLUB or TEAM

Local Club: _____ Representative Team: _____

YOUR GOALS

Please attach extra pages if you wish to supply more information.

Sporting Goals

Describe your future goals in your sport. Please consider short- and long-term goals.

Academic Goals

What are your academic study goals? Describe which subjects you wish to improve in.

Student Agreement

I understand the purpose of the HPE THRIVE Program is to select and retain the most highly motivated students who will maintain the level of commitment, dedication and interest necessary to successfully achieve quality learning outcomes in their program of study. The THRIVE Program will create and maintain a learning environment of like-minded students that will support me in achieving my personal and academic goals in my program of study. Therefore, I agree to fulfil the following requirement:

1. Behave in accordance with our school Code of Conduct.
2. Treat teachers and students with respect.
3. Wear the correct uniform at all times.
4. Be conscientious in my studies and fulfill all of my course requirements, including exams and assignments. This includes achieving results no lower than a C standard.
5. Attend school and participate in all timetabled lessons. Be punctual and prepared for all classes. If any class time is missed (for sport competitions), I must negotiate with my class teacher to make that time up.
6. Attend all training sessions (if I am unable to attend an email explaining my absence must be submitted before).
7. Ensure all necessary equipment is brought to all training sessions.
8. Training and team rules/expectations must be followed at all times.
9. Required to attend and satisfactory participate in whole school events (such as swimming, cross country and athletics carnivals).
10. Display high standards of sportsmanship when representing Bracken Ridge State High School.
11. Represent Bracken Ridge State High in all organised events.

I understand that if I fail to observe any of the above requirements I may be removed from the program. I also understand that this decision will be made both by the Principal, the Head of Department and THRIVE Coordinator and this decision will be final.

Student Signature

Date

Parent/Carer Agreement

I understand that the purpose of the THRIVE Program is to provide my child with a learning environment that supports and facilitates quality learning outcomes. I also understand an aim of the THRIVE Program is to ensure that I, as a parent/carers, am supportive of both my child in the program and of Bracken Ridge State High School.

Parent/Carer Signature

Date