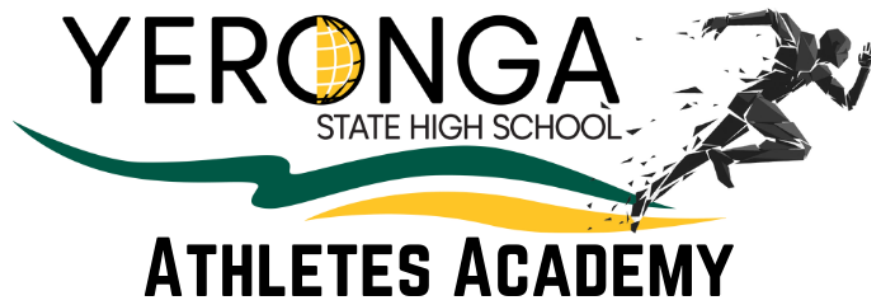
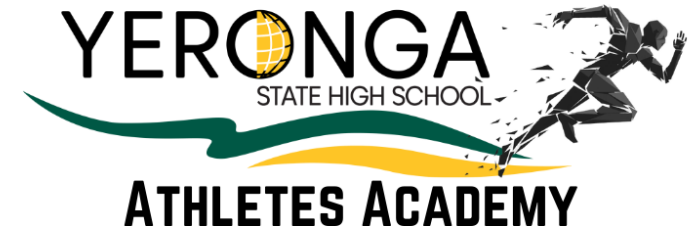


ATHLETES ACADEMY



YERONGA SHS OPEN DAY

ATHLETES ACADEMY



Lauren Askin
Yeronga SHS
Head of Department HPE and Sport



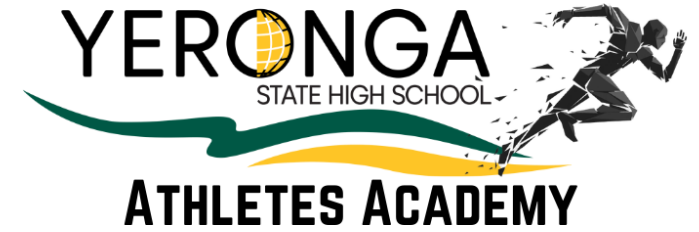
Michael Nunn
Yeronga SHS
Senior Athletes Academy Coordinator



Marco Mastrorocco
Athletix
Director of Athletic Performance



WHAT WE OFFER



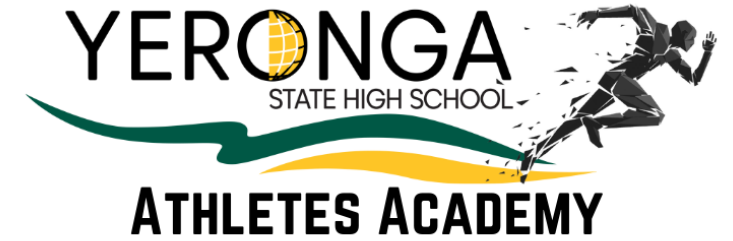
The Yeronga Athletes Academy is designed to mentor and empower students at every stage of their high school journey, with a focus on developing well-rounded, holistic athletes.

- Athletic Foundations (Years 7-8)
- Athletic Development (Years 9-10)
- Athletic Pathways (Years 11-12)

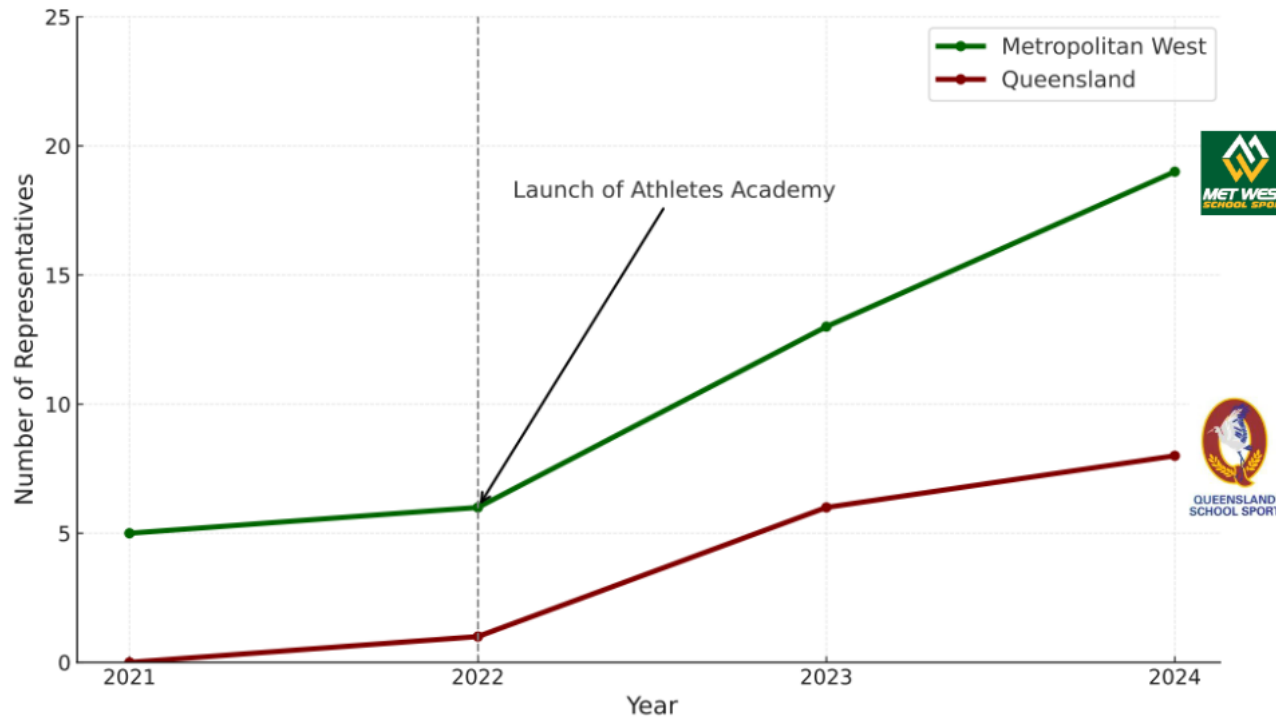
The program offers students the opportunity to train with expert coaches, gain insights from elite athletes, and acquire the theoretical knowledge necessary for achieving peak performance in their chosen sport.



WHY YERONGA?



Metropolitan West and Queensland School Sport Participation



PROGRAM STRUCTURE



Year 7 and 8: Athletic Foundations

Areas of Focus:

- **Basic Movement Skills:** Enhancing coordination, balance, agility, and flexibility.
- **Fundamental Techniques:** Introducing proper form and technique in various sports.
- **Physical Conditioning:** Building a base level of strength, endurance, and fitness.
- **Healthy Habits:** Nutrition, hydration, and sleep for young athletes.
- **Teamwork and Cooperation:** Encouraging collaboration and communication within teams.



Year 9 and 10: Athletic Development

Areas of Focus:

- **Advanced Techniques:** Refining and mastering sport-specific skills.
- **Strength and Conditioning:** Training to build strength, power, and endurance.
- **Performance Nutrition:** Detailed guidance on diet to enhance performance.
- **Sports Psychology:** Advanced mental strategies to improve focus, resilience, and competitive edge.
- **Leadership and Community:** Encouraging leadership roles within teams.



Year 11 and 12: Athletic Pathways

Areas of Focus:

- **Advanced Strength and Conditioning:** Individualised training programs to optimise performance.
- **Injury prevention and Recovery:** Strategies for injury prevention and recovery.
- **Leadership and Mentorship:** Taking on leadership roles and mentoring younger athletes.
- **Career Planning:** Guidance on career pathways, including tertiary education and professional opportunities.
- **Networking and Exposure:** Opportunities to connect with professional organisations and athletes.

JUNIOR ACADEMY



Junior Academy Fee:

- Junior Academy (Years 7 – 10) incurs a \$150.00 annual fee

Included:

- Uniform package - Yeronga Athletes Academy sport bag and training shirt.
- Subsidised access to specialist co-curricular experiences (incursions and excursions)
- Athletix sessions (qualified coaches)

Yr 7 - 10 Athletes Academy

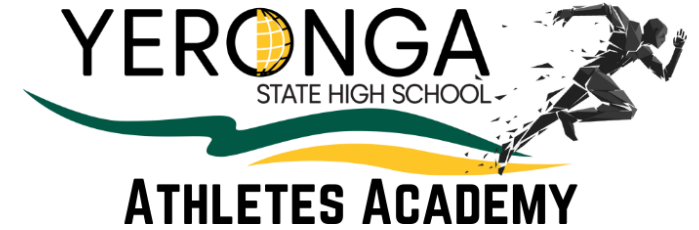
HPE V9 Australian Curriculum

Athletic Development

Strength & Conditioning



SENIOR ACADEMY

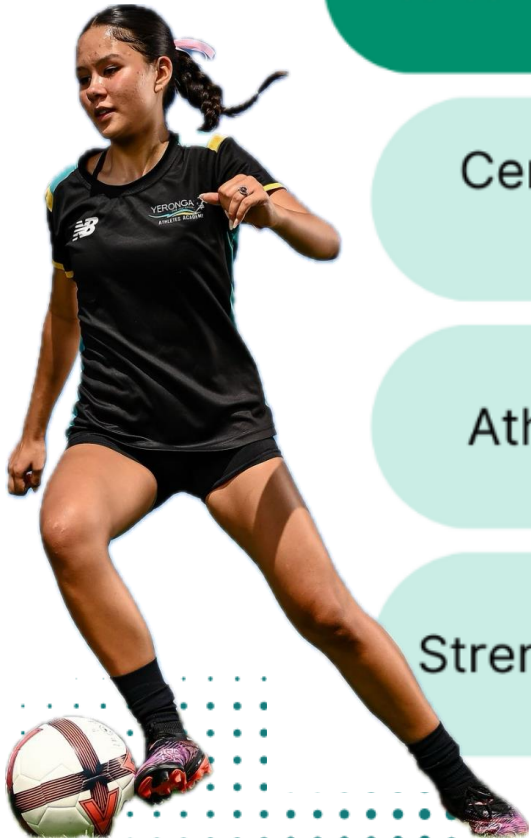


Yr 11 - 12 Athletes Academy

Cert II Sport Coaching
Cert III Fitness

Athletic Development

Strength and Conditioning



Senior Academy Fee

- Senior Academy (Years 11 – 12) incurs a \$100.00 annual fee
- Approx \$450.00 (VETiS funded) fee for the Cert II in Sport Coaching and Cert III in Fitness, (covers the two-year course)

Included:

- Uniform package - Yeronga Athletes Academy sport bag and training shirt.
- Subsidised access to specialist co-curricular experiences (incursions and excursions)
- Athletix sessions (qualified coaches)

Cert II Sport Coaching & Cert III Fitness



QCE Credits:

- 4 – 6 credits

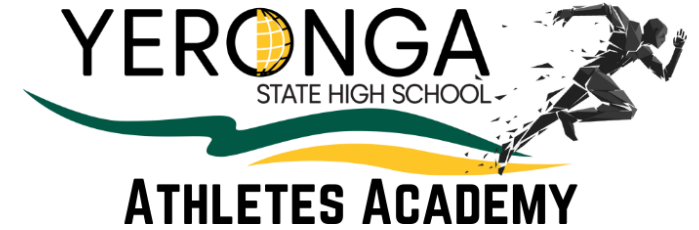
Pathways:

- Entry into the fitness industry
- Career options: Exercise Physiologist, PE Teacher, Sport Scientist
- Contributes towards ATAR

Learning and Assessment:

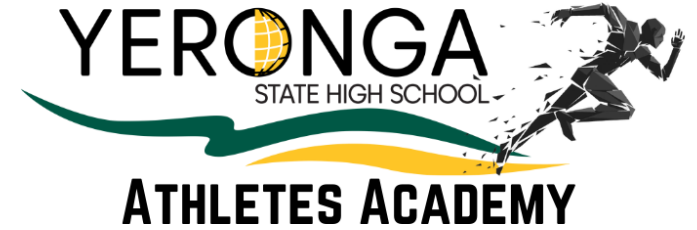
- Combination of classroom learning and practical sessions
- Real gym environment at school
- Delivery of fitness programs to students, teachers, and staff
- Practical tasks and hands-on activities with clients
- Involvement in school sport programs and fitness facility

ATHLETIX PARTNERSHIP

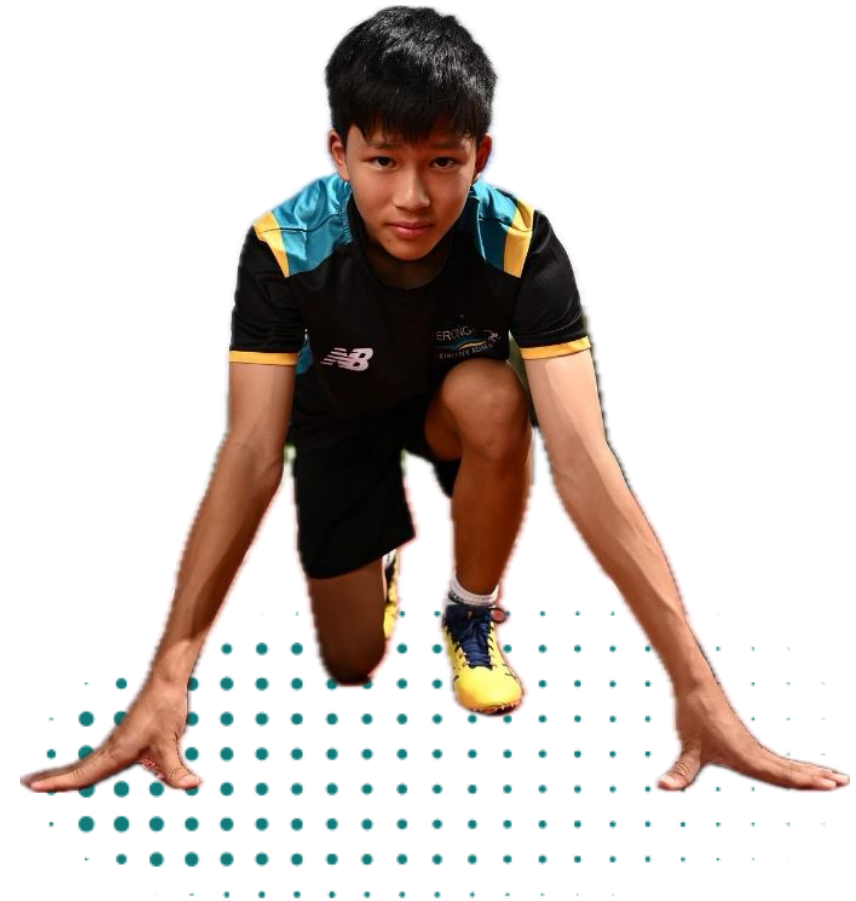


- Developing strong, resilient youth athletes
- Long-term athlete development (LTAD) principles
- Build solid foundations through structured training
- Systematic approach to building movement and training competencies

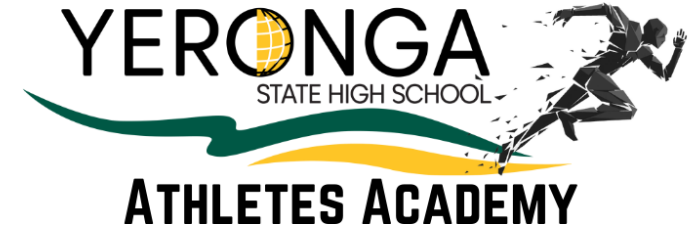
ENTRY REQUIREMENTS



- High-level sports participation (e.g., Met West, club)
- High-achieving academic, behavior, and attendance
- Commitment to behavior contract



APPLICATION PROCESS



1. Submit application (in-office or via email).
2. Attend trial session.
3. Get assessed by coaches/coordinators.
4. Await acceptance or waitlist notification.
5. Pay annual fee: \$150

KEY DATES ATHLETES ACADEMY



- Y-Tour Academy Information - Wednesday 30 April (3:30pm-5:00pm)
- Athletes Taster Afternoon – Tuesday 13 May (3:00pm – 5:00pm)
- Y-Tour Academy Information – Wednesday 21 May (3:30-5:00pm)
- Training Session (Observation) – Thursday 29 May (7:45am – 8:45am)
- Academy Applications Close 2026 – Friday 27 June (3:00pm)