



LINDISFARNE

Anglican Grammar School

Athletic Development Program



Program Overview

Lindisfarne Anglican Grammar School boasts an impressive history of students competing for the School at Local, Regional and State levels in various sports. One aspect that the School wishes to support these students further is in athletic development.

The Lindisfarne Athletic Development Program will consist of targeted and age-appropriate strength & conditioning that will help to build the skills, confidence, knowledge and behaviours for students to lead active lives, both at school and after school. This program will be for all students who are looking to improve their athletic development across different movement patterns and skills and provide a training environment that improves confidence with movement in the students. As such, key features of the program include:

- Before school, lunchtime and after school sessions:
 - 60 minute sessions before and after school.
 - 40 minute lunch sessions.
- Curriculum based program that is appropriate for each student's training age, their development and functional movement screening (conducted in week 1 of every term).
- Heavy focus on the following movement skills: strength, power, conditioning, flexibility/mobility, balance, hand-eye and foot-eye coordination and basic gymnastics.
- Based on the Australian Strength & Conditioning Association Child and Youth Resistance Training Position Stand and the Australian Institute of Sport FTEM Framework.
- Guidance and education on how to conduct a proper strength and conditioning program, preparation for training and competition, and recovery strategies.

- Strength and power testing each term (conducted in week 8 or 9 of every term).
- Integrated with current Sports Academy training. Is a key integration of The Matt Fydler Sports Academy.
- Monitoring of student's Peak Height Velocity to help manage growth spurts and any periods that predispose a student to injury based on growth.

All coaches in the program are accredited with the ASCA and have experience and expertise in coaching at an elite level of sport and within an education setting. Coaches will also have a current senior first aid/CPR qualification. For any parents interested, here are some resources on youth athlete development that we recommend:

- [Australian Strength & Conditioning Association Child and Youth Resistance Training Position Stand.](#)
- [Australian Institute of Sport FTEM Framework.](#)
- [Developing World-Class Soccer Players: An Example of the Academy Physical Development Program From an English Premier League Team.](#)



2. Athletic Development Program



Athletic Development Program Tiers

The Lindisfarne Athletic Development Program has the following training group tiers to better reflect the age and training experience of each student. Please use the below criteria to determine which tier is most suitable for you/your child.

We recommend two sessions per week to get the most out of the program and as per Australian Strength & Conditioning Association guidelines, all sessions in the Fundamental and Performance Program will normally have a coach:athlete ratio of 1:10.

Please note this program is not 'free gym time', all students will follow a structured program and progress through a curriculum. If you are unsure about which training day is best for you, how many training sessions you should attend or you have any other questions, please let us know.



Fundamental Program

This session is designed for beginner/novice athletes with minimal to no gym experience who fit the below criteria.

- Younger than 14 years.
- Less than two terms of strength & conditioning experience with Lindisfarne Anglican Grammar School.
- The Fundamentals group is for any students new to strength and conditioning with less than two terms of programmed strength & conditioning or under 14 years of age. To graduate from the Fundamentals group, students must demonstrate a level of movement competence, safety practices, focus and an ability to operate independently. As above, the normal timeframe to graduate from the Fundamental group is two terms.



Performance Program

This training program is allocated to students who meet the minimum level of experience, independence and proficiency in the gym.

- Minimum 14 years.
- Minimum 6 months or 2 terms or more of strength and conditioning experience with Lindisfarne Anglican Grammar School.



Athletic Development Program Schedules

WEEKLY SCHEDULE

Monday	Performance Morning Session, Day 1 - 0715-0815 Fundamental Lunch Session, Day 1 - 1245-1325 Performance Afternoon Session, Day 1 - 1530-1630
Tuesday	Fundamental Morning Session, Day 1 0715-0815 Fundamental Afternoon Session, Day 1 1530-1630
Wednesday	Performance Morning Session, Day 2 - 0715-0815 Fundamental Lunch Session, Day 2 - 1245-1325 Performance Afternoon Session, Day 2 - 1530-1630
Thursday	Fundamental Morning Session, Day 1 - 0715-0815 Integrated School Sport 1055-1245* Fundamental Afternoon Session, Day 2 - 1530-1630
Friday	Performance Morning Session, Day 1 - 0715-0815 Fundamental Lunch Session, Day 2 - 1245-1325

* Integrated School Sport on Thursday will be registered through term school sport nominations

NOTE: This schedule may be subject to change

SAMPLE - 9 and 10 WEEK TERM SCHEDULE

10-Week Term (Term 3)		9-Week Term (Term 1, 2 and 4)	
1	FMS + GP	1	FMS + GP
2	GP	2	GP
3	GP	3	GP
4	GP	4	GP
5	GP	5	Body control and gymnastics
6	Body control and gymnastics	6	SP
7	SP	7	SP
8	SP	8	SP*
9	SP*	9	Body control and gymnastics
10	Body control and gymnastics	-	-

*Repetition maximum on last set of test exercises, FMS: Functional Movement Screen, GP: general preparation, SP: specific preparation

NOTE: These sessions will start in Week 2 of Term 1 and Week 1 of Term 2,3 and 4.

Athletic Development Program Testing Battery

Anthropometrics	Height Weight
Power	2-leg Countermovement Jump 1-leg Countermovement Jump
Asymmetry	1-leg Countermovement Jump
Strength	Hex Bar Deadlift Estimated 1 Rep Maximum Bench Press Estimated 1 Rep Maximum Chin Up Estimated 1 Rep Maximum
Conditioning	5-min Maximal Aerobic Speed Test





Athletic Development Program Costs and Notes

- These sessions will start in Week 2 of Term 1 and Week 1 of Term 2, 3 and 4.
- Applications open two weeks before end of previous term.
e.g. For participation in Term 2, students will register by the end of Term 1.
- Sessions will be available for sign up in Events & Payments on SEQTA Engage.
- Cost will be \$15 per session.
e.g. If a student does 2 sessions per week, the cost would be \$30 per week and \$300 per term for a 10-week term.
- Spaces will be limited based on demand, and first allocation is given to The Matt Fydler Sports Academy students.
- If students are unable to attend for any reason, a written email should be sent to the coach of that session.

Parent Testimonials

"Thankyou for allowing our daughter to build on her talent in the gym for strength and conditioning sessions with you. We have seen such a difference in her performance and confidence since starting, it really gives her an opportunity to be one step ahead."

"Our son has found Strength and Conditioning to be such a great help to his baseball, strength and injury prevention. He has become more aware of eating well and getting stronger since starting so I wanted to thank you SO much!"

"Thanks for being our son's sports mentor, we really appreciate all you do!"





LINDISFARNE

Anglican Grammar School

Junior School

Preschool to Year 4
Sunshine Avenue Campus
Tweed Heads South
NSW 2486

Middle and Senior School

Years 5 to 12
Mahers Lane Campus
Terranora
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