



NSHS Athlete Development Program

At Nerang State High School, leadership, resilience and persistence are key to our core values. The Athlete Development Program (ADP) provides an extensive student-athlete curriculum to develop these attributes. A broad set of sporting skills are developed along with the capability for students to transition these lifelong learnings into their sporting careers. The need for qualities of leadership and resilience are synonymous with driven, passionate athletes.

About the Athlete Development Program

Nerang State High School's Athlete Development Program (ADP) is dedicated to improving educational and sporting outcomes within its community.

ADP provides an opportunity for student-athletes to pursue their passion through a holistic academic and sport-based partnership. Individualisation and specialist nature underpin its foundations. The new ADP will develop the student-athlete commencing in Year 7 through to Year 9, preparing students for our Senior Physical Education specialist programs.

At a physical level, it aims at providing student-athletes with long-term athletic development training within a schooling environment. To complement this, elite – level technical coaching is provided in a variety of sports. Each member of ADP's coaching staff has specialised and extensive skills and experiences to facilitate the elite-level program. The emphasis placed on integrating students' passions, academic progress, behavioural expectations and effort requirements are the cornerstone of the program.

ADP is designed to 'value-add' and support the student-athlete's supporting commitments and goals. Each student-athlete must adhere to academic and behavioural standards, attendance and effort to remain enrolled in the program.

Athlete Development Program Inclusions:

- **Timetabled strength and conditioning classes**
- **Technical training**
- **Access to the health and personal development curriculum**
- **Lifelong skills to operate in higher performance sporting arenas**
- **Teamwork, communication and leadership skills**
- **Development of the fundamental movement patterns and key sporting components**
- **Developing a holistic approach to the student-athlete by addressing injury prevention, rehabilitation, nutrition and sport psychology**