



NGS
SAP
SUPPORTING ATHLETE
PERFORMANCE

OUR ROLE

Supporting Athlete Performance programme (SAP) was founded in 2020 to help athletes who were negatively impacted academically because they were achieving athletically.

Since its foundation, our athletes have continued to grow, develop and raise the bar with their achievements.

To continue to create outstanding opportunities and exciting futures for our students, we have further developed our SAP programme for 2023.

We have created a unique system that monitors and tracks our athletes over time whilst providing resources, support and development opportunities.

Our ATHLETE 360 tracking system is supported by a criteria that identifies athletes holistically.

It targets areas that focus on student wellbeing, assisting with monitoring their performance and upskilling for the future.

Our programme, combined with the ATHLETE 360 tracking system, provides an outstanding opportunity for NGS athletes and creates the foundations to help them become worlds best.

We are proud to bring this exceptional and quality opportunity to NGS students, to not only become great athletes but also great people.

SAP is for selected athletes in Secondary, who meet the NGS Sporting Framework that has been aligned with the Australian Institute of Sport FTEM model.

— “

My role is to enable and empower students in an environment that values their wellbeing and allows them to see and reach their potential as a person and athlete.

” —

Sam Poolman - Head of Athlete Development

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ATHLETE 360



VALOUR

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ATHLETE 360 Tracking System

The ATHLETE 360 tracking system helps to build on the partnership between SAP and its athletes, to educate, upskill, develop and encourage self regulation.

ATHLETE 360 is divided into five key areas which have their own criteria and the rating system, used to track and monitor the progress of each athlete.

Sporting Achievements

Sporting achievements are tracked by the NGS Sporting Framework that aligns with Australian Institute of Sport FTEM framework.

Academic

Academic progress is monitored by their report each semester, focusing on their GPA, effort and application scores from teachers, support requirements and the impact sport has on their studies.

High Performance Behaviours

Athletes are rated out of four in engagement, punctuality, life balance, communication and drive. These aspects form critical foundations for future success and are part of the expectations of inclusion in this programme.

Support

Individual support requirements are monitored and provided to them on request, and approved by the Head of Athlete Development or Director of Learning and Teaching. Athletes are required to rate their support needs.

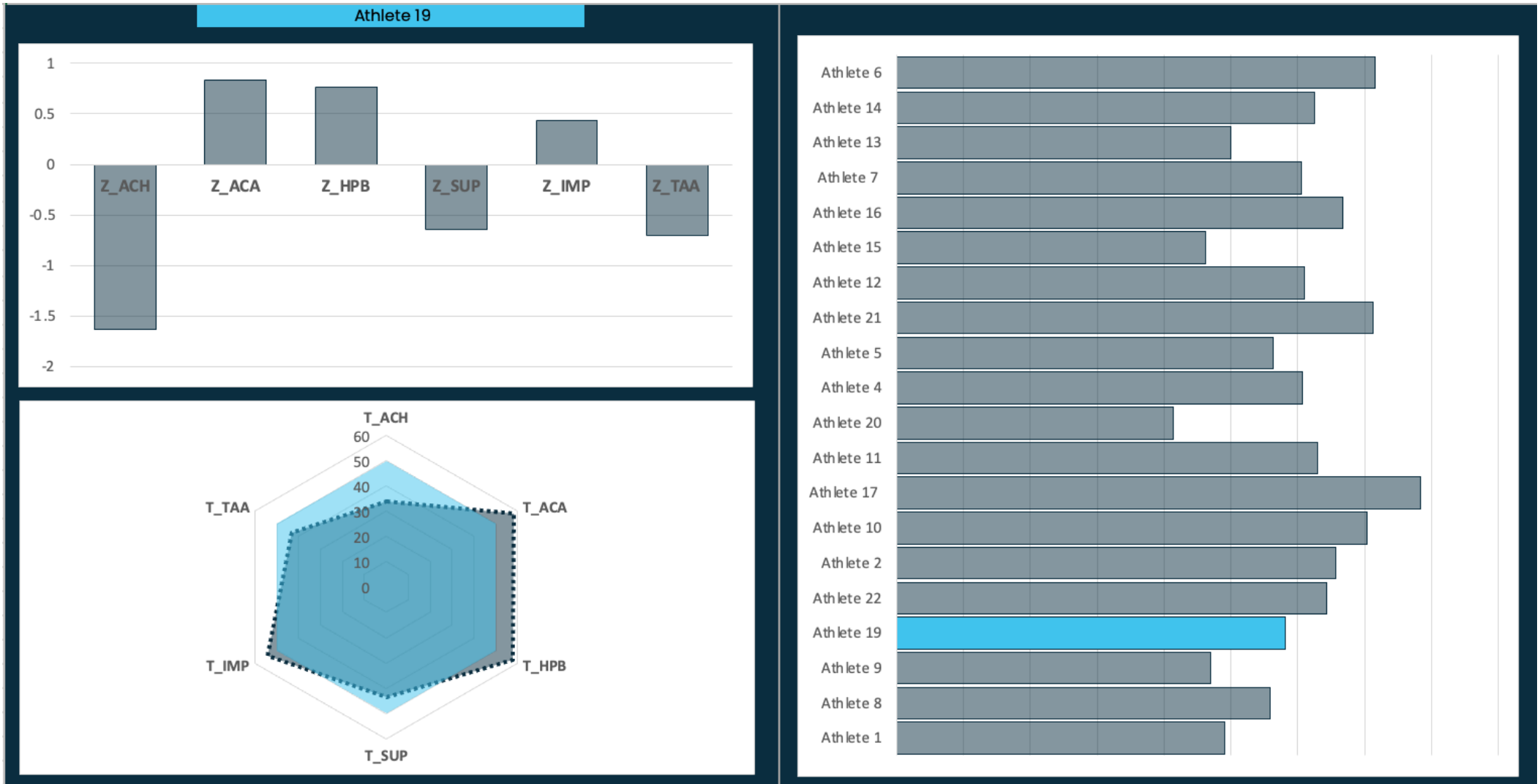
Impact

It is important for all participants to have a positive impact on our community and athletes are encouraged to be generous. Their contribution to NGS, their sport and their communities is tracked, with leadership skills and alignment to the School's values supported and encouraged.



ATHLETE 360 Tracking System

Each semester our ATHLETE 360 tracking system will be updated using the rankings and criteria analysis function. It then creates a graphic, exemplified below, which is supplied to each athlete. It shows the areas in which they are excelling or under performing, the average across the programme and how they rank amongst other athletes.





— “ —

Drive creates persistence – persistence is the ability to find a way and keep going even through the greatest obstacles ... Persistence is the constant belief that by never giving up, there's a chance to succeed.

— ” —

Unknown



Sporting Achievements

Our athletes' sporting achievements are tracked by the NGS Sporting Framework that aligns with the Australian Institute of Sport FTEM Model.

Athletes will be considered on an individual basis. They will fall in T1, T2, T3 or T4 and must reach a minimum ranking of 1.5-2 for the SAP Academy and 2.5-4 for SAP.

The following considerations will be made:

- If you are at a reasonable level for multiple sports
- Training commitments of the team or programme you are in. What support is required for the individual athlete.
- Where needed, the sport and its specific sports framework will be reviewed with our NGS Sporting Framework.
- School representative pathway will be considered alongside your sporting achievements and commitments outside school. Your outside school achievements weight higher than inside school.

Considerations outside this will be made by our panel comprising Director of Co-curricular, Head of Athlete Development and Head of Athletic Performance (or their delegate).



NGS SAP SUPPORTING ATHLETE PERFORMANCE	FOUNDATIONS: Junior	TALENT: Potential to be elite								ELITE: Senior	
	F3	T1		T2	T3		T4		E1	E2	
Phases	Sport-specific commitment and/or competition	Demonstration of potential		Talent verification		Practising and achieving		Breakthrough and reward		Podium success	
An athlete is	Playing or competing within a local team or competition. Regularly training, practicing and competing	A representative player within a team or competing at a representative level within the state.		A regional Academy of Sport or NSW Talent Camp Selection or talent identification program and squad. Regional weekly competition training and playing in a high division.		A NSW State Team member or achieving at a state level. Senior competition that is recognised by a state body.		An Australian Junior Squad or team member or individual competing on an international stage. Recipient of a NSWIS scholarship or pre elite senior pathway ie Giants Netball Academy, Sydney Swans Academy.		Achievement of an elite status senior through an Elite Program, Olympic or Commonwealth Games team member.	
Ranking		0.5	1	1.5	2	2.5	3	3.5	4		
Category	Division one junior local club player or competing in a local competition.	Junior representative player (U/14 or below)	Senior representative player (U/15 or above)	Named within a regional team or program. Competing at a NSW U/15 or below level. Attending a NSW identified program or squad.	Competing at a NSW U/15 or below competition with a podium finish.	Named within a State Team. Competed for NSW at a National competition or event.	Performing for NSW at a National competition. Podium finish as a team or individual for U/16 and above or opens.	Named within the squad/team. Competed and represented Australia at a Junior National Level.	Performing for a Australia. Podium finish as a team or individual.	At the senior elite level playing professional sport. Representing Australia at a senior level for a Commonwealth Games, World Cup or International Competition.	Podium success at a Commonwealth Games, World Cup or premiership win.
SAP		SAP ACADEMY				SAP					
School Individual	HRIS Individual	AICES Individual		NSW CIS Individual		NSW All Schools All Schools Australia					
School Team		HRIS Team		AICES Team		NSW CIS Team		NSW All Schools All Schools Australia			

Newcastle Grammar School Sporting Framework, guided by AIS FTEM Model. Consideration of each athlete and where they fall into the NGS Framework will be considered by Head of Athlete Development, Head of Athletic Performance and Director of Co-curricular.



SAP Programmes

SAP Resources

Selected athletes from Years 10 to 12 must reach a 2.5 or above in the NGS Sporting Framework to be considered.

**Athletes in Year 8 and 9 may be considered if they meet the NGS Sporting Framework requirements and will be decided by our sports panel.*

Workshops and individual consults with our physiotherapist.



Academic Support provided by HoLT including assessment, elective and time management support.

Performance, mindset and recovery support.



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PERFORMANCE



SAP hat, bag, shirt and shorts. Further SAP uniform can be purchased.

Strength and conditioning programming and mentoring.



Wellbeing support by affiliates, Head of House and school psychologist.

Nutrition workshops and individual support.



Individual mentoring with Head of Athlete Development.

SAP ACADEMY Resources

Selected athletes from Years 7 to 9 must reach a 1.5 or above on the NGS Sporting Framework to be considered.

Workshops delivered by physiotherapist.



Academic Support provided by HoLT including time management workshops.

Performance and mindset workshops.

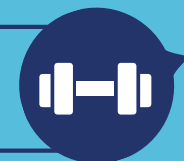


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SAP hat, further SAP uniform can be purchased.

Strength and Conditioning workshops.



Wellbeing support by affiliates, Head of House and school psychologist.

Nutrition workshops.



Group mentoring with Head of Athlete Development.



**NEWCASTLE
GRAMMAR
SCHOOL**

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