

# St Joseph's College *School of Excellence*

## ST JOSEPH'S COLLEGE SPORTS ACADEMY (SJCSA)

### **STUDENT- ATHLETE AGREEMENT 2026**



#### **1. SJCSA WILL PROVIDE:**

- 1.1 A holistic individual development program and a high-performance environment that balances academic achievement and sporting excellence.
- 1.2 High Performance Coaching program and competition (where applicable).
- 1.3 Access to strength and conditioning staff, programs, equipment and facilities in conjunction with our strategic partners.
- 1.4 Personal development programs including camps, guest speakers and excursions (varies for each year level).
- 1.5 Counselling to take into account subject selection, course variations, US College/Australian University advice, career and sport goals, time management schedules, work experience opportunities, sport periodisation plans, major competition and training cycles etc.
- 1.6 General Sports Psychology and Sports Nutrition education.
- 1.7 "Athlete Friendly" services including flexible academic timetables, flexible learning plans (subject to meeting the criteria), negotiated work deadlines, e-learning support when absent, after school tutoring, etc.
- 1.8 In conjunction with our partners, Athlete Services including Performance Psychology, Sports Dietetics, and Sports Physiotherapy for student-athletes to access in a 1:1 capacity, time permitting. Where required referral to relevant external providers will be discussed.
- 1.9 Rehabilitation staff with the specific role of managing injured student-athletes back to full fitness in conjunction with internal and external stakeholders.
- 1.10 Interim academic reports every 5 weeks (with advice on whether the student athlete is up to date and indications on academic progress and behaviour) with full reporting (including a specific SJCSA report) twice per year at the end of each Semester.

#### **2. AS AN SJCSA STUDENT-ATHLETE I WILL:**

- 2.1 Attend all scheduled St Joseph's College Sports Academy High Performance Coaching (HPC) sessions.
- 2.2 Fully engage in High Performance Preparation (HPP) sessions.
- 2.3 Comply with the rules and expectations of St Joseph's College and all staff, coaches and mentors.
- 2.4 Be a good role model in the eyes of peers, teachers and coaches – live the SJCSA motto of Turning Green into Gold and the values of Integrity, Honesty, Accountability, Selflessness, Community and Self Discipline.
- 2.5 Comply with the rules of my sport and demonstrate good sportsmanship and conduct at all sporting fixtures and training sessions.
- 2.6 Maintain a satisfactory rate of academic progress and a positive attitude to my studies. The expectation for student athletes is that a C grade average is maintained across all studies (sound academic and behavioural assessments at a minimum level of "Satisfactory" on the College assessment scale).

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- 2.7 Select the SJCSA HPP program electives at the appropriate year levels.
- 2.8 Wear the appropriate uniform (College or SJCSA uniform) within school and on all occasions when representing the SJCSA program externally.
- 2.9 Be available for selection in school sporting teams when required and compete to the best of your ability (Note: SJCSA commits to state and national pathway opportunities taking precedence over school competitions).
- 2.10 Keep SJCSA informed regarding any change of medical/ injury status which are relevant to his/her participation in sport.
- 2.11 When injured, help with administrative or logistical duties as SJC Sport may require.
- 2.12 When injured follow the prescribed medical rehabilitation programme as prescribed by the relevant medical professional.
- 2.13 When injured and where practically possible, attend compulsory training sessions and fixtures as well as conditioning sessions, which could take on the form of rehabilitation with the team.
- 2.14 Endeavour to maintain the ability to play sport at all times for the duration of this agreement.

### **3. STRENGTH & CONDITIONING**

3.1 To maximise the effectiveness of the athletic development program and minimise likelihood of injury, I commit to not having any external provider of strength and conditioning programs without discussion with SJCSA Strength & Conditioning staff and our partners, Next Level Fitness.

*It is acknowledged that those in State and National Squads may have specific programs prescribed for them which will be supported; however communication between SJSA and external staff will ensure appropriate training loads.*

### **4. ANTI-DOPING**

4.1 The St Joseph's College Sports Academy condemns the use of performance enhancing drugs and doping practices in sport. You agree to take no drugs or substances that will modify growth, behaviour or performance. You also agree to comply with the Anti-Doping Policy of Sport Australia or your chosen sport, as applicable.

### **5. BREACH BY ST JOSEPH'S COLLEGE SPORTS ACADEMY STUDENT ATHLETE**

5.1 Any non-compliance of this Agreement, SJCSA may suspend or remove you from the program.

5.2 Students failing to make satisfactory academic progress will initially be placed on a personal improvement program after counselling. Ongoing unsatisfactory academic progress and effort will result in student-athletes being suspended from the program and ultimately removed if academic progress and effort does not improve.

5.3 Any student removed from the program for breaches of this agreement, may after a thorough internal review, be permitted to continue their education at St Joseph's College.

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## 6. FUTURE ACADEMY PLACEMENTS:

6.1 Student-athletes are reviewed every 12 months to determine whether they retain their Sports Academy placement for the following year. Consideration of placements will be based on the following key areas:

- High Performance Coaching Program Report.
- HPP Report/Engagement.
- Sport Engagement/Pathway Progression.
- Academic Achievement (Grade Point Average), Endeavour and Classroom Behaviour.
- **SJC Activity Engagement (Swimming Carnival, Athletics Carnival, Cross Country) and General School Engagement/Behaviour.**

Note: students will not lose their placement in the event that their Pathway progression has stalled, or they are not at a junior elite level at this stage. All factors will be taken into account and a student who is engaged and performing well in every other area will continue as an Academy holder.

## PARENT/CARERS SECTION

### 1. MEDICAL

If my child is ill, injured or involved in an accident, I acknowledge that emergency medical treatment may be administered.

*It is recommended that St Joseph's College Sports Academy students are covered by **private health/ambulance insurance** due to the potential of higher risk of injury due to training and competition.*

### 2. INJURY INFORMATION

I acknowledge that relevant injury information being provided by SJCSA Rehabilitation PARTNERS to SJCSA Coaches, Teachers and/or HPP Staff for the purpose of limiting or modifying participation in Training, School Sport, HPP and/or other school activities as applicable.

### 3. TRAVEL

I acknowledge that my child may travel to and from the High Performance Coaching program and competition venues as part of the SJCSA Program in a school bus. These events will be processed through COMPASS as per normal.

### 4. ATHLETE SERVICES

4.1 Individual consultations with Performance Psychologists and Sports Dietitians are offered within the SJCSA Program, availability permitting, parental consent will be obtained prior to initial appointments.

4.2 Individual consultations with Sport & Exercise Physiotherapists, are offered within the SJCSA Program. Please note that upon accepting the student-athlete agreement, consent for your child to access the above services is standing. Communication post all appointments and advice on management pathways required will be provided.

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## **5. MEDIA CONSENT**

I acknowledge that my child may be photographed, filmed or interviewed and for publication of the same for promotional purposes or as part of a school approved St Joseph's College Sports Academy activity.

## **6. RESEARCH CONSENT:**

I acknowledge that data collected about my child, as part of their regular SJCSA Program, may be used for research purposes with Australian Universities and other research partners of St Joseph's College Sports Academy. I understand that for group reporting purposes (ie. internal reports, staff professional development presentations, scientific journals) my child's data will be de-identified (anonymous). I understand that any research project/data collection outside of the regular SJCSA program will require additional consent.

Withdrawing consent will not have any impact on my child's relationship with St Joseph's College Sports Academy, research partners and any St Joseph's College Sports Academy staff members.

Should you wish to opt out of the above, please inform SJCSA in writing via [tdicker@sje.vic.edu.au](mailto:tdicker@sje.vic.edu.au)

## **7. PAYMENT:**

7.1 If school fees are not paid and current, this may result in a student being removed from the program.