

ATHLETIC DEVELOPMENT

The curriculum for our Athletic development program aligns to the vision and development of sport performance and wellness at the St Stithians Boys' College.

The ultimate focus and aim of the Athletic Development program is six-fold:

1. Enhance the quality of life & health of students with a long-term vision of holistic development
2. Track, monitor and engage with the boy's through formalized testing protocol which is aligned to the AD Curriculum and the vision of sport development at Boys' College.
3. Develop a base for athletic optimization in all students regardless of ability (establish a base to project their individual potential)
4. Create a fun & safe environment that promotes growth & learning on concepts of holistic athletic performance (drive engagement & commitment to the curriculum)
5. Expose students to basic flexibility & strength exercises & sport specific abilities to promote sport participation (in a hope to be active for life)
6. Develop strategies of wellness & well-being as a tool to coping effectively

The Athletic development Curriculum

The curriculum is the further broken down to four foundational aspects of movement, exercise and wellness.

These 4 foundational pillars are:

1. Flexibility, mobility, proprioception & vision
2. Basic body weight strength & movement
3. Cardiovascular Endurance Capacity
4. Sport Specific movement

The Athletic Development lessons are structured in a manner aimed to develop the above-mentioned pillars throughout the year. At regular intervals the boy's are taken through formalized testing protocol consisting of 8 test batteries.

The purpose of the testing is fourfold:

1. To ensure that the foundational movement pillars that we are trying to teach in our AD Classes are producing effective results in the students
2. To identify talent across the testing parameters
3. To understand the trends of development which exist across physical factors of sport and exercise
4. To establish suitable and reliable norms for Saints Boys' College