



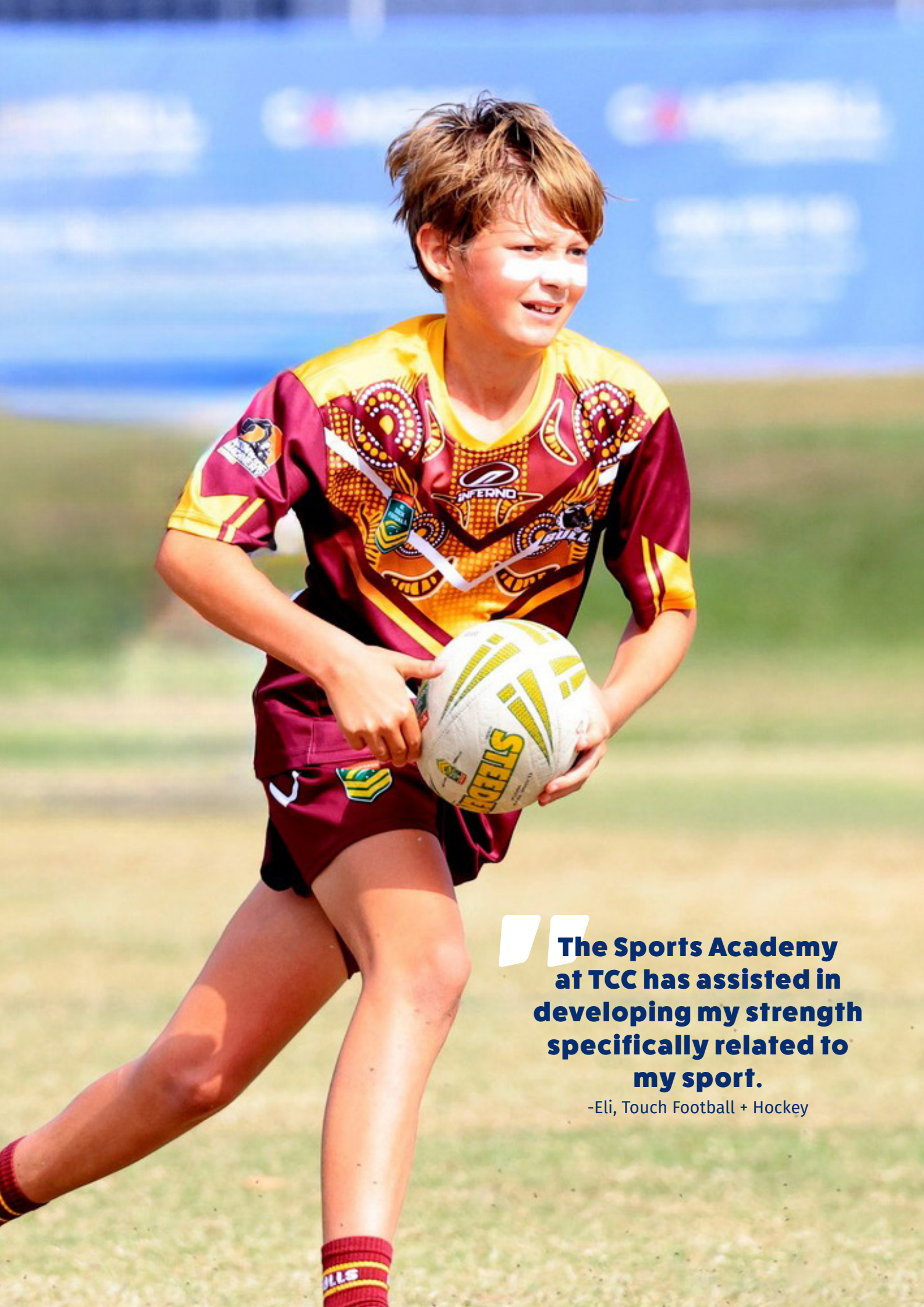
THE CATHEDRAL COLLEGE

# Sports Academy Prospectus

*Come, live life* in all its fullness JOHN 10:10

189 William St, Rockhampton | [www.tccr.com.au](http://www.tccr.com.au) | 07 4999 1300





**The Sports Academy at TCC has assisted in developing my strength specifically related to my sport.**

-Eli, Touch Football + Hockey

# The Cathedral College Sports Academy

## Talented Athletes Program

As part of The Cathedral College's (TCC) commitment to providing our students with a holistic education, we recognise and celebrate the integral role that Sport plays in the development of our young people.

Accordingly, in 2023 the College proudly launched the TCC Sports Academy.

The TCC Sports Academy serves to support students who excel in their sport through the Talented Athletes Program (TAP). The College recognises the demands placed on young, talented athletes and TAP is our response to assist our students develop their sporting talents and set realistic sporting goals that are in balance with other aspects of their life.

The Program is open to identified and selected students in Years 7 to 12 and it will aim to provide athletes with targeted training, load monitoring, strength and conditioning programming, nutrition guidance, time management education, as well as wellbeing support services.

In 2024, TAP is divided into two separate arms consisting as follows:



**Non-sport specific**



**Rugby League**

(female and male) incorporating selected members of our Dolphins Cup, Challenge and Confraternity squads.



## Talented Athletes Program Overview

The talented Athletes Program (TAP) was created to support our talented athletes at the College in their chosen sports. The Program recognises that in all sports it is vitally important for students to be an athlete first thus targeting their speed, strength, agility, flexibility, plyometrics, core stability aerobic capacity.

The program aims to support student athletes from a variety of sporting backgrounds including Netball, Touch Football, Australian Rules Football, Athletics, Basketball, Cricket, Football, Hockey, Rugby League, Rugby Union, Swimming, Tennis, Cross Country, Rowing, Softball and other sports.

Apart from Rugby League which is one of the most played sports in terms of student participation numbers, TAP differs to an excellence program as it does not solely focus on the technical aspects of a specific sport. Instead, the program prioritises key targets in each sport whilst also providing support to enhance the athlete physically, mentally, socially, and emotionally.



**Gym sessions with Angus have been a lot of fun and beneficial to my sport.**

- Renee, Open Water Swimming  
+ Surf Lifesaving



## College Gym

The College Gym operates on campus. This facility targets those students above access to a supervised Strength and Conditioning program, as well as providing all students involved in College Sport supervised gym access. The strength program embraces the theory of long-term Athletic Development and focuses on physical skill development.



## Targeting Training

TAP identifies key athleticism areas in each sport that an athlete should focus on to maximise performance in their chosen sport. Although TAP acknowledges all sportsmen/women should train in all these areas of athleticism, we ask athletes to target and maintain conditioning in areas of priority that are more important to specific sports or positions in that sport. If an athlete is well developed and conditioned in those priority areas, they should next target areas of weakness. The TAP narrows these five areas of athleticism to include:

- AEROBIC Conditioning /Agility (fitness)
- STRENGTH/Power (upper body and lower body)
- SPEED
- PLYOMETRICS (jumping ability)
- CORE stability/strength

## Targeted Mentoring/Support

The College TAP provides students with support for their wellbeing through mentoring interview and sport science lectures. Here students are assisted in many areas including planning, goal setting, load management, mental health.





To find out more, please contact our  
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