



THE  
CATHEDRAL  
COLLEGE  
**SPORTS  
ACADEMY**

“COME, LIVE LIFE IN ALL ITS FULLNESS” JOHN 10:10

# TCC 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 is proud to announce the launch of 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 well-being support services.

TAP is divided into three separate arms consisting as follows:

1. Non-sport specific
2. Netball - Senior and Junior Girls QISSN/Vicki Wilson Cup & Shield Netball Squads
3. Rugby League which incorporates selected members of our Rugby League Dolphins Cup and Challenge 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.

TAP also looks to provide wellbeing and mentoring support by purchasing an Athlete Monitoring Program (phone app) and introducing more regular mentor meetings with students in the program.

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

Apart from Netball and Rugby League which are the Colleges two 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.

## COLLEGE GYM

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

## TARGETED TRAINING

TAP identifies key athleticism areas in each sport that an athlete should focus on to maximise performance in their chosen sport. Although the 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 position 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 well-being through regular mentoring interviews and sport science lectures. Here students are assisted in many areas including planning, goal setting, load management, mental health, etc.



To find out more, contact  
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