

Physiotherapy

All athletes across our Sports Excellence programs undertake a Physio Screening or Physical Competency Assessment. Conducted by our Physiotherapists, Michael and Joanne Dalgleish, these processes allow athletes to better understand their physical areas of strength and weakness. The results of these tests provide our Strength and Conditioning trainers a platform to develop programs that will prepare the athlete's bodies for the stresses placed on them in their chosen sport, and assist managing or avoiding injury.

Michael and Joanne are available to students in the Sports Excellence programs four mornings per week for triage and rehabilitation progress checks. Athlete's progress is communicated through Catapult to coaches and trainers to ensure athlete's sessions are appropriate to their recovery phase. Athletes are also provided with the tools necessary for carrying out their rehabilitation work in their Sports Excellence classes.

Nutrition

Our philosophy on nutrition focusses on the impact of nutrition on performance being as integral as all other aspects of physical development and performance. We aim to aid our athletes in understanding that how we fuel our body directly influences the way our body works. We have developed resources, including The Healthy Athlete Plate, a wide range of recipes and diet considerations and undertake cooking classes and demonstrations with the students.

The resources are accessible to our Sports Excellence athletes through the AMS platform. These resources encourage the whole family to engage in considering their nutrition, not only for athletic performance but also for healthy lifestyles.

VALD Performance Lab and Sports Centre Complex

The college has partnered with VALD Performance to establish a world-class Movement lab to support the development of athletes and minimise athlete injuries through biomechanical analysis within the lab. This equipment is the same equipment used in European Premier League Football Teams and NBA Basketball Teams.

The lab is part of a \$21 million Sports Stadium and Sports Centre Complex that enable the college to provide a world-class learning environment for a multitude of classes that students access weekly. The complex has 3 basketball courts, 5 volleyball courts, netball and badminton courts, and is the hub for much of the college's HPE and Sports Excellence programs. The specialist spaces include a Kinesiology Lab, Pilates Room, Weights Room, and Physio Treatment room that enable the college to continue to provide a truly unique learning experience for students in the Sporting Excellence programs.

Fees

The Football School of Excellence current fee structure is available upon request. Program fees include all coaching, lectures and courses as well as physiological screening each year.

Kelvin Grove State College is a government school and therefore academic tuition for domestic students attracts a standard resource charge and additional levies as per individual subject areas. All excursions and extra curricular activities incur an additional charge.

Application Process

For further information please contact the Football Excellence Coordinator on 07 3552 7397 or email football@kelvingrovesc.eq.edu.au.



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Football School of Excellence

A partnership between Football Queensland & KGSC



Kelvin Grove State College

The Pursuit of Excellence With All Our Might



General Information

Kelvin Grove State College in conjunction with Football Queensland offers school students the opportunity to improve their football ability and awareness whilst completing their Queensland Certificate of Education. This innovative program commenced in 1998 and is one of many excellence programs offered at the college.

Past students enrolled in the Football School of Excellence program have achieved well over the years with players representing Australia at Senior Under 20, Under 17 and Schoolboy level. Players are also currently playing in the A League and the National Premier League.

Aim

To provide students with identified football talent an opportunity to develop their game skills and to expose them to all facets of football, from administration to team management, to provide a genuine career pathway. On top of this we pride ourselves on developing good people with excellent values to take with themselves when they leave the Football Excellence Program.

Course Overview

The Football School of Excellence program is designed for students in Years 7 -12.

The program is designed to provide students with the opportunity to develop their football skills and to use the study of football to improve their academic opportunities and provide pathways to tertiary study.

Year 10 students will commence a Certificate 3 in Fitness which encompasses a Certificate 2 in Sport and Recreation to be completed by the end of the program. Students may also have the option of completing a Certificate IV in Fitness.

Future prospects abound: Representative football offers the opportunity to participate in competition throughout Australia and internationally.

Football coaching, sports administration and managerial positions are possible. Entry into the Australian Institute of Sport program is possible for exceptionally talented players. School based traineeships are also available to students whilst completing Years 11 and 12.

Course Structure

Football Excellence students in Years 10-12 choose five academic subjects and football, whilst students in Years 7-9 select football as one of their elective subjects.



Students in the Football School of Excellence program will receive the following tuition and coaching:

- Player development
- Strength training
- Games – as scheduled
- Nutrition and Sports Psychology lectures, and Sports Medicine courses

Selection Criteria

Acceptance into the Football School of Excellence program is dependent upon a student's ability to meet the following criteria:

- Applicants must be of acceptable playing standard and be prepared to reach their full potential with dedication and hard work
- Proven exemplary record of attitude, industry and behavior in a school community
- Proven football skill and ability (must have played division one in an endorsed competition)
- Ability to work with others in pursuit of football excellence
- Willingness to study other academic subjects at the college, undertake homework each night, and demonstrate a desire to complete their schooling
- The financial ability to meet the costs associated with football studies
- Willingness to promote football in all its facets
- Compete in all available competitions during the year at the discretion of the coordinator

The following factors are also considered in the selection process:

Football

- Level played
- Representative honours
- Potential and coachability

Schoolwork

- Achievement, Behaviour and Industry – comments and achievement levels on most recent school reports
- An exemplary behaviour record (evidence to be provided)

Athlete Management

Athletes in KGSC Sports Excellence programs utilise Athlete Management Solutions software called AMS. AMS is a tool used to manage athlete's time and training load, monitor wellness, track injuries and rehabilitation, and communicate with coaches and trainers.

Players can access the AMS app, to log their training times and intensities, as well as respond to a wide range of wellness metrics. Using AMS, our coaches can keep track of players' physical and mental states, and ensure their training load is appropriate and meaningful.

Each athlete also has access to their own profile, which shows their fitness and skills testing results, keeps them up to date with their program calendar, and communication tools.