

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 AMS 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.

Junior Sharks Program

The Junior Sharks program caters for students in Years 2 – 6 and acts as an introduction to golf, providing a pathway for students to progress into our Development and Senior Squads. Students receive weekly professional tuition at Victoria Park Golf Club.

Fees

The Queensland Golf 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.



For further information please contact Tony Robertson Golf Excellence Coordinator on 07 3552 7397 or 0417 725 917 or email golf@kelvingrovesc.eq.edu.au

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Queensland Golf School of Excellence

A partnership between Golf Queensland & KGSC



Kelvin Grove State College

The Pursuit of Excellence With All Our Might



General Information

Kelvin Grove State College, in partnership with Golf Queensland established the Queensland Golf School of Excellence in 1986. The excellence program is aimed at elite junior players, and caters for a range of age-groups and experience levels. The Senior Squad targets players from Years 10 – 12 who are competing at an elite level, whilst the Development Squad targets players from Year 7 – 12 who are not yet competing at the elite level, but who are involved in regular, high level golf competition.

The excellence program is undertaken as one of the six subjects students must study whilst completing their middle and senior years, and involves small group coaching and instruction, individual lessons, practice and competition, theory and fitness sessions.

The Queensland Golf School of Excellence operates under the guidance of recognised coaches, Mr Chris Rutherford and Mr Richard Harris. The latest, state-of-the-art sports science physiotherapy and psychology screening, feedback and lectures are provided by world leading consultants. Training is conducted at Indooroopilly / Keperra Golf Clubs and Victoria Park Golf Complex.

Successful Queensland Golf School of Excellence students will have a choice of tertiary pathways through the school's links with Griffith University and the International Sports Institute, TAFE study, or traineeships in professional golf, the tourist industry or sports administration. The program is also an official feeder program to the Queensland Academy of Sport (QAS) golf program.

Course Outline

The program is designed to emphasise three areas of study. Students are expected to develop knowledge, skill and application in each of these areas.

Technique

- During the program students will develop a knowledge and understanding of the fundamentals of a good golf swing. Students will study the fundamentals of all aspects of the game, in order to improve their own technique and the technique of others.

Game

- To develop a truly rounded golf education it is important that the student examine the many other influences on the game of golf. The students will examine the influence of the equipment, rules, administration and course design.

Player

- Students will develop a knowledge and understanding of the relationship between performance and psychological and physiological influences.



Course Structure

Students will receive the following tuition and golf experience as part of the program:

- Small group coaching and golf instruction
- Individual lesson with coach and coordinator
- Practice or 9 holes playing
- 18 holes competition – intra class or interschool
- Coaching observation
- Theory and classroom lessons
- Fitness stretching, strengthening and control work specially related to golf

Selection Criteria

Selection into the Queensland Golf School of Excellence is dependent upon a student's ability to meet the following criteria:

- Applicants should be of A Grade standard
- Recommended Handicap: Boys 12 or less, Girls 18 or less
- Special consideration will be shown to applicants who have not yet reached the level of golf required, but show the ability and potential to improve
- A golf trial involving observation by a golf coach from the program will be conducted in conjunction with an interview
- International students are requested to send a CD/DVD of golf swing

Final selection will be made using information gained from interview, golf trial and application material. Students will be selected according to set criteria by the selection panel of the program's coaches and coordinator. The directors of the program will give final approval of the selections.

All applicants must demonstrate:

- A satisfactory desire to complete their senior schooling
- The financial ability to meet the costs associated with the excellence program

Golf - Technical

- Degree of technical proficiency, quality of ball striking, performance, major tournament results, handicap, potential, length of time playing, speed of handicap reduction, physical physique and coordination

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.