

During this time she launched the highly successful, Michelle Bridges 12 Week Body Transformation online program, that not only focuses on fitness but also on people's mindset and more importantly, nutrition.

Michelle has published 11 bestselling books and her most recent book, Food For Life showcases how to eat for a sustainable healthy life. She has also created a hugely successful apparel, fitness equipment and kitchenware range and more recently developed a convenient healthy food range in Woolworths breaking all usual conventions for frozen meals in Australia.

Lisa Donaldson – Sports Dietitian

Lisa Donaldson is an Accredited Practising Dietitian and Sports Nutritionist who followed her path to dietetics after being diagnosed with Coeliac Disease. Prior to that, Lisa was a highly regarded educator, teaching Primary School children for a decade.

Lisa is the Nutrition Lead for Michelle Bridges 12 Week Body Transformation Program, as well as a Private Practice Dietitian in Canberra. She is a presenter for Nutrition Australia and teaches Nutrition to Allied Health Assistants at the Canberra Institute of Technology.

Lisa writes Blogs for various publications and has been published in Men's Health, Fitness First Magazine, InStyle, Cleo, Mother & Baby, Coles Magazine and publications for Arthritis Australia.

Lisa also has a Cert III in Fitness and taught Group Fitness for ten years in gyms across the ACT. She is also a Mum so understands the demands of a busy household as well as the need for nourishing and simple meals!

Interested students should fill out an application form, and return to:

David Kuchler
Head of Department
HPE

**Kelvin Grove State College
Senior School**

L'Estrange Terrace
Kelvin Grove 4059

For further information contact:

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CRICOS Provider Number: 00608A



KGSC Volleyball Excellence Program



**Kelvin Grove
State College**

The Pursuit of Excellence With All Our Might



Volleyball Excellence

Kelvin Grove State College is proud to announce its newest Sports Excellence program, Volleyball Excellence.

This innovative program is designed for students in Years 6 - 12.

The program will provide students with the opportunity to select Volleyball Excellence as a subject and further develop their volleyball skills and knowledge.

Most volleyball sessions will run out of QUT's Health Stream Gymnasium.

Program Overview

- Twice weekly training sessions
- Weekly strength and conditioning sessions
- High quality coaching
- Physiotherapy screenings
- Sports nutrition
- Sports psychology
- Volleyball Queensland Registration
- Training uniform
- Playing jersey
- Nominations to Qld Schools Cup events
- Refereeing course

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.



Physiotherapy

All athletes across our Sports Excellence programs undertake a Physio Screening or Physical Competency Assessment. Conducted by our Physiotherapists, Michael and Joanne Dalglish, 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 two mornings per week for triage and rehabilitation progress checks. Athlete's progress is communicated through Baseline 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 Ambassador Michelle Bridges

Michelle Bridges is one of Australia's most influential health and fitness experts, having helped Aussies lose well over 1 million kilos. As a professional trainer and group fitness instructor with over 20 years' experience, Michelle was a renowned industry figure before shooting to fame in 2007 on Channel Ten's hit reality show The Biggest Loser in which she starred in 9 series.