

20
27



ADP Application 2027

- Applications Open: June 9th, 2027
- Applications Close: August 21st, 2027
- Physical Testing: September 9th, 2027. Applicants will be notified via email of scheduled test time (approx. 1 hour session)
- Technical Squad Trials: September 7th - 18th, 2027. All applicants will be notified of session days and times.
- Outcome Notification: Term 4, 2027

“Thanks for the opportunity to visit the Athlete Development Program and well done on the program you have put together.

As I said, you have first-class facilities and first-class people, a great combination for results.”

Peter Lonergan

Head of High-Performance Coach Development



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Overview

The Athlete Development Program is a select-entry program available to all students enrolled (or intending to enrol) at any of the Bendigo Education Plan Government Secondary Colleges. This includes Bendigo Senior Secondary College, Bendigo South East College, Crusoe College, Eaglehawk Secondary College and Weeroona College Bendigo. Students in year 7-12 are eligible to apply for the program.

All coaching and physical training is carried out by highly qualified and professional staff. Student-athletes are required to meet certain academic and behavioural standards, attendance, and effort. All of these requirements are identified in the Student-Athlete Agreement which every member of the program signs when accepting a place in the program.

In 2025, the program cost is \$1400.00. For 2026 we are yet to confirm the final cost, successful applicants will be notified once admission process is complete.

2026 sports available

- Australian Rules Football (AFL)
- Athletics (Middle Distance and Sprints/Jumps)
- Basketball
- Cricket
- Cycling (EOI)
- Netball
- Soccer
- Tennis (EOI)

We are exploring the interest levels for Cycling and Tennis (EOI- Expression of Interest)

Components of the ADP

General Physical Preparation: General Physical Preparation (GPP) is the foundation for athletic development. GPP develops physical conditioning in flexibility, mobility, strength, speed, agility, endurance and other fundamental components of fitness. GPP plays an important role in injury prevention, rehabilitation and reconditioning post injury.

Technical Squad: The Athlete Development Program's Technical Squads are focused on providing an opportunity for each student-athlete to develop, challenge, refine their skills and increase their understanding of their chosen sport. The Technical squads train in the morning before school with our specialist and qualified coaches. These sessions focus on skill acquisition, tactical development and game understanding.

Theoretical and Health Professional Content: Students will be exposed to a range of information, concepts and health professional presentations throughout their ADP journey. To complement the delivery of VCAA curriculum requirements, the ADP uses an accredited Sports Psychologist, Sports Dietitians, Physiotherapists, and an Exercise Physiologist to deliver and inform theoretical content

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Developmental Stages

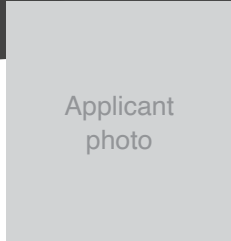
Learning to Train (Year 7 & 8): Student-athletes are exposed to the physical requirements required to maximise development. The focus is on flexibility, coordination and establishment of movement patterns. The fundamental movement skills should be further developed in this phase and specialised movement skills (i.e., sports skills) should be introduced. Athletes in this age group are believed to be the most receptive to learning motor skills, indeed, if fundamental motor skills are not appropriately developed in this age group, the ability of the athlete to reach their full potential may be compromised. Introduction of Nutrition, Performance Psychology and Sports Science concepts. Where student-athletes will begin to explore strategies to enhance their own development and performance.

Training to Train (Year 9 & 10): Throughout the Training to Train phase, ADP students will continue to refine movement techniques and further develop mobility, flexibility and reaction time through more complex movements. Development of jumping and landing techniques are introduced, whilst running drills are performed with additional resistance. Acceleration, deceleration and agility are explicitly taught and developed. Training becomes much more individualised to focus on an athlete's specific strength and weaknesses, whilst emphasising a long-term athlete development vision.

Training to Compete (Year 11 & 12): Within ADP this stage is about the development of athletes as young adults. By this stage, they are specialising in one sport and working on event- or position specific skills and physical demands. Student-athletes might be soccer goalkeepers, not soccer players, middle distance runners, not track and field athletes. Everything in this stage is about optimising physical preparation. But there is a caution. Athletes should develop their Train-to-Train skills and physical preparation before starting Train-to-Compete skills and activities. During this stage ADP staff expect student-athletes to be self-starters, meaning that individuals will seek feedback, support and guidance periodically to guide workload and prioritisation.

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Application- Student Section

Name			
Year level 2027	Age	DOB	
School you intend to enroll at in 2027			
Gender			
Parent/Guardian 1 name (primary contact)			
Phone	Email		
Parent/Guardian 2 name (if applicable)			
Phone	Email		
I am applying for Athlete Development Program; I would like to be assessed for the following sport/s: (Please tick)			
AFL <input type="checkbox"/>	Athletics <input type="checkbox"/>	Basketball <input type="checkbox"/>	Cricket <input type="checkbox"/>
Cycling (EOI) <input type="checkbox"/>	Netball <input type="checkbox"/>	Soccer <input type="checkbox"/>	Tennis (EOI) <input type="checkbox"/>
I have read and understood the conditions outlined in the ADP Student Athlete Agreement (Please tick) <input type="checkbox"/>			
Current Sport (s)			
Sport / Team 1			
Sport/Team 1 Coach			
Sport / Team 2			
Sport/Team 2 Coach			
Additional Information			

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Medical Information

We are collecting this information as the ADP application process requires direct supervision by ADP staff. Additionally, by lodging this application you acknowledge the risk of injury associated with physical testing and maximal efforts.

Physical testing requires applicants to complete tests of speed, coordination, agility (change of direction), aerobic capacity and power.

Technical squad testing will require applicants to demonstrate skill, tactics, athleticism and additional physical competence depending on specific sports.

Confidential Medical Information for School Council Approved Excursions

The Athlete Development Program will use this information if your child is involved in a medical emergency. All information is held in confidence. The medical information on this form must be current when the application process is run.

Parents are responsible for all medical costs if a student is injured on a school approved excursion unless the Department of Education and Training is found liable (liability is not automatic). Parents can purchase student accident insurance cover from a commercial insurer if they wish to.

Excursion/program name: Athlete Development Program 2027 Application and Testing Period		
Date(s): August 18th – September 4th		
Student's full name		
Student's address		Postcode
Date of birth	Year level	
Parent/guardian's full name		
Emergency telephone numbers	After hours	Business hours
Name of family doctor		
Address of family doctor		Phone number
Medicare number		
Medical/hospital insurance fund		Member number

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Ambulance subscriber? Yes No **If yes, ambulance number:**

Please tick if your child is living with any of the following health conditions:

- Asthma (if ticked, please attach up to date Asthma Management Plan)
- Anaphylaxis (if ticked review and update the Individual Management Plan for the camp or excursion)
- Blackouts Diabetes Dizzy spells Migraine
- Heart condition Fits of any type
- Other (Please specify)

Allergies

Please tick if your child is allergic to any of the following:

- Penicillin Other Drugs:
- Foods:
- Other allergies:

What special care is recommended for these allergies?

Year of last tetanus immunisation:

Tetanus immunisation is normally given at five years of age (as Triple Antigen or CDT) and at fifteen years of age (as ADT)

Medication

Is your child taking any medicine(s)? Yes No
If yes, provide the name of medication, dose and describe when and how it is to be taken.

All medication must be given to the teacher-in-charge. All containers must be labelled with your child's name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the staff and distributed as required. Inform the teacher-in-charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers or insulin for diabetes). A child can only carry medication with the knowledge and approval of both the teacher-in-charge and yourself.

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Medical consent

Where the teacher-in-charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher-in-charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first-aid as the teacher-in-charge judges to be reasonably necessary.

Signature of parent/guardian (named above)

Date:

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References	
Physical Education Teacher	
Email	
Sports Coach/es	
Email	
Sports Coach/es	
Email	
YOUR GOALS	
Your sporting goals briefly describe your future sporting goals. Please consider short and long-term goals	
What are your academic studies goals? What subjects do you want to improve in?	
Describe how you think ADP might benefit you and your development?	

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Application - Parent / Carer Section

Person One Name	
What expectations do you have of the ADP?	
Have you read and understood the application process, Student Athlete Agreement and do you understand there is a fee attached to this program? <input type="checkbox"/> Yes <input type="checkbox"/> No (please tick). A copy of the Student Athlete Agreement is available via https://www.adp.vic.edu.au/	
Describe how you think ADP might benefit your child's development	
Person Two Name (if applicable)	
What expectations do you have of the ADP?	
Have you read and understood the application process, Student Athlete Agreement and do you understand there is a fee attached to this program? <input type="checkbox"/> Yes <input type="checkbox"/> No (please tick). A copy of the Student Athlete Agreement is available via https://www.adp.vic.edu.au/	
Describe how you think ADP might benefit your child's development	

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Checklist (please tick)

Be enrolled at Bendigo Education Plan Secondary School (Bendigo Senior Secondary College, Bendigo South East College, Crusoe College, Eaglehawk Secondary College, Weeroona College Bendigo)	<input type="checkbox"/>
Application completed	<input type="checkbox"/>
Double check email and contact information	<input type="checkbox"/>
Check reference contact details	<input type="checkbox"/>
Check all medical information is accurate (including emergency contact details)	<input type="checkbox"/>
Create an email to send application to adp@bse.vic.edu.au	<input type="checkbox"/>
Attach most recent school report/s (most recent semester minimum)	<input type="checkbox"/>
Attach completed ADP application (including student photo)	<input type="checkbox"/>
Send email and await confirmation response from ADP (please allow 2-3 working days)	<input type="checkbox"/>