

**Varsity College**  
**Year 8 - Athlete Development Program - Semester 2 - 2023**

**Term 3, 2023**

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"> <li>Introduce Risky Business for Athletes</li> <li>Prac: S+C Strength &amp; Conditioning</li> <li>(T+F program discussion)</li> </ul>	
2	17-21 July	<ul style="list-style-type: none"> <li>Risk management in regards to student's individual sports.</li> <li>Prac: S+C Strength &amp; Conditioning</li> </ul>	
3	24-28 July	<ul style="list-style-type: none"> <li>Decision making when faced with risky business.</li> <li>Prac: S+C Strength &amp; Conditioning\</li> </ul>	
4	31 July – 4 August	<ul style="list-style-type: none"> <li>What effect does alcohol have on athletes?</li> <li>Prac: S+C Strength &amp; Conditioning</li> </ul>	
5	7-11 August	<ul style="list-style-type: none"> <li>Drug use in sport &amp; Essay Exam Preparation</li> <li>Prac: S+C Strength &amp; Conditioning</li> </ul>	
6	14-18 August	<ul style="list-style-type: none"> <li>Performance enhancing drugs in sport &amp; Essay Exam Preparation</li> <li>Prac: S+C Strength &amp; Conditioning</li> </ul>	
7	21-25 August	<ul style="list-style-type: none"> <li>Drug agencies and their roles, ASADA online course &amp; Essay Exam Preparation</li> <li>Prac: S+C Strength &amp; Conditioning</li> </ul>	
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> <li>Essay Exam Preparation &amp; Essay Exam</li> </ul>	<b>Exam</b>
9	4-8 September	<ul style="list-style-type: none"> <li>Prac: Fun Fitness Games (focus: teamwork and communication)</li> </ul>	
10	11-15 September	<ul style="list-style-type: none"> <li>Prac: Fun Fitness Games (focus: teamwork and communication)</li> </ul>	
<b>School Holidays: Saturday September 16 – Monday October 2</b>			

**Term 4, 2023**

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"> <li>Introduce Injury Prevention 7 Management</li> </ul>	
2	9-13 October	<ul style="list-style-type: none"> <li>Common injuries in teenagers/athletes</li> <li>Prac: Aquatic pre-testing – swimming fitness</li> </ul>	
3	16-20 October	<ul style="list-style-type: none"> <li>Causes of injuries</li> <li>Prac: Swim fitness</li> <li>Water polo skill development</li> </ul>	
4	23-27 October	<ul style="list-style-type: none"> <li>Management of injuries in athletes</li> <li>Prac: Swim fitness</li> <li>Water polo skill development</li> </ul>	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> <li>Treatment of soft tissue injuries</li> <li>Prac: Swim fitness</li> <li>Water polo skill development</li> </ul>	
6	6-10 November	<ul style="list-style-type: none"> <li>Prevention of injury through best practices</li> <li>Prac: Swim fitness</li> <li>Game play – Water polo</li> <li>Multimodal prep</li> </ul>	
7	13-17 November	<ul style="list-style-type: none"> <li>The importance of stretching and massage</li> <li>Multimodal Draft Due</li> </ul>	<b>Project Draft Due</b>
8	20-24 November	<ul style="list-style-type: none"> <li>How can a Physio help me?</li> <li>Multimodal Due</li> </ul>	<b>Project Due</b>
9	27 Nov – 1 Dec	<ul style="list-style-type: none"> <li>Mindfulness through Yoga and how it help's the athlete</li> <li>Prac: Team Challenges</li> </ul>	
10	4-8 December	<b>Final Week Alternative Program</b>	
<b>School Holidays: Saturday December 9 – Sunday January 21, 2024</b>			