

**Varsity College**  
**Year 9 - 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>'Introduction to Leaders of Evolution'</li> <li>ADP Fitness Testing</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Basketball</b></li> </ul>	
2	17-21 July	<ul style="list-style-type: none"> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Basketball</b></li> </ul>	
3	24-28 July	<ul style="list-style-type: none"> <li>'Leaders of Evolution' – Emerging Leaders in Sport Online</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Football</b></li> </ul>	
4	31 July – 4 August	<ul style="list-style-type: none"> <li>'Leaders of Evolution' e-learning online course</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Football</b></li> </ul>	
5	7-11 August	<ul style="list-style-type: none"> <li>'Leaders of Evolution' e-learning online course</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>AFL</b></li> </ul>	
6	14-18 August	<ul style="list-style-type: none"> <li>'Leaders of Evolution' e-learning online course</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>AFL</b></li> </ul>	
7	21-25 August	<ul style="list-style-type: none"> <li>'Leaders of Evolution' e-learning online course</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Rowing</b></li> </ul>	
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> <li>'Leaders of Evolution' e-learning online course</li> <li>Practical - Strategies &amp; Tactics in Game Play: <b>Rowing</b></li> </ul>	
9	4-8 September	<ul style="list-style-type: none"> <li>Emerging leaders in class extended response</li> </ul>	<b>Exam</b>
10	11-15 September	<ul style="list-style-type: none"> <li>Assessment Review/Feedback</li> <li>MTG: Minor Team Games</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><b>Role of a Coach &amp; Coaching &amp; Lesson Planning</b></li> <li>Introduction to General Coaching Principles</li> <li>ADP Fitness Testing</li> </ul>	
2	9-13 October	<ul style="list-style-type: none"> <li><b>Lesson Plan Development</b></li> <li>General Coaching Principles – Junior Coaching session planning</li> <li>Practical – Games &amp; skill development</li> </ul>	
3	16-20 October	<ul style="list-style-type: none"> <li><b>Junior Campus Coaching Session 1.</b></li> <li>Coaching session planning</li> <li>Aquatics Practical Experience 1</li> </ul>	
4	23-27 October	<ul style="list-style-type: none"> <li><b>Junior Campus Coaching Session 2.</b></li> <li>Coaching session planning</li> <li>Aquatics Practical Experience 2</li> </ul>	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> <li><b>Junior Campus Coaching Session 3.</b></li> <li>Coaching session planning</li> <li>Aquatics Practical Experience 3</li> </ul>	
6	6-10 November	<ul style="list-style-type: none"> <li><b>Junior Campus Coaching Session 4.</b></li> <li>Coaching session planning</li> <li>Aquatics Practical Experience 4</li> </ul>	
7	13-17 November	<ul style="list-style-type: none"> <li>Written report Assessment preparation</li> <li>Project Draft Due</li> <li>Practical Experience</li> </ul>	<b>Project Draft Due</b>
8	20-24 November	<ul style="list-style-type: none"> <li>Assessment feedback and drafting</li> <li>Practical Experience</li> </ul>	
9	27 Nov – 1 Dec	<ul style="list-style-type: none"> <li>Team Sports &amp; Games / Project Final Due</li> </ul>	<b>Project Final Due</b>
10	4-8 December	<b>Final Week 2023 – Alternate Program</b>	
<b>School Holidays: Saturday December 9 – Sunday January 21, 2024</b>			