

Work Hard. Play Hard



2023 Athlete Development Academy Report

2023 Year in Review:

The Athlete Development Academy (ADA) has reached a significant milestone as we reflect on the journey embarked upon with our inaugural class of students. Our vision was initiated by Lisa Noonan, who spearheaded the establishment of ADA with a focus on empowering both naturally talented athletes and students who exemplify dedication and effort.

At Walloon State School, we firmly uphold the belief that every student possesses unique talents and interests, deserving opportunities to explore and realise their full potential. The creation of ADA aligns with this principle, offering an exclusive avenue for students displaying exceptional sporting potential or prowess. Our motto, "Supra et Ultra," meaning above and beyond, symbolizes our unwavering commitment to supporting students in achieving their fullest potential. Through ADA, students not only develop athletic abilities but also acquire essential life skills such as teamwork, leadership, and resilience.



The Athlete Development Academy was born from a collective aspiration to nurture the potential of young athletes comprehensively. Recognising the need for a program that extends beyond sports skills, ADA was founded with the vision of instilling resilience, empathy, and a deep commitment to well-being and community in the next generation of athletes.

Sponsor Appreciation:

We extend our heartfelt appreciation to the following sponsors whose generous contributions have played a pivotal role in the success of the Athlete Development Academy (ADA):

1. **B&V Haulage:** Your sponsorship of \$1,500 towards the ADA Camp has enabled us to provide invaluable training opportunities and experiences for our young athletes. Your support is deeply appreciated.
2. **Coles Autobody Repairs:** With your sponsorship of \$1,000 towards the ADA Camp, you have helped us create a nurturing environment where our athletes can thrive and grow. Thank you for your commitment to our cause.
3. **Dalencon Diesel Services:** Your contribution of \$300 towards the ADA Camp has made a significant difference in our ability to offer comprehensive training and development programs. We are immensely grateful for your support.
4. **Walloon Hotel:** Thank you for your sponsorship of \$1,000 towards ADA Shirts. Your support has not only enhanced the identity of our athletes but has also reinforced the sense of belonging within our academy.





We would also like to express our gratitude to everyone who contributed to our raffles, which raised a total of \$2,845 towards the ADA Camp. Your generous donations and participation have made a meaningful impact on the opportunities available to our athletes. Thank you for your contributions to our cause.

The Athlete Development Academy is deeply grateful for the support and generosity of our sponsors and contributors. Your belief in our mission and dedication to the development of young athletes have made it possible for us to continue nurturing talent, building character, and shaping futures. Together, we are making a difference in the lives of our students and in the broader community. Thank you for being integral to our journey and for your unwavering support.

Community Connections:

The Athlete Development Academy (ADA) is deeply committed to fostering meaningful connections within our community, as we recognise the invaluable support and resources it provides in nurturing the growth and development of our young athletes.

We are delighted to highlight the collaborative partnership with Walloon Hotel, whose generous support enabled us to host our ADA Gala Dinner. The elegant ambiance and impeccable service provided by Walloon Hotel created the perfect setting for an evening of celebration and recognition of our athletes' achievements. Their commitment to our cause has strengthened our ties with the local community and furthered our mission of empowering young athletes.



In our pursuit of collaboration and shared learning, we have established meaningful connections with Ipswich State High School. Through joint initiatives and events, we aim to promote healthy competition, foster camaraderie, and provide our athletes with enriching experiences. Together, we are creating opportunities for growth and development that transcend individual boundaries and benefit the broader community.

We are incredibly grateful for the support extended to us by the Gold Coast Titans. Their partnership provided our athletes with a unique opportunity to participate in a family tour and attend a match, immersing them in the professional sporting environment and inspiring them to aspire to greater heights in their athletic pursuits. The Gold Coast Titans' involvement underscores their commitment to nurturing young talent and contributing to the development of grassroots sports programs.



The Athlete Development Academy is dedicated to building and nurturing strong connections within our community, as we firmly believe that collaboration and support are essential pillars of success. We extend our heartfelt gratitude to our partners and supporters for their unwavering commitment to our mission and for their invaluable contributions to the growth and development of our athletes. Together, we are shaping a brighter future for our young athletes and fostering a sense of belonging and pride within our community.

Sporting Contribution

In 2023, our students demonstrated exceptional talent and dedication across a diverse range of sports, further solidifying our commitment to holistic athlete development.

School Champions:

We are pleased to announce that our school produced remarkable performances in various sporting events, with notable achievements including:

- 5 Cross Country Champions
- 6 Athletics Champions
- 4 Swimming Champions

Representatives of Fassifern Zone:

Furthermore, our students represented the Fassifern zone with distinction in multiple sports, showcasing their abilities and commitment to excellence.

Our representatives participated in:

- Swimming
- Touch Football
- Netball
- Athletics
- Rugby League
- Cross Country

Representatives of Western Ranges District School Sport:

Several of our students earned recognition as district representatives in various sports. This esteemed accomplishment demonstrates their exceptional skills and places them among the top athletes in WDRSS.

Our students represented in:

- Swimming
- Rugby League
- Athletics

Representatives of Metropolitan School Sport:

One of our students earned recognition as a regional representative in one sport. This esteemed accomplishment demonstrates her exceptional skills and places her among the top athletes in MWSS

Our student represented in:

- Hockey

Financial Report: Athlete Development Academy

Income:

| Income Type | Who | Amount | Contribute To |
|---------------------|--------------------------|-----------------|---------------|
| Sponsorship | B&V Haulage | \$1,500 | ADA Camp |
| Sponsorship | Coles Autobody Repairs | \$1,000 | ADA Camp |
| Sponsorship | Dalencon Diesel Services | \$300 | ADA Camp |
| Raffle | Various | \$495 | ADA Camp |
| Raffle | Various | \$2,350 | ADA Camp |
| Sponsorship | Walloon Hotel | \$1,000 | ADA Shirts |
| School Contribution | Walloon State School | \$6,500 | ADA Camp |
| Total Income | | \$13,145 | |

Expenses:

| Expense | Vendor | Amount |
|--|--|-----------------|
| Camp - Food, Accommodation, and Activities | Runaway Bay Sport and Leadership Excellence Centre | \$5,236 |
| Camp - Bus | Highway Coaches | \$1,600 |
| ADA Equipment | Testing Equipment (See itemized list) | \$5,000 |
| ADA Shirts | Blackchrome | \$1,000 |
| Total Expenses | | \$12,836 |

Overall Position:

The Athlete Development Academy's financial position for 2023 stands at a surplus of \$309. This surplus was utilised to pay the deposit for the 2024 camp.

The Athlete Development Academy successfully managed its finances in 2023, primarily due to the generous contributions from sponsors and the support of the community. The academy received significant sponsorship for its camp activities, which allowed students to participate in valuable training and development opportunities. Additionally, the support from Walloon State School and various sponsors facilitated the purchase of necessary equipment and uniforms for the academy.

Despite the significant expenses incurred for camp-related activities and equipment, prudent financial management ensured that the academy remained in a positive financial position at the end of the year. The surplus was used to pay the deposit for the 2024 camp, ensuring continued opportunities for student participation in future programs.

The Athlete Development Academy expresses its gratitude to all sponsors, supporters, and contributors for their invaluable assistance in fulfilling its mission of nurturing and developing young athletes.

This financial report provides transparency regarding the academy's income, expenses, and overall financial position for the year 2023.



Capability Development

ADA places a strong emphasis on professional development opportunities for our staff. In 2023, ADA teacher Mitch Raine attended a training session at Runaway Bay Sport and Leadership Excellence, focusing on VALD performance technology. This training equipped Mitch with valuable insights into the application of advanced technology for testing students' athletic performance. By incorporating VALD performance technology into our testing protocols, we aim to gather precise data to inform individualised training programs tailored to our students' needs.

Our commitment to evidence-based practice is paramount in all our activities. Throughout 2023, ADA conducted extensive school-based research focused on long-term athlete development. By leveraging evidence-based research, we ensure that our programs and interventions are grounded in scientific principles, maximising their effectiveness in nurturing athletes' potential.

ADA recognises the importance of collaboration and knowledge sharing within the broader educational and sporting community. To this end, we established strategic partnerships with Ipswich State High School and Bremer State High School. These partnerships allowed us to gain valuable insights into their successful practices and strategies, which we can adapt and implement within our own academy. By fostering collaborative relationships with other educational institutions, we aim to continuously improve our programs and services for the benefit of our students.



Athlete Development Academy Student Testing Report:

The Athlete Development Academy conducted comprehensive testing on its students to assess their progress and development in various athletic parameters. The tests aimed to evaluate the effectiveness of the academy's training programs and the progress of its students over the past year.

The primary objective of the testing was to analyse the improvements made by the students in different athletic components compared to the previous year's results. Additionally, the report aimed to identify any areas where students may have faced challenges or exhibited minimal progress.

The following table outlines the results of the student testing conducted in November 2022 and November 2023:

| Test | 2022 November | 2023 November |
|--------------------|---------------|---------------|
| Standing Jump | 1.406875 | 1.546246898 |
| 3 Cone Drill | 10.98625 | 10.48417582 |
| Sit Up 1 Minute | 40.44680851 | 49.0814239 |
| Medicine Ball Push | 3.489791667 | 4.088048449 |
| Beep Test | 4.860416667 | 5.499786325 |
| 30m Sprint | 5.897708333 | 5.85 |
| Vertical Jump | 2.138125 | 1.91 |
| Sit and Reach | 22.86458333 | 24.50961538 |
| Push-Ups 1 min | 34.74468085 | 31.92525399 |

Overall, the testing results indicate significant improvements in most areas compared to the previous year. Standing jump, 3 Cone Drill, Sit Up 1 Minute, Medicine Ball Push, Beep Test, 30m Sprint, Sit and Reach, and Push-Ups 1 min all showed increased outcomes. This demonstrates the effectiveness of the Athlete Development Academy's training programs in enhancing various physical attributes and athletic abilities among its students.

Two areas, namely Vertical Jump and Push-Ups 1 min, showed a decrease in performance compared to the previous year. However, this decline can be attributed to students focusing on correcting their techniques rather than solely aiming for maximum performance during testing. As a result, while the immediate results may not reflect improvement, the focus on technique correction suggests a long-term benefit for the students' overall development.

The Athlete Development Academy's student testing has demonstrated positive outcomes in various athletic components, indicating the effectiveness of its training programs. Despite minor declines in certain areas, the emphasis on technique correction suggests a deeper level of development that may not be immediately evident in the testing results. Moving forward, continued focus on technique improvement alongside physical conditioning will be crucial for the holistic development of the academy's students.

This report serves as a snapshot of the students' progress and provides valuable insights for further refining the training programs offered by the Athlete Development Academy to ensure continued growth and success among its students.

Note: The data provided is based on the testing results from November 2022 and November 2023.

2024 Forward Planning

After thorough review and evaluation of our operations and outcomes in 2023, the Athlete Development Academy (ADA) has updated its goals and strategic initiatives for the upcoming year. Our focus for 2024 encompasses several key areas aimed at enhancing the effectiveness and sustainability of our program.

One of our primary objectives for 2024 is to refine and update our testing benchmarks. By revisiting and adjusting our performance metrics, we aim to provide more accurate and meaningful assessments of our athletes' progress and development. This will enable us to better track their growth and tailor our training programs to meet their individual needs.



Building upon the successes and lessons learned from the previous year, we have undertaken significant efforts to enhance the sophistication of our program. Through the integration of advanced training methodologies, sports science principles, and technology-driven solutions, we are poised to offer our athletes a more comprehensive and tailored development experience.

In collaboration with the Parents and Citizens (P&C) Association, we have conducted a thorough review of our sponsorship package. As a result, we have updated and refined our offerings to better align with the needs and interests of potential sponsors. Our revised sponsorship package aims to provide enhanced value and opportunities for sponsors to engage with our academy and support our mission.

After careful consideration and financial analysis, we have decided to transition to a different camp location for our annual training camp. By partnering with the school to manage the camp internally, we aim to achieve greater financial viability and operational control. This strategic move will enable us to optimise resources, enhance the overall camp experience for our athletes, and ensure the long-term sustainability of our program.

As we look to the future, the potential of ADA and our athletes is promising. Building upon the carefully laid foundations, we envision ADA evolving into a hub of innovation and excellence in athlete development. Our focus remains steadfast on creating unique opportunities, fostering a culture of innovation, and expanding our network within the sporting community, academia, and relevant industries.