



St Hilda's Collegiate School

Athlete Assistance and Development Programme

This programme is open to all students currently in Years 11-13. The programme is facilitated by Belinda Colling and is designed to support students to build resiliency, independence and effective coping strategies in time management, planning and goal setting.

Belinda has over 10 years at the top in sport playing for New Zealand in both netball and basketball. She captained the Silver Ferns and played over 90 games with the highlight of her career winning a World Championship in 2003 and a Commonwealth Games Gold in 2006. She competed at the Sydney Olympics in 2000 with the Tall Ferns basketball team and has travelled extensively worldwide in both codes.

Belinda has a BA in Psychology from Otago University and a Graduate Certificate in Career Counselling for Elite Performers through Victoria University in Melbourne. She has worked as a Performance Planner and Athlete Life Advisor for HPSNZ and Netball NZ over the past 6 years. Belinda has a passion for helping young athletes and thrives on seeing them fulfilling their goals and reaching their potential.

Should there be more expressions of interest in the course than available places, then the Head of Sport, along with the senior Deans, will select students based on their commitments, workloads and the long-term benefits for each student.

There is a subsidized cost of \$25.00 per student for the programme for the year.

Key dates are:

3.00pm Friday 26 February:	Applications close
Friday 4 March:	Successful applicants notified
6.30pm Wednesday 9 March:	Workshop 1
6.30pm Wednesday 23 March:	Workshop 2
7.00pm Thursday 24 March:	Parent Evening
6.30pm Wednesday 11 May:	Workshop 3
6.30pm Wednesday 22 June:	Workshop 4
6.30pm Wednesday 10 August:	Workshop 5

Goals:

- To assist young athletes to develop skills, attributes and the right mindset to enhance their sporting ambitions in a more holistically sustainable and fulfilling way.
- To provide an opportunity for athletes to improve their understanding of what it takes to make the most of their skills and potential.

Key Objectives:

- WHAT & WHY. Exploring Motivations. Goal Setting. *What do I want to achieve? What's important?*
- WHEN. Purposeful planning & effective time& energy management
- HOW. Education in sports science. Assessing needs to enhance Physical & Mental development. Develop Personal leadership skills.
- BUILDING RESILIENCE. Understanding expectation & coping strategies for dealing with stress, constraints, obstacles & disappointments.
- REVIEW progress and achievement.

Principles:

- Athlete driven – Empowering athletes to be self responsible, make their own choices, take ownership of their journey – both the ups and downs.
- Athlete Smart – Life Smart. Developing skills that will help enhance athletic career but also life.
- Continuous learning and development.
- Solution focused
- Expect & minimise performance and personal constraints
- Planning for performance.
- Understanding sporting pathway
- Effective communications skills
- Engaging with the *right* people

Approach:

Workshops are facilitated by Belinda Colling and involve a combination of presentation, group discussions with peers, individual and peer activities, some reading and take away homework. Some prep work may also be required prior to sessions.

Workshop 1 – Motivations and Goals (2 hours)

Why do I play my sport? *Photo exercise*. Long Term Goal Setting. *Planning exercise 5-10 yr – focus on Life & Sporting achievement*. *Rollercoaster Exercise*. What & Who Motivates Me? *Support Circle Exercise*. *Inspire v Action Motivation Exercise*. Attributes for Success. *Top 10 exercise*. *Attributes in action exercise*.

Workshop 2 – Planning and Goals (2 hours)

What does 2016 look like for me? *Planner exercise- sport & school - campaigns, events, exams*. Understanding Loading & Periodisation incl Mental & Physical Recovery. Goal setting 2016 – Individual Performance Plans – 3 way – school, life & sport. *Incl Action Plans & measures, reviews, and WHO*. Habits. *Breaking bad habits exercise*. (*opposite of Attributes in action exercise*).

Workshop 3 – Time Management and Coping Strategies (2 hours)

Weekly planning. *'How 'exercise*. Time Wasters. *Habits exercise*. What can go wrong?
Expect & strategies exercise. Recognising when things are going well & resetting. *How & Who*
exercise. Education & Intro to specialist help.

Workshop 4 – Enhancing the Physical Me (2 hours)

Understanding importance of sleep. *Sleep strategies exercise*. What is rest & recovery?
Exercise on recovery strategies. *Recovery & rest in Individual plans exercise*. Injury prevention.
When do I see a doctor? Sports science Intro: *S&C Conditioning, Physiotherapy, Massage,*
Nutrition, Podiatry, etc. Eating for Performance. *Understanding the importance of sports*
nutrition to enhance performance. Training programs. *Planning & getting it right*. *Quality over*
quantity.

Workshop 5 – Mental Skills and Strategy

How do I know I'm on track - assess & reviewing progress & achievement.
What is MS? What is IPS? What is Mindset?
Reviewing IPPs. Measuring success. When plans change.



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Expression of Interest Form

Name: _____ **Year:** _____

2016 Sporting Commitments

Confirmed:

Probable: (This could include rep teams, development squads etc.)

2016 Arts Commitments:

Other commitments for 2016: (This could include community groups, Duke of Ed, Service etc)

Why would you like to be part of this programme?

Please sign and return the below to the Head of Sport by 3.00pm Friday 26 February.

✂ -----

Yes, I am interested in being part of the Athlete Assistance and Development Programme.

Name: _____ **Date:** _____

I give permission for my daughter to be part of the Athlete Assistance and Development Programme and for \$25.00 to be charged to my account.

Name: _____ **Date:** _____

Signature: _____