

FACT SHEET

High Performance Sports Academy

Athlete Development Program (ADP)



What is ADP?

The Athlete Development Program is targeted development for all areas that are non-technical for sport. The growth potential of each athlete is greatly determined by their mental and physical strength that supports their talent. ADP occurs 3 times per week and is undertaken at the Gold Coast Performance Centre.

What is covered in ADP?

The Athlete Development Program includes:

- Personal excellence roadmap
- Nutrition
- Psychology – mental strength
- Physiology
- Physical training (strength and conditioning)
- Sport Science – performance/movement analysis
- Load management
- Maintaining student-athlete balance
- Feedback – visual, verbal, self-evaluation, peer evaluation
- Leadership – growth mindset and influence
- Responsibility and respect
- Developing culture and values
- Resilience – coping with setbacks
- Successful habits
- Relaxation/stress management
- Public speaking – interacting with the media
- Social media and personal branding
- Drugs in sport media

How is the ADP developed?

An advisory group provides input into the various aspects of the ADP. This ensures the ADP delivers a program which is supported by high level coaches, sports educators and sports administrators. The ADP is developed and implemented with the age of the athlete in mind.

ADP Physical Training by Year Level

- Year 7 Introduction to formalised training, cross training, body weighted exercises, core training, rehabilitation training and flexibility.
- Year 8 Establish training habits and routines.
- Year 9 Introduce personalised strength and conditioning programs, sports specific development, Olympic lifting and plyometric.
- Year 10 Transition to personalised strength and conditioning programs and technical lifting.
- Years 11/12 Supported access to continue strength and conditioning.