



# SELECT ENTRY SPORTS PROGRAM

# 2027 INTAKE PROGRAM HANDBOOK



# WELCOME TO ESP

Mount Ridley P-12 College has a well-earned reputation of involvement in interschool sport and has taken a step forward to develop an exclusive 'Elite' program to further develop the skills and knowledge of our high performing athletes. Our aim is to provide the students in the Elite Sports Program (ESP) with a pathway which leads them to success in their post-secondary College years.

Personal success is a key value to the College, and we believe that academic performance flourishes when students are exposed to and participate in enhancement and enrichment programs. Students involved in the program are expected to be 'Student Athletes', instilling high expectations of academic success to ensure they reach their full potential in their curriculum programs as well as their sport endeavours.

The Elite Sports Program is unique to Mount Ridley P-12 College and the only sports specialist program in the Hume region. This sports specialisation program is based on the following elements; academic focus, qualifications, community leadership, access to elite facilities, elite coaching, and additional competition opportunities.



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# INTRODUCTION TO THE ELITE SPORTS PROGRAM - ESP

The Elite Sports Program (ESP) has been established to nurture and develop the academic and sporting achievements of our students from Years 7 to 12. The Program aims to further develop each student's physical and mental capacity as an athlete and a student, building leadership, interpersonal, and communication skills. Students in the Elite Sports Program have access to elite training and conditioning, allowing for a blend of academic development and practical learning specific to their selected sport.



# ELITE SPORTS PROGRAM OVERVIEW

The Elite Sports Program has been established to nurture and develop the academic and sporting achievements of our students from Years 7 to 12. The Program aims to further develop each student's physical and mental capacity as an athlete and a student, building leadership, interpersonal, and communication skills. Students in the Elite Sports Program have access to elite training and conditioning, allowing for a blend of academic development and practical learning specific to their selected sport.

## AIMS OF THE ELITE SPORTS PROGRAM

At Mount Ridley College, we are committed to nurturing well-rounded individuals by integrating academic achievement, personal growth, and athletic excellence. Our Elite Sports Program is designed to inspire and support students through a dynamic and holistic approach with the strategic goals of:

- **Fostering a Culture of Excellence:** We promote a culture of high achievement by supporting students' academic, personal, and athletic development through a diverse range of targeted programs.
- **Leveraging Sporting Passion for Engagement:** We harness students' enthusiasm for sport as a powerful tool to enhance engagement, encourage lifelong learning, and strengthen their connection to the College community.
- **Facilitating Industry Pathways:** We equip students with advanced skills, knowledge, and insights into career pathways, establishing meaningful links with the broader sports industry beyond the school environment.
- **Simulating Elite Athletic Environments:** We provide students with authentic experiences that reflect the standards and expectations of elite junior athletes, mirroring the professionalism of high-performance sporting environments.
- **Development of Holistic Competencies:** We strive to cultivate essential life and career skills such as leadership, communication, and teamwork, while broadening students' understanding of the multifaceted nature of the sports industry.

# JUNIOR ATHLETE DEVELOPMENT PROGRAM YEARS 7 AND 8

## BUILDING THE FOUNDATIONS FOR SPORTING AND ACADEMIC EXCELLENCE

The Junior Athlete Development Program at Mount Ridley P-12 College is designed to nurture emerging talent by providing a structured and challenging environment that supports both athletic and academic growth. This program serves as a key pathway into the Elite Sports Program (ESP) offered in Years 9-12.

### PROGRAM STRUCTURE

- Students in the program will form a dedicated mentor class at both Year 7 and Year 8 levels.
- Health and Physical Education classes are delivered in a like-minded cohort of aspiring athletes, fostering a collaborative and high-performance culture.
- Students will engage in an accelerated Physical Education curriculum, completing tasks of a higher standard and complexity.
- The program includes specialised opportunities in coaching, leadership, team management, and functional physical development.
- One after-school training session per week (3:15-4:15pm) is required, scheduled to align with staff and coach availability.
- Students will also benefit from additional competition opportunities beyond the standard inter-school sports program.

### ATHLETE DEVELOPMENT FOCUS

- The core aim of the program is to develop well-rounded junior athletes by focusing on:
- Fundamental movement skills: running, jumping, agility, strength, power, speed, coordination, and balance.
- Building physical resilience to meet the demands of competitive sport.
- Exposure to a variety of sports to support informed specialisation in later years.
- Introducing students to the structure and expectations of elite-level training environments.
- Encouraging students to rise to the challenges of a specialised and disciplined program.



# JUNIOR ATHLETE DEVELOPMENT PROGRAM YEARS 7 AND 8

## PROGRAM BENEFITS

- Priority consideration for entry into the Years 9–12 Elite Sports Program.
- Clear academic and behavioural expectations aligned with the College's Grade Point Average (GPA) and program standards.
- Access to enhanced competition opportunities and ESP-specific resources.
- Participation in sport-related excursions and incursions.
- Development of key life and career skills including leadership, communication, and teamwork.
- Broadened understanding of the sporting industry, including pathways and professional roles.
- Opportunities for community leadership and coaching, reinforcing students' roles as ambassadors of both sporting excellence and the College's core values.

## STRENGTH & CONDITIONING

The Strength and Conditioning component of the Elite Sports Program, including the Junior Athlete Development Program, is designed to develop the key physical attributes essential for athletic performance across a range of sports. The program focuses on enhancing the following core fitness components: strength, speed, power, agility, flexibility/mobility, and endurance.

In addition to physical development, the program places a strong emphasis on education around injury prevention and recovery, equipping students with the knowledge and habits necessary to sustain long-term athletic performance. To support individualised development, students participate in formalised fitness testing at the beginning of the year and again at the start of Term 3. These assessments help monitor progress, identify specific performance needs, and provide students with valuable exposure to the standards and practices of an elite training environment.



# CURRICULUM STRUCTURE

The Junior Athlete Development Program at Years 7 and 8 is carefully designed to follow the same core curriculum structure as mainstream classes at the College, ensuring students receive a comprehensive and balanced education.

## What sets the program apart is the enhanced focus on sport and physical development, delivered through:

- A dedicated mentor class that supports both academic and athletic goals.
- An accelerated and enriched Health and Physical Education (HPE) curriculum, taught alongside like-minded peers with a passion for sport.
- Additional opportunities for leadership, coaching, and team-building embedded within the HPE program.

This structure ensures that students in the Junior Athlete Development Program meet all academic requirements while benefiting from a tailored program that supports their sporting aspirations and personal growth.

The table below provides an overview of the curriculum structure at Years 7 and 8.

YEAR 7		YEAR 8	
SUBJECT	SESSIONS PER WEEK	SUBJECT	SESSIONS PER WEEK
English	5	English	5
Mathematics	5	Mathematics	5
Humanities	3	Humanities	3
Science	3	Science	3
Health & Physical Education	4	Health & Physical Education	4
Language Studies Japanese or Italian	2	Language Studies Japanese or Italian	2
Specialist subject (semester based) Performing Arts and STEM	3	Specialist subject (semester based) Art and STEM	3
ESP After School Training Strength & Conditioning	1	ESP After School Training Strength & Conditioning	1



# EXPECTATIONS

Participation in the Elite Sports Program (ESP) is a privilege that comes with high expectations. ESP students are expected to be exemplary role models who embody the values of Mount Ridley P-12 College and contribute positively to the College's sporting culture and broader community.

The following outlines the key expectations for all ESP students:

- **Exemplify Elite Standards:** Consistently demonstrate outstanding effort, behavior, and commitment, both within the College and in external settings, as representatives of the Elite Sports Program.
- **Active Participation in College and Community Events:** Engage in a variety of sporting and community activities.
- **Interschool Sport Representation:** Participate in a minimum of two interschool sports across the year. Options include:
  - Summer Sports: Cricket, Volleyball, Tennis
  - Winter Sports: AFL, Soccer, Rugby League, Netball, Basketball

Students are encouraged to prioritize participation in their chosen stream sport.

- **Academic Performance:** Maintain a minimum Grade Point Average (GPA) of 3.75, reflecting a strong commitment to academic excellence.
- **Attendance Requirements:** Maintain a minimum 85% attendance rate for both school and training sessions. Any absences from training must be supported by a written note or Compass notification.
- **Communication and Responsibility:** Maintain open and proactive communication with staff regarding academic responsibilities, sporting commitments, outside of school, injuries, or any other issues that may impact participation.
- **Event Notification Protocol:** Follow the appropriate process for notifying teachers of upcoming sporting or extracurricular events that may affect class attendance.

At Mount Ridley P-12 College, we believe that setting high expectations is fundamental to student success. By fostering a culture of excellence, we challenge students to strive for their personal best in all areas - academically, athletically, and socially. High expectations encourage students to take ownership of their learning, build resilience, and develop the confidence to pursue ambitious goals. Through consistent support, clear standards, and a commitment to growth, we empower students to achieve success and become proud representatives of the College community.



# STUDENT PERFORMANCE CONTRACT

The Student Performance Contract outlines the expectations, responsibilities, and commitments required of students participating in the Elite Sports Program at Mount Ridley P-12 College. This agreement serves as a mutual understanding between the student, their family, and the College, reinforcing the importance of academic commitment, personal conduct, and athletic development. By signing this contract, students acknowledge their role as ambassadors of the College and commit to upholding the highest standards in behaviour, effort, and performance. The contract is designed to support student success by promoting accountability, fostering resilience, and ensuring alignment with the values and goals of the program.

## SAMPLE CONTRACT

The following agreement outlines the conditions and expectations that govern your participation in the Elite Sports Program at Mount Ridley P-12 College.

As a student in the Elite Sports Program, I understand and accept that I am held to a high standard of conduct, performance, and commitment. I agree to:

- Uphold all College values, policies, and rules at all times.
- Arrive punctually to all Elite Sports Program sessions and College classes.
- Maintain a minimum attendance rate of 85% across all classes, training sessions, and community events. I understand that falling below this threshold may result in the suspension of training and playing opportunities.
- Attend school in full College uniform, and attend all ESP sessions in the designated sports uniform, including appropriate footwear.
- Refrain from behaviours that result in cautions, redemptions, or suspensions, understanding that such actions may jeopardise my place in the program.
- Consistently demonstrate exemplary behaviour, recognising that as a member of the Elite Sports Program, I am expected to model the highest standards of conduct.
- Maintain a minimum Grade Point Average (GPA) of 3.75, reflecting a strong commitment to academic success.

By signing this agreement, I commit to representing Mount Ridley P-12 College with integrity, dedication, and pride in all areas of school life.

If the performance contract is breached, I understand that my enrolment status within the Elite Sports Program will be reviewed which may result in exclusion of the program. Students will be placed on review if there is any breach of this contract. Students will be required to demonstrate a consistent positive behaviour to re-engage in the ESP program.

We accept all the conditions of this agreement as stated above and understand that these conditions are not placing any unnecessary demands on the student.

STUDENT SIGNATURE:  
PARENT/CARER SIGNATURE:

DATE:  
DATE:



# UNIFORM

As students are part of a Sport Specialisation Program, they are permitted to wear their ESP polo to school daily. The training uniform can only be worn during training and competition events. If students do not purchase the training kit, they are required to wear their P.E. uniform during training.

All uniform is available from PSW, the College's uniform supplier.

## UNIFORM APPROVED TO BE WORN TO SCHOOL

### POLO



### RUGBY JUMPER



### TRACKSUIT PANTS



### JACKET



## UNIFORM TO BE WORN TO TRAINING AND COMPETITION ONLY

### TRAINING SHORT



### TRAINING SINGLET



### TRAINING T-SHIRT



# FACILITIES

Mount Ridley P-12 College has a state of the art functional training space known as the Elite Performance Centre (EPC). All students involved in the Elite Sports Program have access to the EPC as part of their structured training program and additional access is available at lunchtime. Further facilities to support the delivery of the Elite Sports Program include: two full sized gymnasiums, a synthetic grassed futsal playing field; undercover hard-court; four synthetic surfaced basketball courts; a grassed football/rugby oval; numerous hard-courts; a synthetic surfaced combined running track and soccer and ice baths.

Mount Ridley P-12 College is in partnership with the Calder Cannons Football club located walking distance from the College; whereby we have access to their training facilities and resources.



## ELITE PERFORMANCE HUB



Students in the Elite Sports Program, predominantly in Years 7 to 10, operate from a purpose-built, double-storey Learning Hub.. More than just a collection of classrooms, the ESP Learning Hub is a dynamic and flexible environment that is purposefully structured to promote focus, collaboration, and engagement.

At the heart of this space is a vibrant and connected learning community, grounded in shared goals, discipline, and a passion for sport. The Hub fosters strong peer relationships across year levels, encouraging collaboration, mentorship, and mutual growth. Within this environment, students are inspired to uphold a culture of high expectations and to strive for excellence not only in their sporting endeavours but also in their academic and personal development.

When students feel supported, challenged, and connected to their learning space, they are more likely to take ownership of their progress, develop resilience, and strive for excellence. The alignment between physical space, teaching practice, and student needs creates the conditions for meaningful learning and long-term achievement.



# FINANCIAL COMMITMENT

The Elite Sports Program is a specialised initiative that provides students with access to high-quality facilities, resources and coaching throughout the duration of the program. To support the delivery of this enhanced experience, the current financial contribution of \$200 is required for students accepted into the Year 7 and Year 8 Junior Athlete Development Program.

Please note that payment must be made by the specified due date. Failure to do so will result in your child being withdrawn from the program to ensure fairness and consistency across all participants.

The Elite Sports Program Uniform is **an additional cost to the program levy**

Year Level	Amount	50% Deposit Due	Balance Due
7	\$200	Early Nov 2026	Early Feb 2027

If you are experiencing financial hardship and are unable to make the required payment, please contact our Accounts Manager, Nancy Wain to discuss available support options in confidence.

## COMMUNITY PARTNERS & ASSOCIATIONS



# APPLICATION PROCESS

## Year 7 2027

The application process for the Year 7 Athlete Development Program is designed to identify students for whom this type of program is appropriate. All of the information gathered is used to help select the students who will be best equipped to cope with the rigours of a select-entry specialised sports program.

### STEP 1: ONLINE APPLICATION

Students hoping to be considered for a place in the Year 7 2026 ESP class are invited to complete an online application form. **The link to the online form will open at 9:00am on Thursday 25<sup>th</sup> June.**

### STEP 2: APPLICATIONS CLOSE

**Online applications close at 4:00pm on Wednesday 22<sup>nd</sup> July 2026 .**

### STEP 3: TALENT IDENTIFICATION SESSION

Prospective students for the Year 7 Junior Development Program 2026 are required to attend a Talent Identification Session as part of the selection process.

**The Talent Identification Session is scheduled for Monday 27<sup>th</sup> July from 3:30pm to 4:30pm in the Main Gymnasium at the College.**

### STEP 4: INTERVIEW

Upon consideration of all components of the application process, all applicants will be notified via email correspondence of the outcome of their application following the confirmation of enrolment at the College. The decision by the College is final.

**Final placements for Year 7 2026 Specialised Programs at MRC will be confirmed by Friday 9<sup>th</sup> October (Term 4 Week 1).**

### STEP 5: SELECTION OF SUCCESSFUL APPLICANTS

Upon review of applications, talent identification data and information gathered from primary schools, shortlisted students will be invited to attend an interview at the College. The date and times of interview will be provided to each family via email.

#### **Please Note:**

Completion of the ESP online application form or talent identification sessions does not automatically secure enrolment at Mount Ridley College. Parent/Carers must still submit 'The Department of Education Application for Year 7 Placement 2027 Form' to the Year 6 Coordinator at your Primary School.



# APPLICATION PROCESS

## Year 7 Mid-Year Entry and Years 8-11 Entry

Opportunities for students to join the ESP Program after the initial Year 7 intake may arise at mid-year or end-of-year, depending on class availability. These opportunities are contingent upon vacancies within existing ESP classes.

**Should positions become available, relevant information will be communicated to families via Compass and shared with all currently enrolled students.**

## APPLICATION REQUIREMENTS FOR YEARS 8-11

Entry into the ESP Program in Years 8 to 11 involves a rigorous selection process. Students who wish to apply must:

- Complete a formal application form

Applicants who meet initial criteria are invited to attend an interview with the Director of Specialised Programs.

Final decisions are made based on a combination of:

- Learning task results, Semester examinations and other academic data sets
- Application content
- Teacher references
- GPA progress

All applicants will be notified of the outcome via email correspondence once the selection process has been completed.



## **Susie Saddington**

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