

STRENGTH AND CONDITIONING APPLICATION FORM

The strength and conditioning elective is designed for students to enhance their individual strength to ultimately enhance their sporting pursuits. The course will give students the coaching and training from qualified instructors to improve their personal sporting performance.

There are **limited places** in the Strength and Conditioning elective. Students will be selected upon their application and their dedication to their chosen sport. Students will be expected to maintain high expectations of behaviour and performance expected of students at Damascus College. Each double lesson will be offsite at Federation University under the supervision of the Strength and Conditioning University Lecturer, Scott Tapley and overseen by Uni Sports Manager Eammon Gill.

Personal Details

Name:	
DOB:	
TA Group:	
School Email Address:	

Physical Activity Readiness:

Please list any medical conditions or injuries that may prevent full participation in the course.

Sporting Participation:

Please list below sports or activities that you are involved/interested in and the clubs/associations that you represent.

Reason/s for choosing Strength and Conditioning Unit:

Please describe in detail the reason/s why you would like to study this Unit.

APPLICATION FORM CONTINUES ON NEXT PAGE

Commitment to the Strength and Conditioning Program Activity Completion/Participation:

The Strength and Conditioning subject is designed to help athletes who are committed to getting the best out of themselves in their sport and life. A key to this is attending in and participating in activities organised and supplied to the athletes, either individually or as part of the squad they are in.

The subject requires athletes to make a commitment to attend and participate in all activities connected to their program.

Reasons for non-participation need to be discussed with staff.

To make athletes/parents fully aware of the commitment they are required to make, we ask that the following checklist be considered and completed as part of the athlete application. It is a list of the activities/commitments required for the athlete to benefit from the subject.

Please tick each stated commitment, if you accept to undertake that commitment.

As an athlete applying for the Strength and conditioning program for 2024, I undertake to :

Commitment	Accept
Check regularly with teacher correspondence and respond as per directions in such correspondence (RSVP to sessions, provide information, etc).	
Maintain a strong academic focus and diligence across all studies at Damascus College and maintain the highest standards and behaviours.	
Advise staff immediately of any injuries or illness.	
Attend weekly training sessions and advise coaches of absence.	
Wear Damascus College uniform correctly and display role model behaviours to Damascus Students.	
Attend scheduled sessions on time and bring the required equipment to each session.	
Complete home or gym-based exercises and liaise with the strength and conditioning coaches on a regular basis around my progress and programs in this area.	
Attend and complete any other sport science activities included as part of the subject.	
Participate in school competitions in which you are striving to improve.	

Declaration

I declare that the statements made by me remain up to date and are true at time of submission. Any information found to be false will result in this application being unsuccessful.

Full Name:	
TA:	
Signature:	
Date (dd/mm/yyyy):	
Name Of Parent/Guardian:	
Signature Of Parent/Guardian:	

Once completed please email an electronic copy to Joe Carmody j.carmody@damascus.vic.edu.au or drop off a hard copy to Pat Dillon in the PE Office (JSC).

Please make a time to see the HPE Learning Area Leader – Joe Carmody if you would like to discuss your application further.