

## OUR VISION

At Sunshine Coast Grammar School, our vision for the Roar Performance Program is to provide the framework for our aspiring student-athletes to pursue academic and sporting excellence and foster a healthy balanced lifestyle.

## PROGRAM RATIONALE

At Grammar, our core focus is education yet we value strengths outside of the classroom and recognise the heavy training and competition commitments made by our students. With this in mind, the Roar Performance framework will offer provision in four key areas – Academic Support, Athlete Development, Pathways and Personal Growth.

### ACADEMIC SUPPORT

- Learning Support
- Mentors (advocate)
- Organisational Support
- Form Class
- Academic Performance Plan

### ATHLETE DEVELOPMENT

- Guest speakers
- Nutrition
- Sport Psych.
- Sleep
- Injury prevention and management
- Technical
- Tactical

### PATHWAYS

- Media training
- US Colleges
- Resume
- Interviews
- Work Experience

### PERSONAL GROWTH

- Athlete well-being
- Mental Health
- Social Development
- Female Health

## HOW WILL ROAR PERFORMANCE WORK?

Support in the four areas outlined above will be delivered via 1:1 and small group sessions, workshops and seminars during school hours.

## ADVOCATE

Students will work closely with an advocate assigned to them from within the Grammar community who will communicate with staff relating to academic and pastoral matters.

## ROAR PERFORMANCE LEARNING PLAN

All student-athletes within the program will receive a Learning Plan to inform teachers of their sporting commitments and relevant information to better support the student-athlete's learning journey.

## SELECTION CRITERIA

The Roar Performance Program caters for aspiring student-athletes in Years 8-12. To be considered for this Program, student-athletes must meet at least one of the criteria below:

- National, State Representative and/or nationally ranked;
- Possesses the potential to develop into a high-performance athlete
- Has been awarded a Grammar Sports Scholarship or;
- Participates in extensive training commitments.

All questions regarding the Program can be directed to the Director of Sport, Mr Justin Abrahams at [roarperformance@scgs.qld.edu.au](mailto:roarperformance@scgs.qld.edu.au)