



A comprehensive sporting program contributing to the development of athletes of all abilities.

Scotch delivers a high quality, comprehensive, competitive, inclusive and diverse sports provision for individuals and teams across a range of sports for all ages and all abilities.

OUR OFFERING

Sports participation is built from a solid foundation in Junior School. Our five-stage sporting pyramid (seen on this page) allows students to experience and progress through each stage of development and ability level at their own pace.

At its base, a focus is placed on the fundamental skills in each the sport. These skills are built through both the PE curriculum and co-curricular programmes, where athletes have the opportunity to move from participation to high performance.

We build on strengths and explore areas for development in each student.

Each student is guided and supported to make their experience in sport rewarding and fulfilling.

Physical and emotional safety is the number one priority for our coaching team. It is the underlying focus for all of the sports systems, structures and programs that are implemented by our coaching staff, to ensure that the development of the individual is paramount.

HIGH PERFORMANCE PROGRAMS

Over recent years we have successfully introduced and developed a High Performance Sports Program for selected students from Year 7-12. This program provides support, guidance and development for our high achieving athletes across a range of sports. The underlying philosophy is to assist students to achieve their sporting dreams, whilst supporting them at school.

The aim of these programs is to establish Sports Academies that provide a pathway for our selected highest performing students in Years 7-9, to develop their skills and performance and to accelerate this skill development in preparation for senior first team representation and potentially beyond. These Academy students in this age group, receive additional small group and individual coaching sessions with high quality professional coaches.

Students are given specific training programs to follow, as well as receiving ongoing feedback from these elite staff.

In Year 10-12 the program's focus is specifically on first team athletes with a focus on Analysis of Performance. Sports specific technology is used (in some sports) to monitor and analyse performance. Coaches also use software such as 'Ubersense' and 'Dartfish' to help with analysis and feedback. Scotch has excellent links with elite coaching staff with the Adelaide Crows, Port Power, Hockey SA and Adelaide Thunderbirds, who run a variety of practical and analysis sessions during the season for our High Performance athletes.





PARENT SUPPORT

In our sporting environment, we strive to create a community where parents are able to support their child's endeavours and contribute to our positive sporting culture. The importance of the relationship between athlete, coach, parents and the College is nurtured and valued.

To help build those relationships, Parent Support Groups have been formed for a variety of sports. From volunteering, managing teams, assisting with weekly communication and match day assistance, our parents contribute in many ways to enrich our sporting provision.

OUR COACHING

We provide outstanding coaching for all ages and abilities across all sports. Coaches support and develop students in an inclusive and fully supportive culture.

The coaching environment created at Scotch focuses on nurturing talent and providing opportunity for every individual.

Our holistic approach involves not only the training aspects of sport, but also education in leadership and team values at all ages.

Our Heads of Sport are selected for their exceptional experience as players and administrators, and for their belief in the holistic development of each child and the growth and development that sport affords the individual.

Our students enjoy an outstanding record of success at local, regional and national levels. At any one time, a significant number of our boys and girls are representing their state or country in their chosen sport.

STUDENT LEADERSHIP & COMMUNITY ENGAGEMENT

Over 90% of our students are involved with sport during their time at the College. Many continue after school through participation in Old Collegians teams.

Our Student Sports Committee runs an enjoyable, and at times fiercely competitive, inter-House sports competition, and supports the Collegiate Cup program. This program is against other like independent schools.

Their input on a range of matters ensures that our provision is strengthened and addresses student needs.

We link sport with service opportunities to give greater purpose for our efforts.

We have relationships with many high quality external providers in the University sector, Tennis Australia, SASI, AFL and SANFL organisations. It is through these connections that students become aware of the integral role sport plays in the community and our lives.

We gauge our success by realising individual engagement and love of sport post school.



The sporting culture at Scotch has taught me some of the best lessons the College has ever given me, going far beyond an activity to keep fit, pass the time or make friends, sport has helped build my identity.

Sport taught me things that I couldn't learn in the classroom. Very few activities can create the highest of highs or the most drastic of heartbreaks, inspiring resilience, humility and passion. These skills and knowledge have played a pivotal role in developing the person I am today.

Max
Class of 2017