



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

Sport at Scotch is an 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 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.

### 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 in many sports.

At any one time, a significant number of our boys and girls are representing their state or country in their chosen sport.

### HIGH PERFORMANCE

Our High Performance Sports Program provides support, guidance and development for our high achieving athletes across a range of sports in Years 7-12.

The underlying philosophy is to assist students to achieve their sporting dreams, whilst supporting them at school.

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.

Scotch has excellent links with elite coaching staff with the Adelaide Crows, Port Power, Hockey SA and Adelaide Thunderbirds.

These clubs run a variety of practical and analysis sessions during the season for our High Performance athletes.



## 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.

Students who would like to pursue coaching after school can participate in the Sports Coaching Certificate III. We acknowledge a significant amount of student growth can occur through avenues other than playing.

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



## 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.



*Scotch sport gave me the opportunity to thrive outside of the classroom, providing an inclusive, supportive and fun environment, focussed on student participation and enjoyment.*

*The vital life skills of teamwork, sportsmanship and hard work were instilled in me through my involvement in Scotch sport.*

*These life lessons permitted me to thrive in the classroom, translating to academic success, perseverance and an ability to balance my schoolwork, sport and social life.*

Sophie Casey ('22)

