



COOMERA  
ANGLICAN  
COLLEGE

# POWERING PERFORMANCE

SPORTS  
PROSPECTUS



**ANYTHING**  
is possible



# COME TO WHERE SPORTS LOVERS SHOOT FOR THE SKY

Every child has unique gifts and talents. For those whose passion and skill is sport, there's no more encouraging environment than Coomera Anglican College.

Here, young athletes succeed in their chosen sports, with the structure, facilities and coaching to bring out their best.

Our accomplished sporting history means we are competitive at local, regional, state and national levels, particularly in our three sports academies: netball, basketball and football (including futsal).

All of the academies use our high-quality facilities, including our High Performance Centre and Cardio Room.

Our students benefit from advanced programmes, elite pathways and strategic partnerships with external sporting organisations to further their sporting opportunities.





# MEET OUR SPORTS ACADEMIES

**Dedicated students** from Years 4–12 can participate in our three academies, giving them access to additional expert coaching so they can achieve their personal best and potentially progress to elite competition levels.

## Programme components of each academy

- Technical ability and skill acquisition
- Tactical knowledge and execution
- Flexibility – yoga and Pilates
- Strength – age-appropriate strength and conditioning
- Agility – Fast Feet programme
- Injury prevention and wellbeing

## Student commitment

Academy athletes undertake training in different components each week. Timetables are designed to ensure students can fulfill their College study and other commitments, and enjoy other extra-curricular activities, family life and relaxation.

## Selection criteria

Year 4–12 students of the College must meet the following selection criteria to enter an academy:

- be of acceptable playing standard and prepared to reach their potential with dedication and hard work
- proven skills and ability i.e. playing at club level or Associated Private Schools (APS) sport equivalent
- ability to work with others in pursuit of excellence
- committed to all academy sessions as required
- willingness to promote The Sports Academy and the College.

## Advanced programmes

Advanced programmes are available for students who demonstrate a higher level of individual skill and commitment in their relevant sporting academy.

Entry into the advanced programme is by invitation only, and awarded only to athletes who meet selection criteria.

The Academy Coordinator selects students who meet academy-specific benchmarks, with all elements tailored to students' unique needs. We track athletes' competencies to ensure they are receiving appropriate opportunities and improving their performance.

# NETBALL ACADEMY

We're delighted to be part of Australia's thriving netball community – one of our nation's highest participation sports.

Our Academy was established following our continuous high achievement in the APS competition, the NGCNA Club competition, Netball Queensland's Primary Schools Cup and the Vicki Wilson Cup competition.

These past results led to us being awarded School of the Year in 2017 and 2019 in the Netball Queensland annual awards – a tremendous and well-earned achievement for our programme.

The Coomera Anglican College Netball Academy (CACNA) competes within the Northern Gold Coast Netball Association.

A key focus is preparing athletes to progress through the Netball Australia pathways and providing them with opportunities to advance their skills and learn injury-prevention strategies through an integrated programme of flexibility, strength and agility.

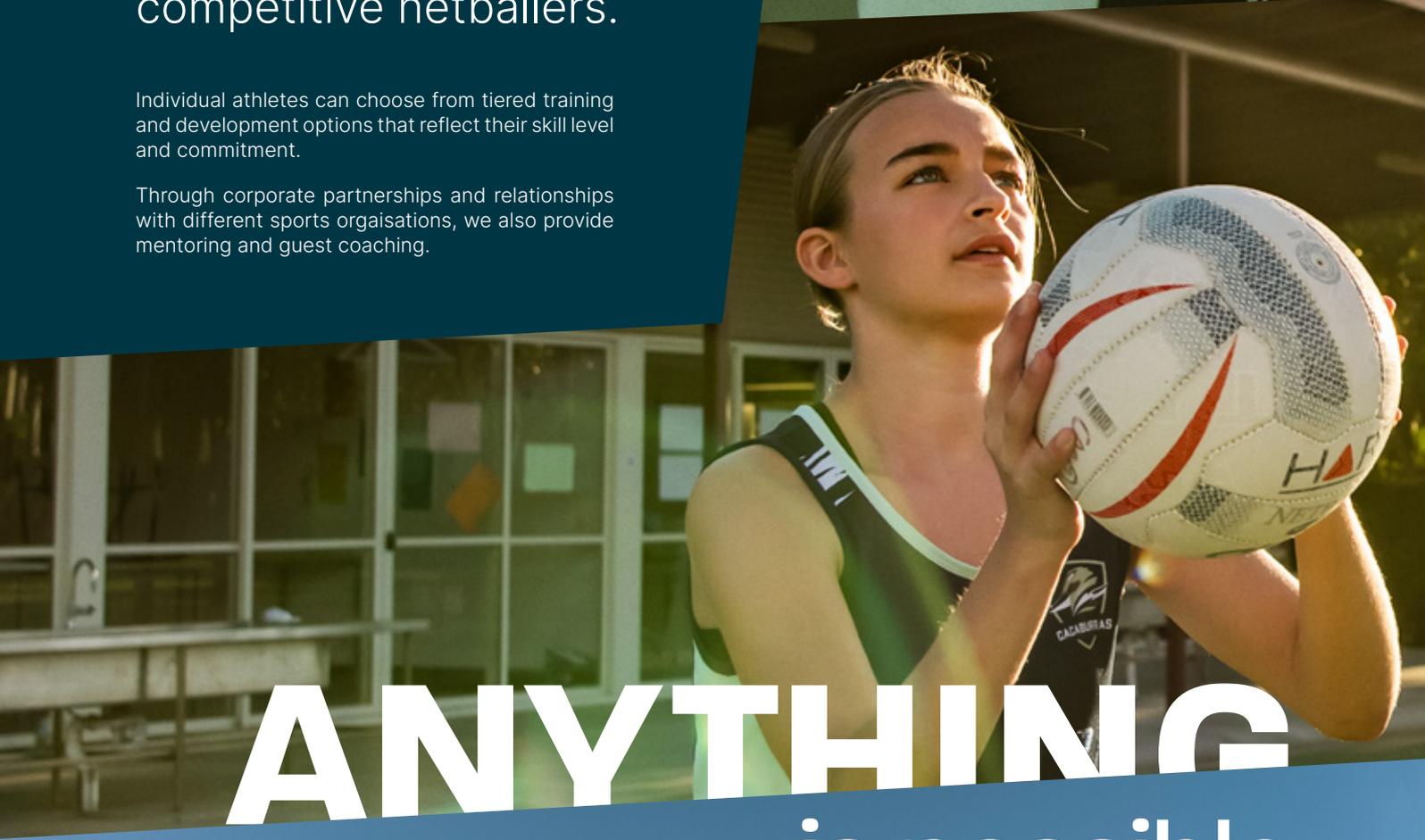
We also aim to advance skills, physicality and game sense in the pursuit of creating well-educated, mentally strong athletes.



We have carefully designed the Academy Programme to meet the unique needs of competitive netballers.

Individual athletes can choose from tiered training and development options that reflect their skill level and commitment.

Through corporate partnerships and relationships with different sports organisations, we also provide mentoring and guest coaching.



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# BASKETBALL ACADEMY





Basketball is a sport that continues to grow in popularity and offers an expanding set of opportunities for players.

The Coomera Anglican College Basketball Academy (CACBA) began following excellent results in the APS, Northern Gold Coast Club and Basketball Queensland's Champion Schools competitions.

The academy provides club-level competition through the Coomera Anglican College Basketball Club in the Northern Gold Coast Seahawks Association.

The programme has been designed to meet the needs of the participants and incorporates the overarching programme components shared by the academies.

We prepare athletes to progress through Basketball Australia pathways and connect students to additional coaching to help them to progress to elite competition.

Our Academy emphasises skills, physicality and game sense, along with the importance of good education and mental strength. We provide mentoring and guest coaching opportunities through corporate partnerships and relationships with external sports organisations.



# FOOTBALL ACADEMY

The 'beautiful game' has a special place right here at Coomera Anglican College.

Under the auspices of the Gold Coast Football Academy (GCFA), we established the Coomera Anglican College Football Academy (CACFA) with College teams participating in the APS competition. Students also participate in local, national and international tournaments through our affiliation with the GCFA.

The Football Academy Programme includes football and futsal and focuses on tactical, technical, physical and psychological techniques. The programme is an essential support for player development.

Our Academy Programme encourages the very best player performances through exposure to specialised coaching. GCFA is renowned worldwide for accessing player trials and pathways at clubs in the UK, Europe, and Australia. They also access numerous USA college programmes where football scholarships are available, and have connections in China where they have delivered their programme.

GCFA has also been invited to compete in the Milk Cup (Ireland) and JSSL Singapore International 7s, with the U10s side the first Australian side to be crowned champions in 2017.



Our model provides the best opportunity to learn the game at individual, unit, team and squad levels, preparing students for trials at the National Premier League Academy and beyond.

## Our High Performance Centre

Strength and conditioning are integral to developing every athlete and form a key part of our Sports Academy Programmes.

Our High Performance Centre consists of a gymnasium and Cardio Room. This facility is specially designed to deliver our sports programmes focused on the core elements of flexibility, strength and agility, underpinned by our focus on injury prevention.

The Cardio Room has the latest fitness equipment, while the high performance centre has world-leading 'plae' USA training surfaces, as well as industry leading resistance training equipment. Students from Years 4–12 access these areas at allocated times with expert instruction.

## Athlete Development Programme

This is a specialist programme for selected students in Years 4–7 that helps students to improve their fitness levels in the key areas of cardiovascular endurance, strength, speed and agility as well as mental preparation and development. It runs in the first three terms of the year and culminates with a competition and the ADP Athlete of the Year Award.

This programme is available for all students at the College, including those involved in the sports academies.

# STRATEGIC SPORTING PARTNER- SHIPS



## **Brisbane Bullets** **Basketball**

Coomera Anglican College signed on as the Brisbane Bullet's first official partner school in 2020. This partnership enables a solid development programme to inspire and engage the next generation of Queensland basketball players and provide pathways to elite levels.



## **North Gold Coast Seahawks** **Basketball**

Coomera began partnering with North Gold Coast Seahawks in 2017. The mutual support has continued to develop and grow through multiple levels of the association. Seahawks supports the College basketball academy with expert coaching and development programmes.



## **Bond University Bull Sharks** **Netball**

Coomera Anglican College has been the Bond University Bull Sharks' junior development partner since the inaugural 2019 season. We work closely with the Bull Sharks around player and coach development and pathways, and have good representation in the Bull Sharks teams. The Bond University Bull Sharks were the 2020 Under 16 and Under 18 State Champions.

## Coomera Anglican College has formed strategic partnerships with leading sporting organisations.

As we educate the 'whole person' through our programmes, partnerships allow for peer mentoring, expert coaching, career pathways and opportunities, skills enhancement and exposure to different levels within a student's chosen sporting field.

Our partnerships provide our students with the opportunity to flourish and achieve their personal goals if they are prepared to work hard.

Partnering with passionate, like-minded and focused sporting bodies aligns with our community focus and our College purpose to inspire excellence.



### Gold Coast Football Academy (GCFA) Football (including futsal)

Operating out of Coomera Anglican College, Gold Coast Football Academy works with us to run all elements of our football academy. They deliver expert proprietary programmes to all of our academy athletes. GCFA training methods are very different to many operating in other schools, clubs and associations, reflecting their innovative and world-leading approach.



### Helensvale Swimming Club Swimming

We are proud to be long-standing partners with Helensvale Swimming Club. They run one of the largest junior development programmes on the Gold Coast with many of our College swimmers members of this club. The partnership develops local swimming talent and provides expert coaching for swimmers.



### Gold Coast Elite Sports Conference and Global Sports PD Network

We partner with RDK Sports Management to sponsor this global professional development opportunity. These initiatives bring together local and international speakers and presenters to discuss topics surrounding elite sport, and helps support our focus on pathways and opportunities for students.



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Find out how far your child can go with sports at Coomera Anglican College.

Contact us to speak to one of our sports staff and arrange a tour of our facilities.

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