



CELEBRATING OUR OLYMPIC HEROES AND LOOKING TO THE FUTURE

What a great Olympics our Aussie athletes have had in Paris! Our most successful Olympics ever, filled with extraordinary stories of triumph, resilience, and inspiration. From the stunning performances of our women swimmers and skateboarders to the Fox family's triumph, these stories have touched our hearts and fuelled our national pride. Particularly inspiring are the stories of Saya Sakakibara and her brother Kai, who faced a life-changing brain injury following his own BMX crash. Saya is now an Olympic gold medallist, with one very proud brother and an inspiration to us all.

These narratives not only offer us immense pride but also prompt us to reflect on profound questions:

How can these inspirational stories teach us about the best of humanity and motivate us in our own lives?

What does it take to achieve a gold medal?

Can our College produce the next group of successful Australian athletes?

Recently, I delved into Mark Williams' insightful book, *The Best: How Elite Athletes Are Made*. Williams highlights that elite athletes often emerge from environments that foster diverse experiences and delayed specialisation. Early exposure to various sports can enhance overall athletic development and lead to greater success in specialised fields later in life, not just on the

sporting field (Williams, 2020). This philosophy aligns perfectly with our commitment to offering a wide range of sports opportunities, enabling our students to explore their strengths and passions.

2024 marks a significant milestone: ten years since we launched our Talented Athlete Programme. As we reflect on this decade, it is exciting to see over 650 students actively participating in our before- and after-school sporting programmes, including Dance, Basketball, Soccer, Tennis, Netball, and the newly added Athletics group. This group is led by Coach Rob Marks, who also trains one of our own Australian Olympic stars, Joshua Azzopardi, who competed in the Men's 100m athletics event in Paris.

Our College has achieved remarkable things and produced several professional athletes over the past decade. As we review our programmes and prepare for 2025, we eagerly anticipate what the next ten years will bring. Imagine the possibility of one of our own students competing in the Brisbane 2032 Olympics.

The future holds endless potential, and we are committed to supporting and inspiring our students to reach new heights.

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