



TALENTED ATHLETES PROGRAM

SPORT SPEED ACADEMY PROGRAM 2020



STUDENT AND PARENT INFORMATION



SPORT SPEED ACADEMY PROGRAM 2020

In 2019, the College joined with the team at Academy of Sport Speed Australia to provide a Sport Speed and Agility Program for our Elite Athletes, enrolled at College in Years 3 - 12.

Utilising our new sporting facilities and the experienced coaches from Academy of Sport Speed Australia (ASSA), we will offer a school-based Talented Athletes Program targeting mobility, stability, flexibility, injury prevention, explosive speed and movement.

In 2020, The Sport Speed program for Years 3 -12 will also be expanding into **Sport Conditioning**, targeting fitness, and strength training for our representative students.

ACADEMY OF SPORT SPEED AUSTRALIA

“Participation alone in most team sports WILL NOT result in maximal improvement in either speed or agility...Specific training in Speed and Agility is required for an athlete to achieve maximum athletic potential”

Journal of Strength and Conditioning Research (2001)15 pp.315-31

Regardless of the sport, the ability to rapidly and efficiently accelerate, decelerate, change direction and move a body segment or the entire body rapidly is an almost universal and essential element of success.

All ASSA coaches are degree qualified and have been mentored & trained by Ranell over many months to ensure that you will receive world class training for your club and teams. Coaches follow specifically written programs by Ranell to ensure maximum athletic development for explosive acceleration and top speed, elasticity, mobility, stability, robustness, resilience and confidence.

ABOUT THE PROGRAM:

The Sport Speed Academy aims to

- Build First Step Acceleration.
- Get Stronger and More Robust.
- Be Fast Right to the Game's End.
- Learn How to Sprint and Change Direction with Perfect Mechanics

ASSA will provide world class athletic development coaching on-site with a fully qualified ASSA coach conducting a structured coaching session for the athlete.

The sessions are 60 minutes in duration and all necessary equipment will be provided by the ASSA coach.

The program has been written to allow maximum progression and development over a 7-10 week block of training within the school term. We allow for 10 maximum attendees per session.





SPORT SPEED ACADEMY PROGRAM 2020

2020 schedule

Term 1, 2020	Start date: Week 3 - Thursday 13th February 2020 9 week program 3 - 4pm Thursday afternoons
Term 2, 2020	9 week program 3 - 4pm Thursday afternoons
Term 3, 2020	10 week program 3 - 4pm Thursday afternoons
Term 4, 2020	7 week program 3 - 4pm Thursday afternoons

- All sessions are one hour and will be conducted on the bottom oval and the new sports facility.
- Students participating in the program will wear their College PE uniform or similar training attire.
- Non-marking joggers must be worn for the session.

Conditions

Students interested in participating in the Sport Speed Academy must be enrolled as a student at Thomas Hassall Anglican College.

ASSA Director of Training / Head Coach - Ranell Hobson

Ranell has run workshops for the coaches and physios at the following Youth Academies and First Teams:

- Arsenal FC
- Crystal Palace FC
- Singapore National Football Team
- Adelaide Crows AFL (Minor Premiers 2018)
- Southampton FC
- Blacktown Spartans NPL1
- And many more....
- Leicester FC
- Wigan Athletic FC
- Port Adelaide Power FC AFL
- Melbourne City FC A - League
- Brighton and Hove Albion FC
- NSW Waratahs Rugby Union



Qualifications

- Masters Degree in High Performance Coaching UQLD
- NSCA - CSCS Certified Strength & Conditioning Coach
- ASCA – Aust. Strength & Cond. Level 2
- ATFCA – Level 3 (Sprints, Hurdles & Relays)
- Bachelor's degree in Sport Science and Coaching
- Over 25 years of coaching experience
- Guest presenter of practicum at Edith Cowan University Perth, 2016 and 2017 on linear speed.

Ranell is also a world record holding athlete (4 x 100m) who holds multiple Oceania & National titles in sprint athletics in Masters Competition. Ranell loves helping athletes achieve goals and has over 25 years industry experience. She has also been invited to run coach education workshops and courses in Europe, USA, Canada, Asia, Oceania and Australia-wide. More details can be found at: academyofsportspeed.com



SPORT SPEED ACADEMY PROGRAM 2020

Program Costs: (\$27.50 per 1 hr session, with a maximum of 10 athletes per group)

Fees will be charged per term and placed on your College account.

Students will automatically roll-over into the following term, unless 2 week's notice to withdraw is given. Please note, no refund will be provided if your child is sick or absent from the program.

Term 1 – 9 weeks, commencing 13 February - \$247.50

Term 2 – 9 weeks, commencing 30 April - \$247.50

Term 3 – 10 weeks, commencing 23 July - \$275.00

Term 4 – 7 weeks, commencing 15 October - \$192.50

NEXT STEPS

Complete the registration form using the online booking link: www.thac.nsw.edu.au/book

LIMITED PLACES are available and acceptance into the program will be based on the date that the registration form is returned to the College.

A confirmation email will be received with further information once accepted into the program.

