



# PE BUDDY

- YOUR ONLINE HOME OF PE -

## Sports Academy Program

The PE Buddy Sports Academy Program is designed to help young student-athletes wanting to get to the next level of their sporting careers. It can be delivered by PE teachers/staff as part of a 'Sports Academy Program' or 'Athlete Development Program' in schools.

This package is all-inclusive and ready to go, including:

- **Full-year topic plan**
- **All resources for both students and PE teachers delivering the program**
- **Online program including certificate upon completion:**
  - **40 self-directed or teacher-led mini-lessons (Suits any term format)**
  - **Videos, resources, printouts, activities, articles more!**
- **Athlete Performance Journal for student-athletes (Learn more [here](#))**
- **Implementation consultation with program creator - Jamie De Smit**
- **Ongoing support through year of purchase**

### Program Overview:

- Designed for any athletic sport
- Suits sport-specific (eg: soccer program) or athlete-specific program (any sport)
- Benefits for schools include supporting promising athletes, enabling athlete pathways within the school program and positive marketing and promotion opportunity
- Best-practice structure:
  - 1 period per week of theory (completing online program)
  - 1 period per week of strength and conditioning at a local or school gym OR
  - 1 period per week of sports-specific training (eg: basketball program)
- Suggested criteria for student selection:
  - Current promising ability in chosen sport (As evidenced by coaches, playing level, data etc)
  - Ambition to get to regional, state, national or professional level of chosen sport
  - Commitment to the program for 1 year
  - Approval from relevant coaches if required (state/national level athletes)
- Continued participation in this program could be linked to academic performance and/or behaviour to maintain high standards.



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Online Program Yearly Overview:

## **Term 1 - Dream Big, Work Hard**

1. Goal-setting
2. Career pathway planning
3. Sport Needs Analysis
4. Personal Audit - Strengths, weaknesses and 'X-factor'
5. Strength Training
6. Conditioning and fitness
7. Flexibility and mobility
8. Injury-proof yourself
9. Design a personalised S&C training plan
10. Complete a personalised S&C training plan

At the end of Term 1, student-athletes will have a S.M.A.R.T goal for their sporting career, an in-depth understanding of their athlete profile and a strength and conditioning program that they can complete each week for the remainder of the year.

## **Term 2 - Fuelling Success**

1. Carbohydrates
2. GI Index
3. Protein
4. Fats
5. Hydration
6. Vitamins
7. Minerals
8. Special considerations: gender, age, sport
9. Elite Gameday Nutrition Plan
10. Elite Gameday Nutrition Plan

At the end of Term 2, student-athletes will have a solid understanding of sports nutrition and a nutrition plan specific for them on game day.





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## **Term 3 - Elite Athlete Mindset**

1. Goal-setting
2. Motivational
3. Personal Motto
4. Dealing with failure
5. Elite tactics and strategy
6. Reflection
7. Self-education
8. Arousal management
9. Personal Mindset Management Plan
10. Personal Mindset Management Plan

At the end of Term 3, student-athletes will have a toolbox of mindset strategies used by elite athletes. They will have a mindset plan that they can apply to their weekly training and games.

## **Term 4 - Equipment of Champions**

1. Compression garments
2. Stretchy bands
3. Foam rollers/massage sticks
4. Smartwatch
5. GPS trackers
6. Grip socks
7. Supportive thongs
8. My equipment wishlist
9. My equipment wishlist
10. Summary, reflection and next steps

At the end of Term 4, student-athletes will have a good understanding of physical aids and equipment that can assist their performance. They will have a budget wishlist that they may like to save up to purchase or find in affordable stores like Kmart or Big W.

**Do you have questions, want to learn more or are ready to book? Go to [www.onlinepebuddy.com/sportsacademy](http://www.onlinepebuddy.com/sportsacademy)**



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