



MLC
SCHOOL



2025

*Emerging Athlete
Program Information*

Contents

Emerging Athlete (EA) Program	3
A Message from the Director of Sport	3
Aims	4
Program Features	5
Eligibility and Application	6
Application Process	7



Emerging Athlete (EA) Program

A MESSAGE FROM THE DIRECTOR OF SPORT

Welcome to the MLC School Emerging Athlete (EA) Program, an initiative dedicated to nurturing the next generation of female athletes. The EA Program is designed to identify and develop young athletes who show exceptional promise in their chosen sports.

Our mission is to provide these emerging athletes with the resources, training and support they need to reach their full potential, and to excel at both national and potentially international levels.

MLC School has a proud history of excellence in sports, with generations of students achieving remarkable success in various athletic disciplines. Our commitment to sports has created a legacy of champions who have gone on to represent their school, community, and country with distinction. Fourteen MLC School athletes have represented Australia across nine Olympic Games.

The EA Program builds on this rich tradition, aiming to further enhance our reputation for achieving sporting excellence. It offers a comprehensive approach to athlete development, including personalised coaching, advanced training facilities and access to sports science and nutrition experts. We believe in fostering not only physical prowess but also mental resilience, teamwork and a strong ethical foundation.

A key focus of the EA Program is to empower female athletes, providing them with equal opportunities to thrive in sports. By nurturing their talents and supporting their ambitions we aim to help them overcome barriers and achieve their dreams. Our holistic approach ensures that young female athletes receive the encouragement and guidance they need to succeed, both on and off the field.

Recognising the importance of academic success, the EA Program also emphasises the balance between sporting and academic commitments. We offer tailored support, including flexible schedules, study sessions and academic mentoring to help athletes manage their time effectively and excel in both arenas. By participating in the EA Program, young athletes will gain the skills, knowledge, and experience necessary to thrive in competitive sports and beyond.

At MLC School, we encourage all students and envision our emerging athletes in the Program will dare to be more, inspiring generations of MLC School athletes to come.

Join us on this journey as we empower the future champions of tomorrow.

Lisa Filby

Director of Sport



Aims

Support – The EA Program provides support to the emerging athlete, in meeting both academic and sporting commitments and expectations. It fosters holistic development, recognising the need to maintain a balance between the varying demands placed on a student. The program motivates athletes to manage their time and nurture their skills and talent, while supporting them in facing the challenges of their senior years of schooling and high-level sporting commitments.

Development – The EA Program identifies and develops those athletes whose commitment to sport requires specialised attention. The whole athlete is developed through the provision of personalised support and vital tools such as time management programs, sport psychology, strength and conditioning, and nutrition education.

Performance – The EA Program focuses on developing high-performance behaviours, providing a place where athletes can continue to develop, train and be supported to achieve their goals. It provides a place for MLC School athletes to make connections with other emerging athletes and find a sense of belonging. The EA Program builds confidence, discipline, focus and integrity. The EA Program is an environment that promotes accountability, resilience, commitment, personal growth and development.

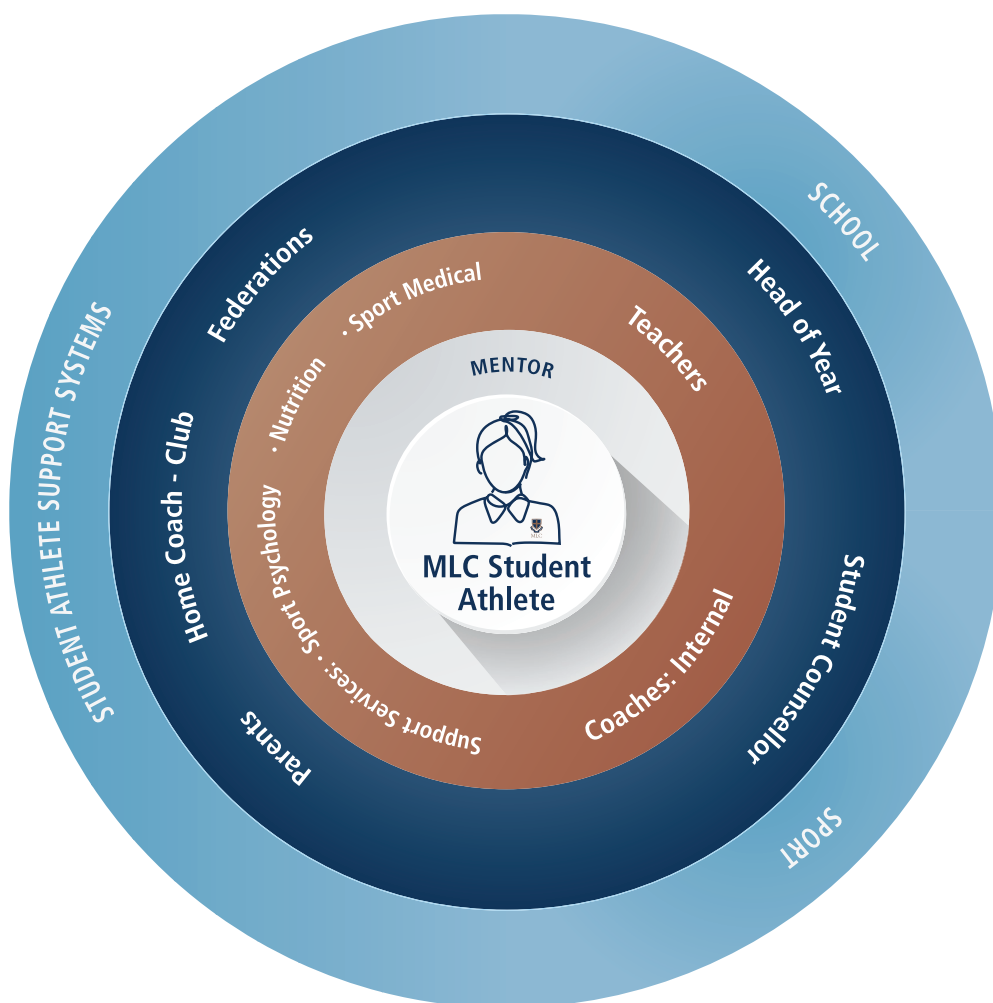


Program Features

The EA Program is in place to ensure the holistic growth of emerging athletes at MLC School. The program provides:

- ▲ Performance support to athletes through personalised strength and conditioning programs
- ▲ Management and monitoring of wellbeing and stress levels
- ▲ The support of a mentor for Level 2 students
- ▲ Assistance with time management
- ▲ Support with goal-setting
- ▲ A variety of education seminars, information and resources
- ▲ Opportunities to participate in high-performance camps
- ▲ Opportunities to network with other emerging athletes and industry leaders
- ▲ Guest speakers who will inspire and motivate athletes
- ▲ Breakfast for those athletes who arrive at school early to train
- ▲ Possibility of subsidised entry fees when representing MLC School in a representative competition
- ▲ A function movement screening with a qualified exercise physiologist to assess areas of focus for their strength and conditioning program
- ▲ An annual review of EA Program athlete status and eligibility

Athletes will be supported as they journey along the representative pathway to become an elite athlete, developing skills they can use throughout their career.



Eligibility and Application

	Level 1	Level 2
Criteria	<ul style="list-style-type: none"> ▲ Individuals representing NSW or Australia in their chosen sport ▲ Individuals who have been talent identified by their state or national sporting body ▲ Individuals who have been selected into two or more CIS teams through qualification processes ▲ These athletes must also be completing a significant number of training hours that cause extraordinary interruptions to school life (8 – 10 hours per week) ▲ Additional criteria that will be considered: <ul style="list-style-type: none"> ▶ Demonstrate their 'trainability' (sport-specific skill acquisition) ▶ Demonstrate their commitment ▶ Demonstrate their motivation ▶ Demonstrate their 'coachability' ▶ Demonstrate their positive psychological, self-management and relevant traits 	<ul style="list-style-type: none"> ▲ Individuals representing NSW or Australia in their chosen sport ▲ Individuals who have been talent identified by their state or national sporting body ▲ Individuals who have been selected into two or more CIS teams through qualification processes ▲ These athletes must also be completing a significant number of training hours that cause extraordinary interruptions to school life (upwards of 12 hours per week) ▲ Additional criteria that will be considered, same as Level 1 and including: <ul style="list-style-type: none"> ▶ commitment to sport specific practice and investment in high training volumes ▶ striving for continual performance improvements
Inclusions	<ul style="list-style-type: none"> ▲ Sport specific strength and conditioning program, access to MLC School Gym facilities ▲ Support system and mentoring around peak training times ▲ Time management assistance and access to additional learning support programs ▲ Education seminars covering a variety of subjects relevant to the field of high-performance sport ▲ EA Program athlete sporting kit ▲ Breakfast vouchers if arriving at school early to train 	Level 1 inclusions, plus: <ul style="list-style-type: none"> ▲ Personal staff mentor that meets fortnightly with athletes and aids in liaising with athlete support network (Heads of Year, Teachers, Parents/Carers, Coaches) ▲ Curriculum considerations for senior students, including additional spare periods to complete training homework and assignments ▲ The option to apply to complete the HSC over two years or IB Diploma programme as a split program ▲ Leadership development through participation in the buddy system – being paired with a Level 1 athlete to encourage and motivate them to dare to be more
Eligible sports	Any sport recognised by School Sport Australia or a national sporting body	Any sport recognised by School Sport Australia or a national sporting body

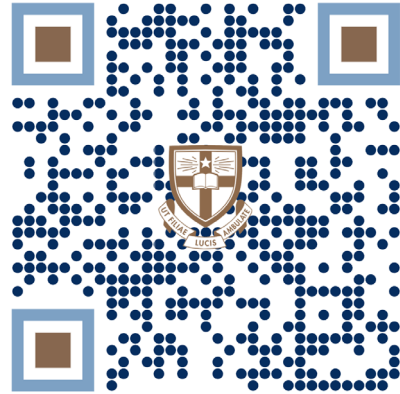
Future Involvement

- ▲ Athlete has graduated from MLC School
- ▲ Athlete returns as a mentor for the EA Program
- ▲ Athlete returns to contribute to athlete education program as a guest speaker
- ▲ Athlete has the opportunity to return to MLC School to coach
- ▲ Athlete has the opportunity to return to the School as the Sports Department Trainee

APPLICATION PROCESS

1. Complete application
2. Your application will then be reviewed by the program review panel, including the Director of Sport, EA Program coordinators and members of the Executive staff
3. Interview with program panel to discuss program requirements and individual needs; athlete to make a short presentation on their sporting history and successes

Scan to view the Application Form





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A UNITING CHURCH DAY SCHOOL FOR GIRLS,
PRE-KINDERGARTEN TO YEAR 12

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