



Mount Erin College: Athlete Enrichment Program

The Athlete Enrichment Program is designed to empower student-athletes by providing personalised, comprehensive support tailored to their unique needs and goals. This program focuses on holistic growth by integrating key components essential for athletic success: nutrition, strength training, condition and endurance training, habits, and mindset.

Program Objectives:

- **Individualised Goal Setting:** Each student (athlete) works closely with the teacher & coaches to establish personalised development goals that align with their physical capabilities and long-term aspirations, with particular focus on the needs of the preferred sporting pursuit.
- **Nutrition Education:** Students gain in-depth knowledge about optimal nutrition strategies that fuel performance and recovery, including meal planning, hydration, and supplementation tailored to their individual needs.
- **Strength and Conditioning:** The program offers customised strength training routines that enhance athletic performance, reduce injury risk, and promote physical resilience, adapting to each athlete's progression.
- **Habit Formation:** Athletes learn to develop positive daily habits, including sleep hygiene, time management, and recovery practices, fostering consistency and discipline both on and off the field.
- **Mindset Development:** Mental skills training helps students build resilience, focus, motivation, and confidence, equipping them to navigate challenges and maintain a growth-oriented outlook.
- **Career Investigation:** Exposure to career possibilities related to the sports industry by engaging with professional in high performance sport environments.

Program Structure:

- Initial assessments to determine baseline fitness, nutrition knowledge, and mindset strengths and areas of improvement.
- One-on-one consults to define specific, measurable, achievable, relevant, and time-bound (SMART) goals, with an individualised action plan.
- Regular progress reviews and adjustments to individualised plans.
- Excursions and / or incursions with experts in nutrition, sports psychology, and strength coaching.
- Supportive community environment encouraging peer motivation and accountability.

Annual Cost: \$320

Which includes:

- Access to professional guidance from a qualified Personal Trainer
- Access to professional guidance from a qualified Nutritionist
- Excursion to high performance sports industry