



EXCELLENCE: ACCELERATED SPORTING PROGRAM (ASP)

VISION

The **Excellence: Accelerated Sporting Excellence (ASE)** is a pioneering program aimed at developing high achieving student athletes through education, wellbeing and world class preparation.

ASP provides Queensland's first accelerated sporting excellence pathway, offering a tailored high performance focused curriculum from Years 7–12. Students complete ATAR Physical Education by the end of Year 11, creating crucial space in Year 12 for training, study, travel, recovery and wellbeing, supporting athletes to achieve at a high level in all areas.



VALUES

Elite Character – We nurture honesty, respect, and inclusivity. Students learn to lead by example, make ethical choices, and positively influence others on and off the field.

Elite Competitor – We encourage excellence in both academics and sport. Students develop resilience, embrace challenges, and strive for continuous improvement.

Elite Commitment – We support long-term dedication. Students balance training, study, and wellbeing while building sustainable habits for lifelong success.

Holistic Athlete – We develop self-directed, knowledgeable athletes. Students gain a deep understanding of their bodies, train smart, recover effectively, and compete with integrity and consistency.

PATHWAYS

Links to state, national and QAS pathways. Inclusive of all sports, including para-athletes. Tertiary pathways in sport science, allied health etc. A model designed to support sporting and academic success, not one over the other.

What we prioritise:

Developing a professionally ready sports person through 4 core performance domains:

Self-directed athlete – We prioritise balance, planning and reflective decision making so students become athletes who set their own standards, manage competing demands and sustain performance over time.

Sustained performer – We prioritise understanding smart training, recovery, mindset and wellbeing practices that reduce burnout and build long term athletic longevity, with early exposure to strategies that strengthen resilience and consistency.

Physically literate learner – We prioritise early performance literacy in movement, physiology, testing and data to prepare students for elite expectations and with a sophisticated understanding of their bodies as assets in their careers.

Principled competitor – We prioritise inclusivity, character and ethical behaviours, supporting athletes from all sports, including para athletes, to lead with integrity on and off the field and understand the responsibilities of personal brand and role model influence.

APPLY

Prospective students entering Year 7 can apply for the **Excellence: Accelerated Sporting Program (ASP)** by completing and submitting an Application Form, which is available on the school website. Students will also be required to sit a sporting aptitude test as well as undertake physical testing. Refer to the school website for further information.

FOR MORE INFORMATION ON OUR
EXCELLENCE PROGRAMS PLEASE CONTACT

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