



# LTAD



## TESTIMONIAL

'After Tim represented Australia in 2019, he seemed physically and mentally depleted. As I watched the international athletes compete, I could see Tim was missing a crucial support base.'

'The LTAD program has been the ideal solution. The on-site team and facilities make a big difference in our lives—less time driving/missing work or school for gym and appointments. The thorough and professional team has provided essential input to correct muscle imbalances, improve training efficiency and effectiveness. It is early days and the difference in his technique and racing results thus far have been impressive. Tim has also benefited from the academic liaison and support.'

'I do not know where Sprint Kayaking will lead Tim. I know what he is aiming for. The LTAD program has ignited a whole other level of intent and enjoyment.'

*Vanessa Hyde-Smith (mother of Tim Hyde—  
Australian U16 Asia Pacific and Olympic Hopes  
Kayak Team, LTAD Tier 1 Graduate Athlete.)*



**WESLEY COLLEGE**  
By daring & by doing



The Long-term Athletic development (LTAD) program is a flagship program at Wesley College that encompasses students from PK-12.

All students are tested annually for their physical literacy to ensure appropriate movement interventions are put in place. These data driven interventions are brought to life through one-on-one and small group coaching within physical education classes, wellness time and through home-based resources.

The inclusive nature of this program supports the 'Sport for Life' motto that Wesley College lives and breathes.



## ABOUT THE PROGRAM

For those students that are beginning to take their sport more seriously, they are provided opportunities to work closely with a range of strength and conditioning coaches in the College's High Performance Facility, as well as within senior sports programs.

This includes training load monitoring through GPS, sport nutrition seminars, sport specific warm-ups, injury prevention exercise prescription, and recovery practices that are all backed by the latest scientific literature.

Finally, for students who are balancing the demands of representing the state

or country in their chosen sport/s, the LTAD Tier 1 program provides the latest in high performance support that is unrivalled in West Australian schools.

From academic and sporting load monitoring with a mentor, individualised strength and conditioning programs, physiotherapy screening, one-on-one consults with a Sport Dietician, and weekly Pilates sessions within the school day, this support provides peace of mind for the student and their support network.

For more information about this program, please contact our High Performance Manager on +61 8 6559 8270 or visit [wesley.wa.edu.au](http://wesley.wa.edu.au)



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