Welcome

Welcome to the Snowy Mountains Grammar School Elite Snowsports Academy prospectus.

Snowy Mountains Grammar School (SMGS) offers an educational opportunity like no other in Australia. Located in the NSW Snowy Mountains, with some of the nation’s best and largest ski fields on our doorstep, our students have unsurpassed opportunities to immerse themselves in snowsports while remaining fully engaged in their academic studies. Our location means that no other school can match the opportunities provided by SMGS for students to participate simultaneously in a full elite alpine, cross-country or snowboard program along with a full academic program, delivered in a school environment by dedicated subject teachers.

Our Elite Snowsports Academy (ESA) offers full-time and winter-only programs, giving participants the opportunity to excel in snowsports while maintaining their academic standards.

Snowy Mountains Grammar School offers a high quality academic education, with rigorous teaching programs, immersed in a modern, technology-rich learning environment. Our teachers are exceptionally dedicated professionals who care for their students’ overall wellbeing.

Our personalised learning approach enables ESA athletes to participate in full-time on-snow training programs at either Perisher or Thredbo, while attending a majority of normal timetabled classroom lessons each week. Additional support is provided to ESA athletes through a number of special programs, including additional after-hours tutorial sessions, liaison and support through the ESA co-ordinator and on-staff study co-ordinators to help each athlete manage their commitments.

We invite you to enrol in SMGS’ Elite Snowsports Academy and become part of the proud tradition that has seen us crowned the National Co-Educational Secondary Snowsports Champion School for more than a decade and has produced numerous national team members and Olympians across all disciplines.

Andrew Bell
Principal

Tailoring Academic Delivery to the Elite Snowsports Athlete
SMGS athlete Ruby Smith competing at the 2016 NSW Interschools Championships
SMGS ELITE SNOWSPORTS ACADEMY

Our Mission

The mission of the SMGS Elite Snowsports Academy is to deliver a holistic experience that incorporates all facets of athletic, academic, pastoral and logistical support to the elite snowsports athlete. Participants in this program will be guided to pursue athletic success without sacrificing their academic pathway, while living a balanced lifestyle, underpinned by respectful and supportive relationships with staff and peers.
### THE PROGRAM AT A GLANCE

As the winner of the National Interschools Co-Educational Secondary Championships for over ten years, SMGS believes that strong academic rigour enhances athletic performance. Our program reflects this ethos, allowing up to fifty days on snow, together with a complete academic curriculum over the winter period.

<table>
<thead>
<tr>
<th>ATHLETIC</th>
<th>ACADEMIC</th>
<th>LOGISTIC</th>
<th>PASTORAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ESA athletes:</strong></td>
<td><strong>ESA athletes:</strong></td>
<td><strong>ESA athletes:</strong></td>
<td><strong>ESA athletes:</strong></td>
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<tr>
<td>• Participate in their chosen resort-based training program where they concentrate on their chosen discipline. Each week the students participate in three full days and two half days on snow</td>
<td>• Attend approximately sixteen of twenty-four of our regular timetabled classes per week with the support and guidance of the SMGS teaching staff</td>
<td>• Are accompanied and transported from the school to their program and back each day via the school’s vehicle fleet</td>
<td>• Participate in group mentoring sessions with former SMGS Olympians</td>
</tr>
<tr>
<td>• Have access to a tailored fitness program developed with them by Manuela Berchtold, dual Winter Olympian</td>
<td>• Have access to our online delivery platform, any time, anywhere, ensuring their academic program, including digital texts, is always on hand</td>
<td>• Receive a seven-day timetable incorporating their snowsports program and academic program, along with other non-compulsory ESA components such as fitness training, equipment maintenance sessions, tutorials and mentoring sessions</td>
<td>• Are supported by the ESA co-ordinator who will liaise between the athlete, the school, the resorts, the boarding house and parents</td>
</tr>
<tr>
<td>• Participate in individual goal-setting and monitoring with the ESA co-ordinator and ESA athlete mentors</td>
<td>• Can access dedicated after-school tutorial sessions for additional academic support</td>
<td>• If enrolled as a residential student, live in the school’s boarding accommodation during the school term, which includes balanced and nutritious meals and snacks each day</td>
<td>• Are also supported by their own student support co-ordinator who monitors academic achievement and delivery</td>
</tr>
<tr>
<td>• The ESA program is delivered primarily as a full-time program, however, part-time participation is an option</td>
<td>• Are supported by the ESA study co-ordinators</td>
<td>• During the winter school holiday, have access to our network of affordable homestay accommodation, including daily transport to and from SMGS (and thereby on-snow programs)</td>
<td></td>
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<tr>
<td></td>
<td>• Receive their term’s academic program in advance to assist with time management.</td>
<td>• Have access to ski and snowboard tuning facilities and equipment maintenance instruction.</td>
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</tbody>
</table>
Over winter, the Elite Snowsports Academy is supported by our Head of Sport, Tim Bland. Tim holds a Bachelor of Arts and Diploma of Education. In addition to being an HSC English teacher and Head of Sport at SMGS, Tim is a qualified and experienced level 3 ski instructor with twelve seasons instructing and running programs across the southern and northern hemispheres. Tim manages the logistics and co-ordination of the program, organising travel arrangements, co-ordination with athletes, parents, resorts, the day school and boarding house and other service providers to maximise the experience of each participant. Tim has boundless enthusiasm and passion for helping students achieve their personal snowsports aspirations.

Tim is assisted in the co-ordination of the Elite Snowsports Academy by our dedicated ESA supervisors. The ESA supervisors travel with the athletes to the resorts while programs are under way and actively work to assist the athletes in managing and planning their academic program. They also co-ordinate with academic staff to ensure students are up to date with their studies.

During the academic program, students will have access to the dedicated, caring, professional, knowledgeable SMGS teaching staff. Residential students are supported outside school and program hours by our dedicated and caring residential staff.

All staff are here to support participants in their academic, athletic and pastoral activities and to ensure they are valued and individually known so that they can achieve their personal goals.
Senior athletes preparing to race at the 2016 NSW State Interschools Championships at Thredbo Resort
Snowsports Program

For on-snow training, the Elite Snowsports Academy integrates with the established resort training facilities offered by the Perisher Winter Sports Club, the Thredbo Ski Race Club and NSW/ACT Cross Country. Each participant works with their chosen resort program. Alpine participants can elect to focus on GS, Slalom, SX or Freestyle. Snowboarder participants can choose to follow a GS, SBX or freestyle program. Cross-country skiers focus on both Classic and Freestyle. Program details are available from the relevant snowsport providers.

The Elite Snowsports Academy operates from the commencement of the winter school holidays to the end of the winter term (Term 3) each year and incorporates the resort-based snowsports program along with the school’s academic, logistic, pastoral and residential support facilities. During the school term, participants are generally on snow for three full days (Wednesday, Saturday and Sunday) and two half days (Tuesday and Friday) each week.

SMGS manages the day-to-day logistics of having a snowsports athlete in the family. ESA athletes are transported from school to the resorts and back again. All meals are provided for residential students and a member of our dedicated staff will be on site at both resorts during program times. All participants in the Elite Snowsports Academy work with the ESA Program staff and their coaches to set and achieve personal goals.

ESA athletes commit to:
- Participating fully and enthusiastically in all elements of the program
- Maintaining their personal academic standards
- Maintaining their equipment to optimal performance level
- Building their physical conditioning throughout the season
- Competing for Snowy Mountains Grammar School in all Interschools snowsports competitions.

Academic Program

The Elite Snowsports Academy was created to allow participants to pursue their individual snowsports goals without sacrificing their academic studies. Athletes are able to attend approximately sixteen out of twenty-four scheduled classroom sessions per week while still spending up to fifty days on snow. Participants attend a full day of classes on Monday and Thursday each week during the school term and two half days on Tuesday and Friday. Athletes also have access to additional after-school tutoring, run specifically to meet the needs of ESA participants.

In addition, athletes are supported effectively by the school's online learning platform. Content and work for the winter term is uploaded by teachers before the commencement of term. In conjunction with the winter term planner, this allows participants to complete required work and continue their learning while attending competitions, anywhere and any time. Dedicated support staff and qualified teaching professionals work closely with the athletes to ensure their academic and pastoral needs are met.

Permanent SMGS enrolments also benefit from ongoing online academic support while training and competing overseas during the northern hemisphere winter.

ESA athletes make a conscious decision when they join the program to pursue both snowsports and academic endeavours to the best of their ability. They are assisted in the development of time management and other key organisational skills by the ESA Program staff. They are guided through the establishment of priorities and making positive choices each day to help contribute to their success. Athletes are supported every step of the way, as ESA staff liaise with academic staff and families to assist participants to remain up to date and to achieve the required standards.
### Typical Full-Time Weekly Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Morning</td>
<td>Transport</td>
<td>Transport</td>
<td>Transport</td>
<td>Transport</td>
<td>Transport</td>
<td>Transport</td>
<td>Transport</td>
</tr>
<tr>
<td>08:45-09:30</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>09:30-10:55</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>11:15-12:10</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>12:30-13:05</td>
<td>Subject</td>
<td>Transport</td>
<td>Transport</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>13:05-13:45</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Training</td>
<td>Lunch</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>13:45-14:40</td>
<td>Subject</td>
<td>Subject</td>
<td>Training</td>
<td>Subject</td>
<td>Training</td>
<td>Training</td>
<td>Training</td>
</tr>
<tr>
<td>14:40-15:35</td>
<td>Subject</td>
<td>Subject</td>
<td>Transport</td>
<td>Subject</td>
<td>Training</td>
<td>Transport</td>
<td>Transport</td>
</tr>
<tr>
<td>15:35-20:00</td>
<td>Tutorial</td>
<td>Tutorial</td>
<td></td>
<td></td>
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</tbody>
</table>

- **Transport sessions**: SMGS manages transport from school to resort and return, as well as a supervising staff member at each resort during program times.

- **Subject sessions**: Students are integrated into their regular school subject classes.

- **Training sessions**: Students are integrated into their chosen resort-run snowsport training programs.

- **Tutor sessions** (optional): Students work with teachers after school and are supported academically and pastorally. (This also includes the Athlete Mentor Program and optional conditioning sessions.)

- **At the conclusion of the day’s program**, residential students return to the Boarding House for dinner, homework, equipment care and free time.

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*Theo Coates, Australian U20’s Team, competing in North America*
Alex Dickson, 2016 Youth Olympics Silver Medalist, ESA Alumnus, ESA Athlete Mentor and 2016/2017 NSWIS Snowboard X Program athlete, training at Pitztal, Austria.
Athlete Mentor Program

Students participate in an Athlete Mentor Program with past, present and future Olympians, with a focus on mental wellbeing and personal goal-setting. This area of the program assists athletes in blending physical and mental training throughout the season. Athlete mentors discuss ‘what it takes’ with ESA athletes at scheduled after-school group mentoring sessions.

Students start goal-setting at the beginning of the program, in conjunction with the ESA co-ordinator and athlete mentors. The ESA co-ordinator helps participants monitor their progress against their goals and adjust their goals over the course of the program.

Nicole Parks (Moguls)
Achievements:
15th at 2014 Sochi Winter Olympic Games
Top 10 result at World Cup 2015
Podium, Australian National Championships 2010-2014
1st at ABOM Mogul Challenge 2013-2014

Sami Kennedy-Sim (Skier X)
Achievements:
28th at 2014 Sochi Winter Olympic Games
World Cup 2011-2014 (11th)

Alex Dickson (Snowboard X)
Achievements:
Silver Medal, World Youth Olympic Games 2016
NSWIS Scholarship Athlete 2016-2017

Brooke Darlington (Cross-Country)
Achievements:
Canadian World Championships Team, Oslo 2011
Canadian Aggregate Champion, 2009
Australian 15km Free Champion, 2012 & 2013
NCAA Div 1 Scholarship for nordic skiing, cross country running and track at the University of New Mexico, USA.
Bentley Walker-Broose on his way to claiming the 2016 NSW Interschools Gold Medal
**Conditioning Sessions**

Dual Olympian Manuela Berchtold runs the physical conditioning sessions through her gym in Jindabyne, High Country Fitness. Attendance is optional but highly encouraged. Each participating athlete receives a personalised training program. Athletes have access to a quality weight room, cardio area and a range of classes, including RPM and Body Pump. Physical testing and benchmarking throughout the season form a key part of the program. There are also possible alternate sessions at the pool and trampoline training centre.

**Boarding Program**

ESA athletes can enrol as a day student or a residential student. Residential participants in the program are accommodated within the school’s long-established and popular boarding house which accommodates around fifty young men and women. The values of trust, respect, responsibility and accountability underpin our boarding house community. These values foster the development of a positive environment where each resident is supported and encouraged to achieve their personal best.

As a member of the SMGS boarding community, ESA athletes can expect to have their own bedroom, access to common and dining areas, and to community equipment storage areas. They will feel a strong sense of belonging to a tightknit community, with a personal learning and living environment. Meals are prepared in-house by our award-winning caterer. Residential students have full access to the school’s equipment tuning workshop as well as study sessions each evening (in addition to ESA tuition sessions). The SMGS boarding house presents an attractive option for students from further afield and offers a truly unique experience.

Further information on SMGS boarding is available on the school website and full details of the SMGS boarding program can be obtained through the Registrar.

ESA athletes also have access to our reasonably priced homestay network during the winter holidays at the start of the winter season. Athletes are billeted individually or in small groups with staff and friends of the school community, who ensure athletes are dropped and collected at school each day in time for transport to and from their snowsport training sessions.
Summary of Program Costs

A schedule of fees for the current year is attached or can be obtained through the Registrar upon request.

The following applies to the ESA only:

Elite Snowsports Academy Participation Fee. This covers the transport, staffing and other academic and specific costs associated with running the program. This fee varies, depending on whether the athlete is a permanent student at SMGS or attending for winter only.

All ESA athletes are required to be enrolled at SMGS and are eligible for standard tuition fees and charges. Athletes who enrol for the winter term only are eligible for fees and charges on a pro rata basis.

Residential ESA athletes are charged the normal rate for boarding at SMGS. Athletes who enrol for the winter term only are charged on a pro rata basis.

Payment for homestay accommodation during the winter holiday period is made directly to the provider at the rate agreed between the provider and the school. Contact with the provider is facilitated by SMGS.

ESA athletes are required to wear SMGS ski uniform when representing the school at Interschools competitions. Winter term-only ESA athletes may wear the school PE uniform (polo shirt, soft-shell jacket and tracksuit pants) for day school activities (full uniform not required). A copy of the current Uniform Price List is available on the school website.

All enrolled students may be liable for other charges during the course of the school term, for example, stationery charges and Interschools entry charges, etc.
SMGS Snowsports athlete, Felix Zylinski, competing at Mt. Buller
**Notable Alumni Olympic Representation**

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Torah Bright</td>
<td>2014</td>
<td>Snowboard Halfpipe – Silver Medal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Snowboard Slopestyle – 7th</td>
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<tr>
<td></td>
<td>2010</td>
<td>Snowboard Halfpipe – Gold Medal</td>
</tr>
<tr>
<td></td>
<td>2006</td>
<td>Snowboard Halfpipe – 5th</td>
</tr>
<tr>
<td>Russ Henshaw</td>
<td>2014</td>
<td>Slopestyle – 8th</td>
</tr>
<tr>
<td>Nicole Parks</td>
<td>2014</td>
<td>Freestyle Moguls - 15th</td>
</tr>
<tr>
<td>Sami Kennedy-Sim</td>
<td>2014</td>
<td>Skier X – 28th</td>
</tr>
<tr>
<td>Callum Watson</td>
<td>2014</td>
<td>15km Classic – 75th</td>
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<tr>
<td></td>
<td></td>
<td>30km Skiathlon – 60th</td>
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<tr>
<td></td>
<td></td>
<td>Sprint Freestyle – 85th</td>
</tr>
<tr>
<td>Aimee Watson</td>
<td>2014</td>
<td>10km Classic – 63rd</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30km Freestyle – 54th</td>
</tr>
<tr>
<td>Rowena Bright</td>
<td>2002</td>
<td>Super Combined – 24th</td>
</tr>
</tbody>
</table>

**International Representation**

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adam Dickson</td>
<td>2014/15</td>
<td>Junior World Championships SBX</td>
</tr>
<tr>
<td></td>
<td>2015/16</td>
<td>World Cup SBX</td>
</tr>
<tr>
<td>Matt Thomas</td>
<td>2014/15</td>
<td>Junior World Championships SBX</td>
</tr>
<tr>
<td></td>
<td>2015/16</td>
<td>World Cup SBX</td>
</tr>
<tr>
<td>Karl Van Goor</td>
<td>2015/16</td>
<td>World Cup SBX</td>
</tr>
<tr>
<td>Alex Dickson</td>
<td>2016</td>
<td>Youth Winter Olympics SBX</td>
</tr>
<tr>
<td></td>
<td>2016</td>
<td>Junior World Championships SBX</td>
</tr>
</tbody>
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**Current 2016-2017 National Team Members**

**Alpine**
- Theo Coates – U20s
- Finn Sadler – National Children’s Squad

**Freestyle**
- Russ Henshaw – OWIA Park and Pipe
- Nicole Parks – OWIA Mogul Skiing Program

**XC**
- Callum Watson – World Cup Team
- Aimee Watson – World Cup Team
- Bentley Walker-Broose - Junior National Team

**Snowboard**
- Torah Bright – OWIA Park and Pipe
- Adam Dickson – NSWIS Snowboard X
- Matt Thomas – NSWIS Snowboard X
- Georgia Baff – NSWIS Snowboard X
- Alex Dickson – NSWIS Snowboard X

**Former National Team Members**

- Jamie Deane
- Tiffany Constance
- Emma Rupic
- Chrystal Newbound
- Will Clifford
- Andrew McDonald
- Jean Monique Hawkins
- Matilda Coates
- Hannah Sugerman
- Oliver Thompson
- Kris Evans
- Tim Easdale
- Ewan Watson
- Siobhan Jones

- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Children’s Alpine Team
- National Junior Team XC member
- National Junior Team XC member
What our participants said:

“I liked the group of people as everyone was really supportive of each other. Mr Bland was also extremely helpful and it wouldn’t be the same without him. I like how everyone cares about each other and how it is a community.”

“I found it was really good to have extra time on snow, as well as the support of the teachers to keep up with my school work.”

“I am more organised and independent and I can wake up earlier.”

“They helped me learn to balance academics and sports.”

“More time on snow makes a lot of people improve in snowboarding and skiing and with the ESA program it was good to have the sessions after school which helped me catch up with school work.”

“Thank you for everything. What a great experience.”

“Everything was what I expected from ESA.”

“Safety, discipline, structure, care, communication, fun and enjoyment. This program gives comfort to parents who can feel confident that whilst their child pursues their love of snowsports, (which by default can be in an extreme environment), they receive the best possible professional care and attention enroute and whilst on snow. The program allows space for the individual to grow and make choices for themselves (under guidance) without the usual parental controls.”

“Liked the sense of community and belonging. The kids enjoyed being a part of it.”

What our parents said:

“100% of our ESA participants:

- Were able to maintain and improve their academic work compared to previous winter seasons.
- Said the Boarding House provided the environment they needed to succeed in the ESA Program.
- Found the holiday home-stay option provided exactly what they needed.
- And, three quarters of them are enrolling for 2017!”

“Program Feedback”
WANT TO KNOW MORE?

If you would like to find out more information about the Elite Snowsports Academy, including the modified academic program, please contact Head of Sport, Tim Bland, at the school who will be available to discuss the program with you.

For information regarding the day school and boarding school, including permanent and winter only enrolments, please contact our Registrar, Joan Herringer.

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Joan Herringer, Registrar
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(02) 6457 1022