



Elite Snowsports Academy 2022

Quick Reference Sheet

General Information:

- The 2022 ESA Program is a thirteen-week full-time program.
- Residential students enter the boarding house at the end of Week 1. This gives students a chance for a mental break after Term 2, to see family and friends and to prepare for the busy schedule that is Term 3.
- The ESA Program is open to students in Years 7-10 who are enrolled in winter sports training programs in either Thredbo or Perisher.
- The ESA Program is only open to students in Year 11, or those younger than Year 7 on a case-by-case basis.
- Students should complete the SMGS syllabus while enrolled at SMGS.
- A full schedule of fees is available on our website.

2022 Program Dates:

(Program and boarding dates subject to change based on any changes made by PWSC program schedule)

- The 2022 ESA Application Form should be completed and returned by 16 January 2022.
- Interviews will be held at SMGS on Monday, 7 February 2022 and Monday, 14 February 2022.
- The 2022 ESA Team will be announced before the end of Term 1 2022.
- Saturday, 25 June 2022 - ESA Program start date.
- Sunday, 3 July 2022 - Welcome Evening and Boarding House move-in day, from 4pm.



Important Contact Information:

- Snowy Mountains Grammar School: 02 6457 1022
- Josh Armstead, ESA Co-ordinator: josh.armstead@smgs.nsw.edu.au
- Bronwyn Canham, Registrar: registrar@smgs.nsw.edu.au
- Martin Philpott, Director of Sport: martin.philpott@smgs.nsw.edu.au.

The 2022 Program at a Glance:

Athletic:

ESA athletes:

- Participate in their chosen resort-based training program where they concentrate on their chosen discipline.
- Are expected to represent SMGS in Interschools Snowsports competitions while enrolled at the school.
- Have access to additional strength and conditioning sessions, including yoga, trampoline, swimming and gym sessions.
- Participate in individual goal-setting and monitoring with the ESA Co-ordinator and ESA athlete mentors.

Academic:

ESA athletes:

- Attend all timetabled classes with the support and guidance of the SMGS and ESA teaching staff.
- Have access to our online delivery platform, anytime, anywhere, ensuring their academic program, including digital texts, is always on hand.
- Attend dedicated after-school tutorial sessions for additional academic support from ESA study co-ordinators.



Logistic:

ESA athletes:

- Are accompanied and transported from the school to their program and back each day, via the school's vehicle fleet.
- Receive a seven-day timetable incorporating their snowsports program and academic program, along with other ESA components such as fitness training, equipment maintenance sessions, tutorials and mentoring sessions.
- If enrolled as a residential student, live in the school's boarding accommodation during the latter two weeks of the July school holidays, as well as the school term. This includes balanced and nutritious meals and snacks each day, daily transport from and to SMGS (and thereby on-snow programs) and pastoral support from on-site staff.
- Have access to ski and snowboard tuning facilities and equipment maintenance instruction.
- Can find further information on the Boarding House in the Boarding Handbook on the SMGS website.

Wellbeing:

ESA athletes:

- Are supported by the ESA Co-ordinator who will liaise between the athlete, the school, the resorts, the boarding house and parents; and who will monitor academic achievement and delivery.
- Are placed into a house and a tutor group when they begin in Term 3.
- Meet in their tutor groups several times per week. Activities involve goal-setting, mentoring and discussion of our core values.



- Will be further mentored by the relevant Head of School/Assistant Head of School for their year group, who take an active role (in conjunction with the ESA Co-ordinator) to support students in all aspects of their school life.
- Will have access to boarding supervisors and the Head of Boarding for their physical and emotional care after hours.
- Have access to the SMGS School Counsellor on-site to discuss with athletes any issues they may encounter, such as stress, homesickness and relationship issues.