

HIGH PERFORMANCE TESTING AND TEAM BUILDING ADELAIDE 2022



I felt like I was walking through what my life could be like if I become a professional athlete. - Ty Montgomerie

On Tuesday 5 July 2022, Roxby Junior Sports Academy Athletes made the trek to Adelaide for their High-Performance Testing and Team Building Challenge.

Spirits were high and the bus was a buzz with excited chatter and anticipation for what lay ahead.

SASI
UniSA
Netball SA
West Adelaide Football Club
Adelaide Aquatic Centre
TreeClimb Adelaide

Athletes who accept the offer of a position within the RJSA, have the opportunity travel to Adelaide for High Performance Testing, to train and attend immersion sessions with High Performance Academies and State Sporting Organisations and to participate in team and capacity building challenges. Athlete test results are provided for comparison against elite level testing results in each of the athlete's chosen sport. Results are available to State Sporting Organisations and SASI.

Wednesday 6th July

Athletes challenged themselves, encouraged each other and faced their fears, to prove just what they can do, by climbing the Grand Course treetops of TreeClimb Adelaide, Kurangga Park, Adelaide City Park Lands.

The Grand Course consists of 52 challenges that are divided into 5 different levels of difficulty. Athletes completed all challenges and levels, including zip-lining under obstacles as they moved from one side of the park to the other.

This awesome team building challenge supports athletes as they utilise and continue to develop skills learned through the various RJSAs physical and educational training sessions. Working with a team, Athletes draw upon their leadership skills, to collaborate, problem solve and communicate their way through a physically and mentally challenging climb. The TreeClimb Adelaide builds self-confidence as athletes use sports psychology teachings to maintain endurance and refine their thought processes to achieve their goal of getting through the climb together.



The Tree Climb was good for the adrenalin rush and being able to do it with friends. - Ty Montgomerie

I got closer with my team, tested my fitness and built my confidence. - Ella Higgins





The facility is so versatile. Many different athletes can train... in either teams or single sports. - Ainsley Steer

Later Wednesday afternoon athletes visited the **South Australian Sports Institute (SASI)** for a tour and exercise session. It was a great opportunity to visit SA's centre for identifying, developing and supporting athletes with the potential to perform at the highest national and international levels of sport. SASI was Australia's first sports institute established to provide world-class intensive coaching and training programs and individual scholarship programs for many athletes including gold medalists, Olympian Kyle Chalmers (100m Freestyle) and Paralympian Brayden Davidson (Long Jump). Athletes commented on how impressive it was to see what is involved with training and competing at this level. Throughout the session, Athlete's participated in easy workouts to do without equipment and the importance of stretching in all sports, for muscle flexibility and strength.



Athletes had the opportunity to visit and train with sporting organisations who provide pathways for junior athletes demonstrating high level sporting potential within their chosen sports.

Our U15 and U16 **West Adelaide Football Club Young Blood Academy** participants joined in a training session with their city peers. Athletes commented on how welcomed their city counterparts made them feel and enjoyed the opportunity to train with other Young Blood Academy footballers. The RJSA enjoys a close partnership with WAFC and are grateful to be able to offer our athletes these experiences. All RJSA Athletes stayed on afterwards to dine in the WAFC Bistro.

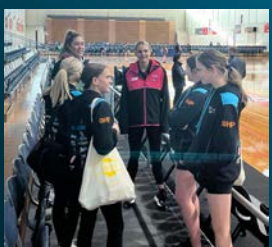


We felt very welcomed and like we really were part of the team. - Jonty Hoffmann



Adelaide Thunderbirds, Matilda (Tilly) Garrett (GD and GK) and Tippah Dwan (GA and GS) treated our RJSA Netballers to a tour of Netball SA facilities and an action-packed development session. Garrett and Dwan ran athletes through tips, tricks and drills to inspire progress. Natalie von Bertouch (World Netball Championships gold Medalist for Australia) even made a brief appearance! Thanks to Netball SA - Development for this awesome experience.

I loved 1:1 training with the Thunderbirds and learning some new moves. - Georgia Oldfield





University of
South Australia

High-Performance Sports Centre

Thursday 7th July

One of the main purposes of the RJSA Adelaide trip is for athletes to partake in high-performance testing at the UniSA High-Performance Sports Centre. UniSA's High-Performance Sport Centre offers state-of-the-art exercise science testing and analysis services.

The testing demands a high level of rigor, physical exertion and commitment from athletes, as they push their limits gaining real-time insight into testing and training requirements for elite athletes.

Athlete test results are provided for comparison against elite level testing results in each of the athlete's chosen sport. Results are also made available to State Sporting Organisations and SASI.

We were privileged to have **Honourable Katrine Hildyard MP** and **Professor Roger Eston**, Executive Dean: UniSA Allied Health and Human Performance Unit and **Professor Jon Buckley**, Dean of Programs: Human Performance, attend our testing. All were very impressed by the opportunities the RJSA presents for isolated youth with elite sporting potential.

Athletes tested in the following areas:

Power

- 6 second power test on Wattbike
- Vertical Jump Testing

Flexibility

- Sit and Reach

Strength

- Mid-thigh Pull

Body Composition

- Bioelectrical impedance analysis (BIA)
- Hydrostatic Weighing (optional)

VO2 Max Testing – aerobic energy expenditure

Speed and Acceleration Testing using Timing Gates

Agility



[UniSA High Performance Sport Centre - Connect with UniSA - University of South Australia](#)



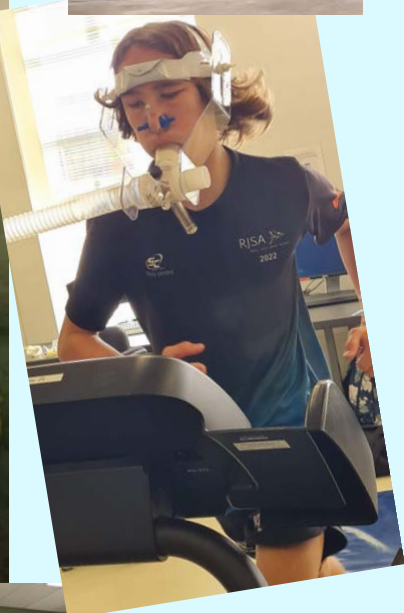


University of
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High-Performance Sports Centre
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The testing at UniSA High-Performance Sports Centre proved to be the highlight of the trip for many of our athletes:

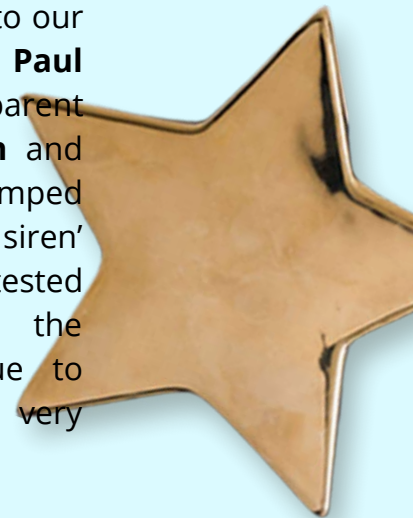
- *The testing was different to any of the testing we have done before. It was also lots of fun.* - Ainsley Steer
- *I learnt what my limits are and I know what goals to set and achieve.* - Ty Montgomerie
- *The testing helped me to learn about myself and what I need to work on for my own sport.* - Seth Jones
- *I learned about my own body and my fitness.* - Noah Baker
- *We got to do lots of testing that other people don't get to experience and met some pretty cool people.* - Ella Higgins





Big thanks to Olympic Dam Sporting Club (Gold Sponsors) for coming to the rescue and offering use of their bus when our options were running very short!

Massive shout-out also to our volunteer bus driver, **Paul Rogers** and parent volunteers **Damo Hann** and **Emma Baker**. *Emma* jumped in 'just before the final siren' after our coordinator tested positive for Covid the morning we were due to leave! Your support is very much appreciated.





RJSA
Roxby Junior Sports Academy

2022

ROXBY JUNIOR SPORTS ACADEMY 2022

Thank you to our highly valued sponsors for your generous and much appreciated support.

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