

IMPACT PLAYERS PROGRAM



The **IMPACT Academy** is excited to team up with the **Hunter Wildfires Rugby Club** and a range of amazing community partners to deliver the **Impact Players Program (IPP)**. A personalised mentoring and leadership development program built on the foundations of health and wellbeing, human connection and community collaboration. The program is **delivered by a qualified teacher**, alongside industry professionals and athletes.

Our mission is to create positive environments, networks and opportunities that empowers young people with the skillset, mindset and heart-set to become 'Impact Players' within their peer group, teams, school, family and community.



Nb: IPP cost is determined by the level of program personalisation and sponsorship support.

REGISTRATIONS CLOSE 13TH SEPTEMBER

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IMPACT PLAYERS PROGRAM



DELIVERY ELEMENTS



Face-to-face workshops (theory)



Coaching clinics (practical)



Online mentoring sessions

Sessions include a theory element and a movement skills clinic run by elite coaches and players. Students also have the opportunity to connect with the Impact Academy online GAME PLAN sessions with professionals and guests who will explore topics such as goal setting, building healthy habits, mental fitness, career pathways and many more topics that impact young people. Students will be sent a Zoom link via their school email.

DURATION

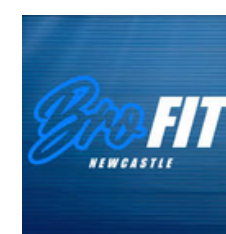


8-weeks
1 session a week



Sessions are 1-2 hours in duration (depending on school requests).

The final session will include a presentation event with families where we will present awards to celebrate what the students have achieved throughout the program.



STUDENT INFORMATION SHEET



WHAT IS IT?

An 8-week program where you will have the opportunity to engage with elite level sport coaches, personal trainers, nutritionists, mental health services and train with the best rugby union players in the region from the Hunter Wildfires Rugby Union team (*no experience in sport required*).



The goal is to give you information and tools to help you become the healthiest, happiest and most confident version of yourself. You will also broaden your support network and enhance your ability to impact those around you in a positive way.

HOW WILL I BE INVOLVED?



8-weeks
1 session a week



Face-to-face
workshops
(theory)



Coaching clinics
(practical)



Online mentoring
sessions - connect
with services and
athletes.

OTHER INFORMATION

You will receive an Impact Academy shirt and attend the end of program celebration.

The program will have a maximum of 30 students.

We hope to see you soon!



WHO WILL BENEFIT?



This program is for **16-30 students** in **Years 7-10** who would benefit from:

- Engaging within a team environment in order to enhance their sense of connection with peers and mentors.
- Learning about tools and strategies to support their overall health and wellbeing.
- Building their self-leadership capabilities so they can contribute to making a positive impact with their peers and greater school community.
- Engaging with positive role models and professionals who work within a range of industries and who have a passion for sport and health.
- Fundamental skill and movement development within any sport (all abilities welcome).

FOR MORE INFORMATION

- Email: admin@impactacademy.com.au
- Phone: 0404 095 507

