



MLC
SCHOOL



CELEBRATING 140 YEARS OF EXCELLENCE IN GIRLS' EDUCATION | 1886–2026

12 May 2026

Dear MLC School parents and carers,

Re: MLC School | Elite Athlete Program (EAP)

I am pleased to introduce the MLC School Elite Athlete Program (EAP). The EAP supports students who are balancing sport at a high level with the expectations of school life. Our aim is to help students pursue excellence in both sport and learning, while protecting wellbeing and encouraging positive contribution to the MLC School community.

Importantly, the EAP does not replace a student's responsibility to meet learning expectations; rather, it provides structured support to help students manage competing commitments effectively.

The EAP is:

- **Designed for committed athletes:** students balancing structured training, competition and travel alongside school.
- **Inclusive across all sports:** eligibility is recognised across Olympic, Paralympic, and other non-Olympic sport professional pathways.
- **Mentoring and performance education:** targeted support for athlete wellbeing.

Program Offerings:

- **Clear planning and goal setting:** an EAP induction and guided goal setting so students can align training, competition and learning.
- **Mentoring and check-ins:** regular touchpoints with staff mentors and group sessions focused on managing high-performance habits.
- **Performance education:** practical sessions on athlete wellbeing for example: recovery, mindset, nutrition, sleep, time management and communication.
- **Support that fits the pathway stage:** level-specific supports that may include strength and conditioning opportunities and academic adjustments for assessments during peak competition times.

Selection Procedure

Selection is based on verifiable evidence of a student's pathway stage and current training/competition demands from the last 12 months. As pathways vary between sports, we assess each application against the closest EAP level to ensure decisions are equitable and consistent.



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GIRLS, PRE-KINDERGARTEN TO YEAR 12

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Meeting the published criteria confirms eligibility for consideration. Places are offered based on evidence, a student's readiness to balance sport and learning, and program capacity. Where helpful, we may invite the student and parent or carer to an interview to confirm demands and tailor support.

If you have any questions about the program or the application process, please contact me. We look forward to partnering with you to support your daughter's development as a student athlete.

Yours sincerely,

Scott Carpenter
Director of Sport
MLC School



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EAP Eligibility criteria table 2026

(Please note this criteria is subject to an annual review and may change in 2027 to ensure program feasibility). Students apply for their primary sport.

Olympic Pathway	High Performance	Emerging
Criteria: Training Commitment	Criteria: Training Commitment	Criteria: Training Commitment
14+ hours/week* structured coach-led training	10+ hours/week* structured coach-led training	8+ hours/week* structured coach-led training
Criteria: Representation	Criteria: Representation	Criteria: Representation
Current selection in an Australian team/squad or named in a National High Performance/Squad program to compete at an international event published by the NSO in an Olympic or Paralympic sport.	Current selection in an official State/Territory team/squad and/or All Schools team at a School Sport Australia competition as published by the relevant governing body, or national selection a non-Olympic/Paralympic pathway sport.	Selection in a Metro, Association, Regional or Zone representative team/squad; an IGSA (or equivalent school-sport) representative team; selection in a State/Territory academy or recognised pathway squad; or equivalent evidence where pathways differ.

*Training hours refer to structured, coach-led sessions including supervised strength and conditioning and exclude informal training. Equivalent evidence may be considered where a sport's pathway uses different terminology. Training hours alone do not indicate selection into the program.

NSO – National Sporting Organisation



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Program Inclusions by Level

Olympic Pathway	High Performance	Emerging
All inclusions from emerging and high-performance levels	All Emerging inclusions	Entry point into the Emerging Athlete Program
<p>Communicate with external coaching team.</p> <p>Priority access to sports science resources, tailored academic flexibility.</p> <p>Connection with Olympic mentors.</p> <p>Assistance with managing international competition logistics, school representation and academic load.</p>	<p>Sport-specific strength and conditioning program on Thursday morning at MLC School Fitness studio.</p> <p>Personal staff mentor.</p> <p>Assistance with task management and scheduling including timetable accommodations as relevant and management of academic load.</p> <p>Pocket awarded for 12 months representation</p>	<p>EAP Induction and goal setting, access to online learning toolkit, education seminars.</p> <p>Invitation to EAP breakfast or lunch catch up.</p> <p>Fortnightly EAP group mentoring.</p> <p>Students in Year 11 and Year 12 meet with a staff mentor for assistance managing academic load.</p> <p>MLC School pink and blue shirt.</p>

Application and appeal process

1. Apply with supporting evidence generally from the past 12 months using the Microsoft application form below by **Friday 29 May 2026**.
2. Assessment by the EAP Committee (clarifications may be requested).
3. Interview (if required) to confirm pathway demands and the supports needed.
4. Outcome provided to families, including the EAP level offered.
5. Appeal available on request where additional evidence can be provided.

[MLC School Emerging Athlete Program Application 2026 – Fill in form](#)



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