



## WHAT IS THE ADP?

The Athlete Development Program (ADP) is a specialised program delivered in partnership between St Stephen's School and Athletic Institute (AI). The ADP is open to selected students in Year 7 and 8 at the Carramar campus, and Year 7 at the Duncraig Campus, acting as a precursor to the School's Elite Athlete Program in the senior years.

AI are leaders in youth strength and conditioning, passionately mentoring the next generation of sporting stars. Their vision 'to educate, empower and inspire future generations of athletes as they persevere in their pursuit of athletic success on a global scale', aligns with St Stephen's School's desire to encourage and enable students to reach their potential. Their values of respect, integrity, grit, humility, trust and teamwork also underpin the qualities we strive to instil in our graduates.





