



Athlete Development Program Setup

Department: Coaching & Performance

Applies To: UAC HQ, Franchise Clubs, Coaches, and Academy Partners

Purpose: To ensure all employee terminations and resignations are handled professionally, lawfully, and respectfully, in alignment with Fair Work Australia standards and UAC policies.

This SOP defines consistent steps for:

- Employee resignation notice and offboarding
- Employer-initiated termination
- Exit documentation, access removal, and communication procedures

Scope

- All UAC Clubs & Franchises offering performance programs.
- Basketball & Athletic Coaches delivering programs under the UAC Academy model.
- B2B / Partnership Programs linked to schools, teams, or external groups.

Objectives

- Deliver a structured, high-performance athlete curriculum with measurable outcomes.
- Ensure consistency in coaching standards and athlete experience across all UAC facilities.
- Empower coaches to customize sessions while maintaining curriculum integrity.
- Build commercial partnerships and sponsorships that enhance athlete services.

Program Overview

The UAC Athlete Development Program (ADP) integrates:

1. Strength & Conditioning (S&C): Athletic base, power, mobility, and injury prevention.
2. Skill Development: Sport-specific fundamentals (e.g., Basketball Skills).
3. Performance Testing: Quarterly benchmark testing (Speed, Agility, Jump, Strength).
4. Recovery & Education: Hot/Cold, compression, and recovery protocols.
5. Mindset & Nutrition: Athlete education through allied health and brand partners (e.g., Glo Nutrition & Co).

CLUB OPERATIONS STANDARDS

Program Setup Process

Stage	Action	Responsible	Resources
1. Program Approval	Franchise or coach submits a proposal for an ADP or Basketball stream.	Centre Manager / FSO	UAC ADP Proposal Template
2. Curriculum Sharing	UAC HQ provides base program templates, including sample session plans, testing calendar, and coaching framework.	UAC HQ Performance Team	UAC Curriculum Pack (Google Drive)
3. Customization & Submission	Coach tailors sessions to suit athlete level, age, and sport focus while maintaining core UAC structure.	Lead Coach	Curriculum Template
4. Review & Approval	Submitted plans reviewed by FSO or HQ Coach for consistency, safety, and brand compliance.	FSO / HQ	UAC Curriculum Checklist
5. Delivery & Reporting	Coach delivers sessions and logs attendance, results, and testing data.	Coach / Admin	GymMaster / Google Drive Logs
6. Quarterly Testing & Feedback	Conduct athlete testing week and performance review.	Coaches / HQ	Testing SOP, Report Template

CLUB OPERATIONS STANDARDS

Curriculum & Program Template (Shared Framework)

Curriculum Components

Each ADP program must include:

- Warm-up & Activation (Mobility, pre-hab)
- Main Block 1: Strength / Power
- Main Block 2: Conditioning / Speed
- Accessory & Core Work
- Cool Down & Recovery
- Weekly Progression Plan (4-6 weeks)

Sample Weekly Flow

Day	Focus	Example Content
Monday	Lower Body Strength	Squats, RDLs, Sled Push
Tuesday	Speed & Agility	10/20m sprints, change of direction
Wednesday	Mobility & Recovery	Sauna, tubs, compression
Thursday	Upper Body Strength	Pull/Push Supersets
Friday	Power & Conditioning	Jumps, sprints, metabolic circuits

Customization Guidelines

Coaches may:

- Adjust exercise selection to suit facility equipment.
- Modify intensity based on athlete level or season phase.
- Add sport-specific conditioning blocks (e.g., basketball drills).

Must Not:

- Alter program structure or testing protocols.
- Remove mandatory safety warm-up / cool-down.
- Rebrand or white-label sessions outside UAC system.

CLUB OPERATIONS STANDARDS

Partnership & Sponsorship Integration

Based on Glo Nutrition & Co and Group Bookings models, partnerships enhance ADP delivery through co-branding, education, and B2B outreach.

Category	Example Partners	Integration Opportunity
Nutrition Partner	Glo Nutrition & Co	Branding in recovery zones, educational workshops, product discounts.
Equipment / Apparel	PUMA, NC Fitness	Athlete merch, uniforms, and social media features.
Corporate Sponsors	Local businesses	Logo placement (court banners, website), event sponsorship.
Allied Health Providers	Osteopaths, Physios	On-site service integration and testing support.

Partnership Deliverables

- Shared marketing collateral (social, email, posters)
- Business-to-Business Offer Sheet (customizable template)
- Co-hosted events (e.g., testing week, wellness seminars)

Group Bookings & External Team Setup

Based on Group Bookings.pdf, programs may also operate as external group sessions:

Type	Inclusions	Pricing Model
Fitness Session	HIIT / S&C / Plyometric training	\$30–45 pp
Recovery Session	Sauna / Tub / Compression	\$25–40 pp
Combo Session	Training + Recovery (3 hr block)	\$35–45 pp

- Can cater up to 50 athletes over 3-hour sessions.
- Sessions are fully customizable and bookable through admin or HQ.