



UPWARD

CHRISTIAN PREP SCHOOL

PROSPECTUS



A Welcome from the Directors

Welcome to the Upward Christian Prep School, a holistic learning environment for female student-athletes aspiring to play collegiate and professional basketball.

Nestled in tranquil bushland surroundings, our school is the perfect opportunity for female student-athletes to begin and experience a college lifestyle right here in our backyard. The path to college basketball can be intimidating when considering the financial investment, relocating tens of thousands of miles away, and so many other unknowns. The Upward Christian Prep School is here to prepare our students.

Our world class staff seek to cater to every student athlete by evaluating their needs and creating college preparation plans using a process of creativity and collaboration. Our staff will also demonstrate the Christian principles of love, grace and service, whilst students will be expected to demonstrate coach-ability, character and camaraderie. We believe these values will create an environment for our students to flourish academically and athletically.

Choosing the right school for your child is a significant decision, and we at Upward Christian Prep School understand its importance. We've provided a glimpse of our school on these pages, and we're ready to help as you consider this investment into your daughter's future.

Enjoy the read and we hope to hear from you soon.

Jason and Angela Fiddes

A handwritten signature in black ink, appearing to be 'JF' followed by a long horizontal stroke.

Managing Director

Adv. Dip. Theology.
CertVI. Career Counselling.
CertIV. Elite Athlete Wellbeing Management.

the Upward Christian Prep School

At the Upward Christian Prep School, we are offering a once in a lifetime, comprehensive gap-year experience, for female student-athletes with aspirations to play college and professional basketball. Our 6-month live-in program is designed to bridge the gap between high school and college, equipping students with the academic, athletic, and personal tools needed to succeed in the next phase of your basketball journey.

A True Collegiate Experience

Students will live in our private and highly secured dormitory-style accommodation surrounded by natural beauty and wildlife at our campus in Thornlands, Queensland. This setting offers peace, independence and responsibility as they share accommodation with like-minded peers. Our amenities ensure their stay is comfortable and conducive to the athletic and academic experiences of college sports. They will be supported as they adjust to this new environment and be more prepared when the time comes to transition to an overseas college campus. At Upward Christian Prep School, we aim to replicate the collegiate experience in every way possible. They may even see a wallaby or two along the way.

Bridging the Gap

For many student-athletes, the transition from high school to an overseas college can feel overwhelming. Our gap-year program will provide the opportunity to experience that firsthand closer to home, allowing you to make trips home on the weekend if you so desire. The Upward Christian Prep School will also offer personalised and strategic plans in preparation for the collegiate recruitment process, which will improve your chances of securing a college basketball position. You will also benefit from our very own FIBA-registered agents, who will work to identify and secure college basketball opportunities for you, including scholarships.



A Program Tailored to Your Future in Basketball

The Upward Christian Prep School focuses on preparing you for the physical demands of basketball at the collegiate and professional levels and the mental and academic challenges you will face. Through individualized training sessions, competitive play, and mentoring, we will help you refine your skills on the court while ensuring you are equipped for the rigorous demands of college life. This gap year allows you to sharpen your athletic abilities, enhance your study skills, and focus on your development without the pressures of a full-time collegiate schedule.



Take Your Game to the Next Level

Our program also offers a unique opportunity to enhance your basketball skills in a highly structured and strategic environment. You will receive collegiate-level coaching and tailored plans to prepare for the demands of collegiate basketball. Through individual skill evaluations, video sessions, and strength and conditioning programs, we will ensure that you are in peak physical and mental condition when you enter the collegiate sports arena. You can also compete in the local Youth League and also trial for local Queensland State Youth League or Queensland State League programs.



Academic Eligibility

While athletic success is essential, your academic performance is equally critical for long-term success. We offer a Certified University Preparation Course that focuses on developing critical study habits and academic skills to maintain eligibility and the commitment required in a collegiate setting. With designated study periods and onsite support, you'll be equipped to meet the educational demands of being a student-athlete. With the help of guest speakers, our weekly 'Brighter Futures' workshops and seminars focus on personal development, teaching you time management, leadership, teamwork, and goal-setting skills—essential for success in sports and life.



Spiritual Growth and Community

Our commitment to nurturing you in a faith-based environment sets us apart. We believe success is not just about what you achieve on the court but also how you grow. At Upward Christian Prep School, understanding yourself and how you can make a difference in the world around you is a core part of the journey. Our weekly chapel services, otherwise known as 'Team Huddles' will enable you to practice gratitude and mindfulness activities and foster your overall well-being. This approach provides a supportive community where you can identify your strengths and building character traits essential for life on and off the court.



Typical Weekly Program

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Gym	Stretching	Gym	Stretching	Gym
7am	*Breakfast	*Breakfast	*Breakfast	*Breakfast	*Breakfast
8am	Campus Huddle	UniPrep	UniPrep	UniPrep	Brighter Futures
9.30am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10am	UniPrep	UniPrep	UniPrep	UniPrep	Film Sessions
11am	**Lunch Break	**Lunch Break	**Lunch Break	**Lunch Break	**Lunch Break
1pm - 3pm	On-Court Session	On-Court Session	On-Court Session	On-Court Session	On-Court Session
6pm - 10pm			Chapel		U20's Basketball Competition

Saturday / Sunday - Free Time

*Breakfast - provided **Lunch - not provided





Investing in Your Future

The Upward Christian Prep School is \$500,00 plus GST per week, per student, which includes:

- Accommodation and Internet for six months
- Daily Breakfast (weekdays only)
- Enrolment to the UniPrep & Brighter Future Courses
- Workout Plan
- All Basketball Skill and Video Sessions
- 1-month gym membership and program
- Use of campus grounds, full size outdoor basketball and tennis courts
- 24/7 access to well-being and education support
- The services of a FIBA Basketball agent for 12 months

Payment plans are available upon request. Finance options are also available from \$50 per week for approved customers from our finance partner, Verified Lending. For support, email team@verifiedlending.com.au.



Frequently Asked Questions

What is the academic curriculum like?

We are offering several options. Firstly, students can enrol in an online UniPrep course. Secondly, students can enrol in an accredited in-class personal formation course at an additional cost. Thirdly, students can enrol in an online course of their choosing at an additional cost. All students will study at the same time in our learning centre.

What is the basketball curriculum like?

We will complete evaluations and college training plans for all student-athletes. All student-athletes will receive one 45-minute individual skills session, one 60-minute positional session, and one all-athlete 90-minute session per week, using collegiate preparation plans as a guide for mentoring.

What can the school guarantee with college opportunities after graduating from the school?

Our registered FIBA agent and dedicated recruitment officers can provide guidance and support when navigating a recruitment process, but they cannot guarantee a college opportunity for a scholarship. Athletic ability, academics, team needs, and institution preferences determine college admissions. Ultimately, the decision lies with the college coaches and admissions team, making it impossible to guarantee outcomes.

Where will the students play competitive basketball?

Alongside our school program, student-athletes will represent the Upward Christian Prep School in the Logan Basketball Youth League on Friday nights. The school fees will cover all registration and playing fees. Student-athletes can also trial for Queensland State Youth League and Queensland State League programs at nearby associations, such as Logan Thunder, RedCity Roar, South West Metro Pirates and Southern District Spartans.

What is the off-court program like?

We will complete holistic well-being assessments and action plans for all student-athletes. All athletes will participate in morning mindfulness activities, three strength and conditioning sessions, one life skill seminar, and one chapel service per week.

How does the school support the mental and emotional well-being of student-athletes?

We offer holistic well-being assessments and action plans, and our student-athletes have access to an on-campus chaplaincy couple and our school counsellor via our prep school chat platform. Our student services workers are all available 24/7 to ensure physical and emotional safety.

What are the living arrangements and facilities like?

We offer accommodation on-site to simulate the college experience. We have several suites with two bedrooms and one bathroom to share. Our bedrooms will accommodate two students each and four per suite. The student cafeteria and dormitory halls will all be under 24-hour video surveillance, ensuring our student-athletes are always safe.

What is the admissions process like?

We offer a school prospectus to assist with the initial stages of the decision-making process. The next step in the application process is to request a student enrolment pack for submission. After receiving your submission, an interview be scheduled with our managing director to determine suitability, either in person or online. The final step is an official response, and if successful, the offer of a position to the school.

What are the tuition and financial aid options?

We have endeavoured to keep our profit margins as low as possible and to include accommodation, utilities, weekday breakfasts, all basketball activities, off-court programs, and student services. Finance options are available to approved clients through our finance partner, Verified Lending, to assist with the financial commitments required to attend our school. Unfortunately, there is no financial aid or scholarships to the school. To assist with the financial commitment of attendance, students can seek employment in one of our two local shopping centres. Our staff can assist with seeking employment upon request.

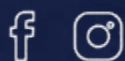
What is the school's approach to injury management and athlete health?

The health and safety of student-athletes are paramount concerns. All of our students must possess a Medicare card, and international students are required to have private health coverage. We do not provide specialist services such as physiotherapy but can refer to local service providers. The Upward Christian Prep School has full insurance for all accidents and incidents that can occur in our programs and on our grounds.



Upward Christian Prep School

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