



Future Stars Student Testimonial – Jessica Donnelly

My name is Jessica Donnelly. I was in the Future Stars Program during years 7 to 9 from 2012 – 2014 and am now in the senior component of the program. This testimonial is to inform you about how I believe being in Future Stars has helped me to where I am today. I am currently in the Queensland netball team both through the school and club system, and am training and working hard for that final selection into the Qld team on September.

Future Stars is developed to improve young athlete's abilities and also to give them a head start in areas such sport nutrition and psychology. During my time in the program I believed it has helped me to focus more on my studies and developed me as a mature athlete. The staff in the program helped me to focus on achieving higher outcomes and challenged me to push further. The teachers focus on each student individually as they want the best outcome for you at the end of the program.

Future Stars has helped me through developing positive self-talk, offered supportive teachers and it felt like the class became a family. The program helped me to mature and focus on my future. I encourage athletes in the program to seriously focus on both the practical and theory based classes, as it is important to understand that students this age don't usually get the opportunity to learn both physical skills and fitness principles as well develop other areas of being an athlete such as sport nutrition. The program goes into a lot of depth on how to benefit yourself as an athlete while you're developing.

I strongly believe that Future Stars will offer a supportive and beneficial outcome for you as a young athlete as much as it has been for me. I'd like to also take the time to recognise that athletes should not take for granted the teachers running the program as I guarantee you by the end of this program you will realise the time that the teachers are putting into developing this program and also the time they are putting into you as an emerging athlete. The program is an amazing opportunity. You as an athlete simply need to grab it with both hands and get the most out of it.

Jessica Donnelly, Year 11 Senior Future Stars athlete