



CASE STUDY

GOING FOR GOLD

**AN ELITE-LEVEL APPROACH TO STRENGTH
AND CONDITIONING FOR THE HSC**

With a family history of sporting achievements at the elite level, the Crowe family understand the importance of optimizing performance for major competitions. Time-poor but highly ambitious, the Crowes chose Kalibrate-ED to coach their daughter Amanda through the HSC. See how we helped Amanda simultaneously achieve top rankings in both school and competitive swimming.

AMANDA'S JOURNEY

"I wanted a 95+ ATAR without giving up National swimming. Kalibrate-ED allowed me to have both."

01 THE CHALLENGE

"My Year 12 began in chaos and frustration. My school forced me to drop to English Standard from Advanced because apparently my grades were not good enough. I wanted a 95+ ATAR and thought I needed the scaling of Advanced English. Even though my parents and I objected, my school told us they would not support me if I went against their 'advice'. This left me feeling embarrassed, powerless and even less supported than before. It affected my confidence and motivation across all of my subjects.

My swim coach provided me with a very clear training plan in swimming, but there was no strategy or structure to help me with my study. I found it increasingly difficult to balance between swimming and school so I just juggled what I could.

I struggled to hold myself accountable with meeting deadlines and staying on top of my studies. I rushed through content just before assessments, writing exam notes last minute, cramming without leaving enough time to properly revise or do practice exams. Unfortunately, all this reflected in my marks. My teachers kept telling me to actually answer the question, create stronger arguments, and use more analytical evidence but never explained how I should do this.

I didn't want to give up swimming, but I also realised I couldn't depend on my school anymore. My mum saw I had to get professional help quickly otherwise I would lose my chance of attaining my ATAR goals."

02 HOW KALIBRATE-ED HELPED

"My experience with Kalibrate-ED was incredible— Kiki made things so much easier, and I saw massive results. I was still extremely time-poor, but I became so much more productive and effective.

Kiki helped me distil a focused goal with actionable steps and targets. I was attending swimming training 4-6 times a week, morning and evening. Kiki became invaluable in helping me to organise my time. At each session she worked with me to set a chronological task list. She gave me guidance on how to handle my upcoming deadlines and commitments. There was no more worrying about trying to balance my attention across subjects and swimming! Kiki took care of it, so all I had to do was tick off tasks. I realised how much time I had

wasted just not knowing what to focus on. Kiki monitored my progress and encouraged me to ask questions between sessions. I became so organised and productive that I had a full set of exam notes revised and practice exams finished well before the Trials.

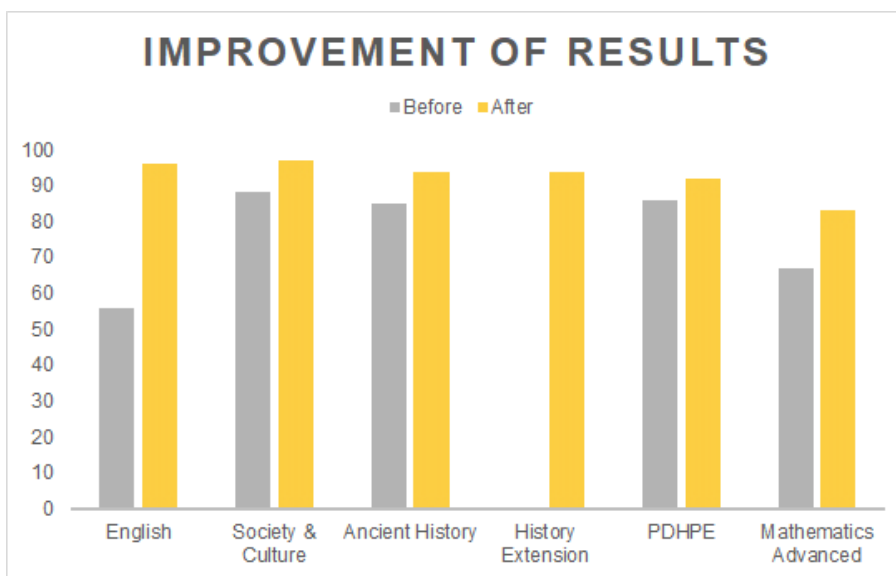
Kiki had previously worked with my brother, and I knew he and my mum held her in high regard. Despite this, I was initially afraid to work with her due to the fear of judgement. I was absolutely clueless when it came to essays and analysis. I didn't know how to choose or analyse evidence, it was so embarrassing. But Kiki never judged, instead she focused on moving me forward. She seemed to understand how to explain things to my

often-exhausted brain in a way that finally made sense. We worked through questions where she'd show me shortcuts or better ways to do things. My confidence in essay writing dramatically increased. My results improved across subjects, and I felt proud that I proved wrong certain teachers who didn't believe in me.

Kiki became a trusted mentor and my biggest supporter.

She saw what I could achieve all along and helped me realise my potential and rebuild my confidence. She became a friend I could confide and seek advice from on anything. She has a way of nudging you toward your decision, without telling you what to do. She kept an eye on my mental health and gave me strategies to build resiliency and distress tolerance, as well as skills to regulate stress under pressure."

03 WINNING RESULTS



History Ext commencement data unavailable; data adjusted to reflect 2 unit weighting for comparative purposes.

100% FULL MARKS
in Major Works
for History Extension
and Society & Culture

98.25 ATAR
Bachelor of Design in
Architecture
Sydney University

“We were all blown away by my ATAR of 98.25, which far exceeded my original goal of 95.00.”

"I achieved top-ranks across my subjects, with full marks in both SOC and History Ext Major Works, and ranked 16th in NSW for English Standard. I got into my preferred course of Bachelor of Design in Architecture at Sydney University without bonus points.

With Kiki's help, I was able to prioritise school without giving up swimming. I continued to compete throughout the school year, still breaking personal bests. I qualified for Nationals where I had to travel to Adelaide for competition in the middle of my first exam block. I placed in the Top 6, while also making the podium for two relay races and received

the Pierre De Coubertin award, recognised by the Australian Olympic Committee.

Kiki always took the time to celebrate my wins. She always focused on my hard work, but I couldn't have done it without her. She taught me to realise my worth and not to underestimate what I could achieve. I became more confident and self-sufficient, feeling more in control of my future. I learned a lot from Kiki that went way beyond just study. I see her as a role-model and enabler for high achievers.

Today, in addition to my university studies, I am exploring new challenges of running a small baking business for the local community with proceeds donated to charity."