

Year 7
APPLICATION PACKAGE
SPECIALIST SPORTS COURSE
2019



Learning for Life

Information for Prospective Athletes

The Specialist Sports Course at Wirreanda Secondary School has been established to assist talented student athletes to achieve at the highest levels of performance in their chosen sport and to help develop their educational, emotional and social well being. The program also provides structures and processes to support students accessing a range of post-school options. Extensive support is also provided through the Athlete Development Program to assist student athletes to balance their demanding schedules and achieve success at school, as well as in their personal and sporting lives.

The aims of the Specialist Sports Course are to provide student athletes access to: -

- Athlete development which enhances the individual's ability to maximise performance using a holistic approach
- Development and actioning a clear Individual Athlete Plan with assistance from the SSC Leader, SSC Development and Innovation Lead Teacher and SSC Transition, Community and Pathways Lead Teacher and additional support services
- Sport Science services, such as coaching analysis of their performance, sports injury courses and nutrition
- A range of state of the art and traditional training methods, strength and conditioning, psychology, recovery, prehabilitation and rehabilitation and sport specific skill development
- Work Experience and Career Education support and pathways planning
- Various professional facilities within the school environment and within local, state and national sporting communities
- A range of technologies to enhance and aid their individual athlete development

Students in the Specialist Sports Course at Wirreanda Secondary School will have the opportunity to:

- Complete appropriate coaching and officiating qualifications and courses
- Complete Certificate 2 In Sport and Recreation
- Complete their Senior First Aid Certificate
- Obtain units in Certificate 3 In Sport And Recreation
- Engage with successful state and national athletes, coaches and experts via workshops, skill sessions and online connections

Criteria for selection

The selection of students into the program is based upon their ability to meet the following criteria:

- Proven level of skill, commitment and/or performance in a training and/or competitive environment(s)
- Demonstrated positive and enthusiastic attitude to support their personal development
- Identified as having high potential for future development and growth as an athlete
- High level of coachability that enables the individual to seek, accept and act on a variety of feedback
- A positive record of playing by the rules and in the spirit of sport
- High level of ability to improve their skills and knowledge in all aspects of their schooling
- Capacity to provide a positive role model for others in their approach to learning, school rules and behaviour at all times
- Participation or willing to participate at a competitive level

Conditions of the Enrolment:

By accepting an offer for a position in the Wirreanda Secondary School Specialist Sports Course, a student must agree to the terms and conditions specified in the following ***'Athlete Specialist Sports Course Expectations'***.

Annual Fees:

The Specialist Sports Course fee is \$230 per year which includes a SSC uniform (top/shorts), kit bag, drink bottle and a training towel. This amount is reviewed annually and parents will be informed of any possible changes for 2019.

The annual fee is set by the Wirreanda Secondary School Governing Council and contributes to costs associated with the program, such as coaches, specialist equipment and uniforms, bus hire, excursions, guest speakers, workshops, state of the art technology, access to possible services such as, nutrition and sport psychology for targeted athletes.

Some excursions will incur additional costs, especially where accommodation and transport are required. Parents/Caregivers will be given advance notice of major excursions to assist with planning and budgeting.

***Wirreanda Secondary School
Athlete Specialist Sports Course Expectations***

- Demonstrate commitment to developing their own skills and knowledge as developing athletes
- Complete all required theory work and tasks and achieve a pass grade in subjects beyond SSC
- Be consistently organised with appropriate equipment for skills sessions, strength and conditioning, recovery and other training sessions
- Wear full SSC training uniform with appropriate footwear for practical lessons
- Be organised in all theory sessions including when electronic devices are required to be fully charged and used in sessions
- Continually strive to improve their skills and knowledge in all aspects of their schooling
- Be a positive role model for others in their approach to learning, school rules and behaviour
- Demonstrate leadership skills and be active participants in Sports Day (minimum of 3 events) and leadership and assistance at Year 8 Standards Day when required
- Be available to represent the school in their major sport(s) and other sporting events the school offers eg. Interschool Athletics, Knock-Out Sport (unless injured or state/national commitments prevent this from happening)
- Abide by the spirit and rules of their sport(s) and behave in an exemplary manner when representing Wirreanda Secondary School
- Maintain a consistent effort rating in all subjects and be willing to work closely with learning support when needed
- Participate fully in SSC workshops, volunteer events and sporting exchanges/camps
- Model the values of Wirreanda Secondary School - Respect, Honesty, Responsibility, Achievement
- Continued failure to meet these expectations will result in removal from the SSC program

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FURTHERING YOUR ATHLETIC OUTCOMES

To gain the biggest benefit from the Specialist Sports Course it is highly recommended that students invest in the following.

- **Involved in club or community level sporting programs on a regular basis.**

Involvement in organised sport outside of the school is key to applying many of the fundamental mental and physical skills that students develop during the program. Consistently being able to apply, practice and reflect on these skills will ensure greater athletic development.

- **Purchase of a heart rate/GPS monitoring device.**

In an effort to continue to keep our program on the cutting edge of sport science and athlete development, Wirreanda Secondary purchases new HR/GPS units. These are offered to students at a heavily subsidised price and are essential components of both athlete monitoring and development. The cost will be approximately \$150-175 per unit through the program. Students are able to use and purchase any HR/GPS unit as long as it has similar specifications.

This in addition with the Training Peaks Coaching software will allow us to monitor, plan and evaluate your students' Individual Athlete Plan, as well as provide an invaluable resource to motivate our student athletes to take real ownership of their training and performances. It will not only ensure students have genuine understanding of the real world use of HR/GPS data for use within SSC and Year 11/12 PE, but also be able to apply these training and physiology principles throughout their athletic career and beyond.

Application Process

1. Please complete the attached Specialist Sports Course **Athlete Application**. This application form can also be downloaded from the *Wirreanda Secondary School Website* at wirreandasecondary.sa.edu.au
2. Attach photocopies of **school reports** for 2017 and semester 1 2018.
3. Remove pages 1-5 (Cover and Information Pages) before submitting application
4. Ask a coach/PE Teacher who has coached your child for some time to complete the **Confidential Reference pages 9 and 10** and for them to **email** it to Heather.Lee54@schools.sa.edu.au
5. Indicate on the **DECD Form ED176** (enrolment form from primary school) **Wirreanda Secondary School Specialist Sports Course as first choice** for your child.
6. Submit the Athlete Application as soon as possible.
7. **Selection trials:** Applicants will receive an invitation and be required to participate in the selection trials with Wirreanda Secondary School Specialist Sports Course staff as scheduled by the Specialist Sports Course Office. Please note: Applicants may be required to attend a further selection trial and/or interview if required.
8. If successful after a review of information submitted and selection trials, a **school-based interview** may be organised if required. The interview usually involves the student and parent(s), with the SSC Lead Teacher. Applicants and families will be notified of the outcome of the trials indicating if an interview is required or further monitoring throughout the year.
9. **Reviews.** Acceptance into the Specialist Sports Course does not lead to automatic placement in the following years. School and sporting progress are **regularly reviewed throughout the year**.

**Wirreanda Secondary School
Specialist Sports Course Application 2019**

ATHLETE APPLICATION for 2019

(Please attach photo of applicant in top left hand corner of this form)

Athlete's Surname:

First Name:

SPORT: (1)

(2)

Primary School:

Gender: MALE [] FEMALE []

Date of Birth: / /

Athlete's Mobile:

Athlete's Email:

Primary Caregiver's Name:

Street Address:

Suburb:

Postcode:

Home/Work Phone:

Mobile:

Email:

Secondary Caregiver's details (if different to above):

Street Address:

Suburb:

Postcode:

Home/Work Phone:

Mobile:

Email:

Preferred email for Sports Messages:

Preferred Mobile for SMS messages:

Signed:

Parent/Caregiver

Signed:

Student Athlete

Date:

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Student Self Nomination

** Student: Please complete this section with pen in your own writing*

Why you would like to be a Specialist Sports Course student at Wirreanda Secondary School?

Please explain how you would work toward your athlete/sport goals in the Specialist Sports Course at Wirreanda Secondary School:

**Wirreanda Secondary School
Specialist Sports Course Application 2019**

Confidential Reference from Coach/ PE Teacher

(Page 9 and 10 to be **emailed** straight to SSC Office - Heather.Lee54@schools.sa.edu.au)

Name of Coach:

Position Held:

Contact No (office hours):

Present Club / Training Venue:

STUDENT-ATHLETE

Given Names:

Last Name:

Position within team:

Strengths:

Areas for development:

Wirreanda Secondary School
Specialist Sports Course Application 2019

Training Commitment:

Coachability:

Attitude/Sportsmanship:

Please email page 9 and 10 to Heather.Lee54@schools.sa.edu.au

**Wirreanda Secondary School
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CHECKLIST

- You have removed the first five pages of this document (cover and information pages).
- Student and parent/guardian have signed the Athlete Application
- You have given your current coach/PE teacher the Confidential Reference pages 9 and 10 of the package and asked him/her to complete **then email** to - Heather.Lee54@schools.sa.edu.au - please check they have done this for you.
- Student Self Nomination is handwritten by the applicant
- You have attached copies of school reports from 2017 Semester 1 and 2 with individual photo and pages 7 to 8 of the Athlete Application package

Completed applications should be returned to via email or post:

**Heather Lee
Specialist Sports Course
Wirreanda Secondary School
105 Richards Drive
Morphett Vale
SA 5162**

Phone: 08 8329 7230

Fax: 08 8329 7299

Email: Heather.Lee54@schools.sa.edu.au