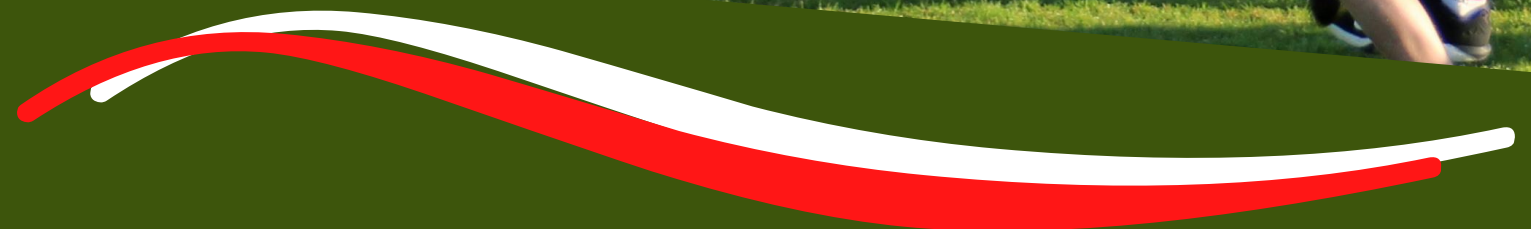


Elite Sports Program



"ELITE PREPARATION OF THE PHYSICAL AND PSYCHOLOGICAL LEADS TO ELITE PERFORMANCE."



Elite Sports Program



2021 will see the creation of the Elite Program for students here at Bunbury Catholic College.

The sports program is designed to support students who have a particular interest, talent or capability in elite sports.

This will include learning opportunities in the spheres of sports performance, coaching and/or officiating.

The following information outlines the structures which will be implemented for students to gain knowledge, understanding and physical literacy in what it takes to achieve an elite result in their chosen sporting pathway.

Students will apply for selection into the program each year.

Selection Process

- Complete the online application form which will be assessed by a staff panel.
- Students will be informed of the result of their application.
- Successful students will be interviewed about the course content and expectations.



Year 7/8 Pathway

Students will be involved in events such as guest speakers, lunchtime/before/after school training and mentoring sessions, where relevant to the individual.

A position in the Year 7/8 Pathway will help inform us for the Year 9 program participants.



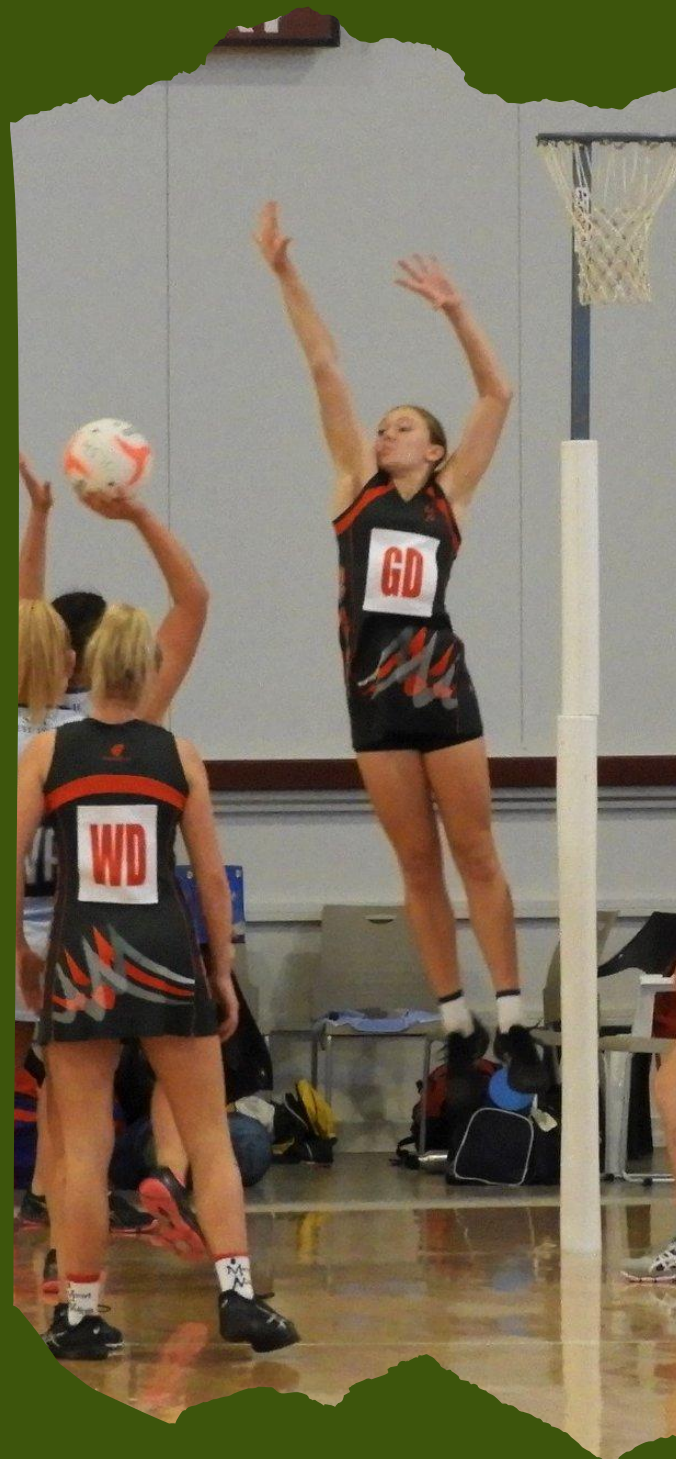
Year 9 Pathway

Students will be immersed in a 3 periods per week learning opportunity with scope to include 2 groups over the year (one each semester). This option will cater for a larger number of students and help inform us for the Year 10 program participants.

Year 9 students will focus on topics such as:

- Fitness and skills testing protocols.
- Performance related strategies.
- Sport specific skill drills
- Introduction to various training methods and principles.
- Recovery strategies.
- Nutrition for athletes.
- Major bones and muscle groups.

We will also look to connect with local specialist businesses.



Year 10 Pathway

Available to students as a 3 period per week pathway for the entire year covering topics such as:

- More specific skills and fitness testing.
- Specific fitness sessions.
- Specialised resistance programs
- Introduction to sports psychology strategies.
- Nutrition for success.
- Introduction to training planning and sport/study/work balance.
- Introduction to coaching/officiating/playing pathways — as relevant to individual.
- Guest speakers for specific content
- Local excursions to venues/specialists.
- Exposure camp for elite performance experiences.



Year 11 and 12 Pathway

Students will have the option to participate in the elite program. These sessions can be utilised as required by the individual student.

The following provides some examples of the program topics:

- Life balance skills.
- Develop an annual training plan incorporating relevant fitness, skill training and recovery.
- Develop a nutrition plan.
- Specialist guest speakers.
- Importance of training routine and progression of training techniques.

Access to the Elite Sports Performance – SCSA Endorsed Program.



Frequently Asked Questions

CAN I APPLY?

Any motivated student passionate about learning what it takes to succeed in their area of passion (player, coach or umpire) should apply.

ARE THERE ANY ADDITIONAL COSTS?

Elite Program Polo Top.

Optional Exposure Camp for Years 10 - 12 only.

WHAT ARE THE BENEFITS?

Acquire knowledge and experience across a broad range of contexts to attain an understanding of elite performers.

- Upper school students are able to earn WACE accreditation.
- Merchandise for training sessions.
- Specialist coaching and mentoring.

Frequently Asked Questions

IS THERE ANY COMMITMENT OUTSIDE OF SCHOOL HOURS?

In order for students to gain the full benefit of the program, some incursions/excursions, training sessions or access to facilities may need to be outside school hours.

WILL THIS IMPACT MY CURRENT SPORTING COMMITMENTS?

No, this program is intended to support an individualised elite level of sporting commitment rather than being an extra, out of school obligation.

DO I NEED TO RE-APPLY EACH YEAR?

Yes you will.

CAN I LOSE MY POSITION IN THE PROGRAM?

Yes, if you are not maintaining the expected standards as outlined in the Elite Program Policy.

Contact Information

Please feel free to contact any of the Physical Education Staff at 08 97 21 0000

Mr Graham Jones - Head of Physical Education

Ms Kelly Bastow - Director of Sport

Mrs Paige Alava - PE Assistant

Mr Vlad Alava

Ms Natalie Ferrier

Mr Jason Frisina

Mrs Michelle Harris

Ms Ludita McLean

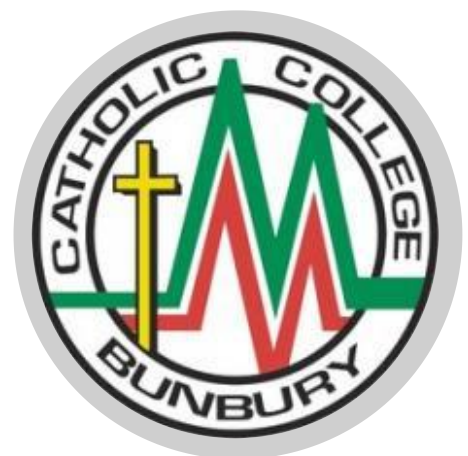
Ms Liana Perrella

Ms Cassandra Shine

Ms Kym Whitney



Notes



**"THE WILL TO WIN IS
WORTHLESS IF YOU DO NOT
HAVE THE WILL TO PREPARE"
- THANE YOST**

