

# Elite Sports Program

Learning in the spheres of  
sports performance, coaching and officiating.

reach your personal best



*Elite preparation of the physical and psychological leads to elite performance.*



**Bunbury Catholic College**



# Elite Sports Program

The Elite Sports Program is for students at Bunbury Catholic College who have a particular interest, talent or capability in sport at an elite level.

Students accepted into the program are supported through learning opportunities in the spheres of sports performance, as well as coaching and/or officiating.

The following information outlines the structures implemented and the conduits in place for students to gain knowledge, understanding and physical literacy in what it takes to achieve elite results in their chosen sporting pathway.

Students can apply, or re-apply, for selection into the program each year.

# Selection Process for the Elite Sports Program

- Students are invited to visit the College website and complete the online application form which will be assessed by a panel of staff members.
- Applicants will be informed about the result of their application.
- Successful students will be interviewed about the content of the course they will be working on and the expectations for successful completion.



# Year 7 & 8 Pathway

Students will engage through a modified PE program. They will cover topics such as fitness, training principles and methods, recovery, nutrition, goal setting and skill development.

Students will be able to access regular resistance and core strength activities as well as sport psychology sessions.





# Year 9 Pathway

Students will be immersed in a learning experience for two periods per week across the entire year.

Year 9 students will focus on:

- 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

Year 10 students will increase their participation in the program to three periods per week, spanning the entire year.

The topics covered will include:

- 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 or playing pathways – as relevant to the individual
- Guest speakers for specific content
- Local excursions to venues/specialists
- Exposure camp for elite performance experiences





# Year 11 & 12 Pathway

Students will be enrolled in a program endorsed by the School Curriculum and Standards Authority of Western Australia.

A member of staff will be appointed as their Mentor.

Students will be allocated periods in their school timetable which can be dedicated to training or study.

Program elements may include:

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

# Frequently Asked Questions

## **Can I apply for the Elite Sports Program?**

Motivated students who are passionate about learning what it takes to succeed in their chosen sport, as a player, coach or umpire, are invited to apply.

## **Are there any additional costs?**

- Elite Program Polo Top
- Optional Exposure Camp in Years 10, 11 & 12

## **What are the benefits?**

Students accepted into the Elite Sports Program have the opportunity to gain knowledge and experience in a range of contexts that will allow them to develop an understanding of elite performers and elite performance.

During training, participants are able to wear a sports uniform that identifies them as part of the program.

Upper school students are able to gain Western Australian Certification of Education (WACE) accreditation.





# 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 on 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 do.

## **Can I lose my position in the program?**

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



# Contact Information

Applications for the Elite Sports Program are invited from students currently enrolled at the College and from those intending to enrol.

Please find the application forms in the Elite Sports Program section of our website:

[bunburycatholic.wa.edu.au](http://bunburycatholic.wa.edu.au)

For more information, please call the Administration on 9721 0000 and ask to speak to:

Head of Physical Education - Mr Graham Jones or  
Director of Sport - Ms Kelly Bastow



# How fast, how strong, how high can you go?

Former Bunbury Catholic College students  
who took their sporting careers to the top level.

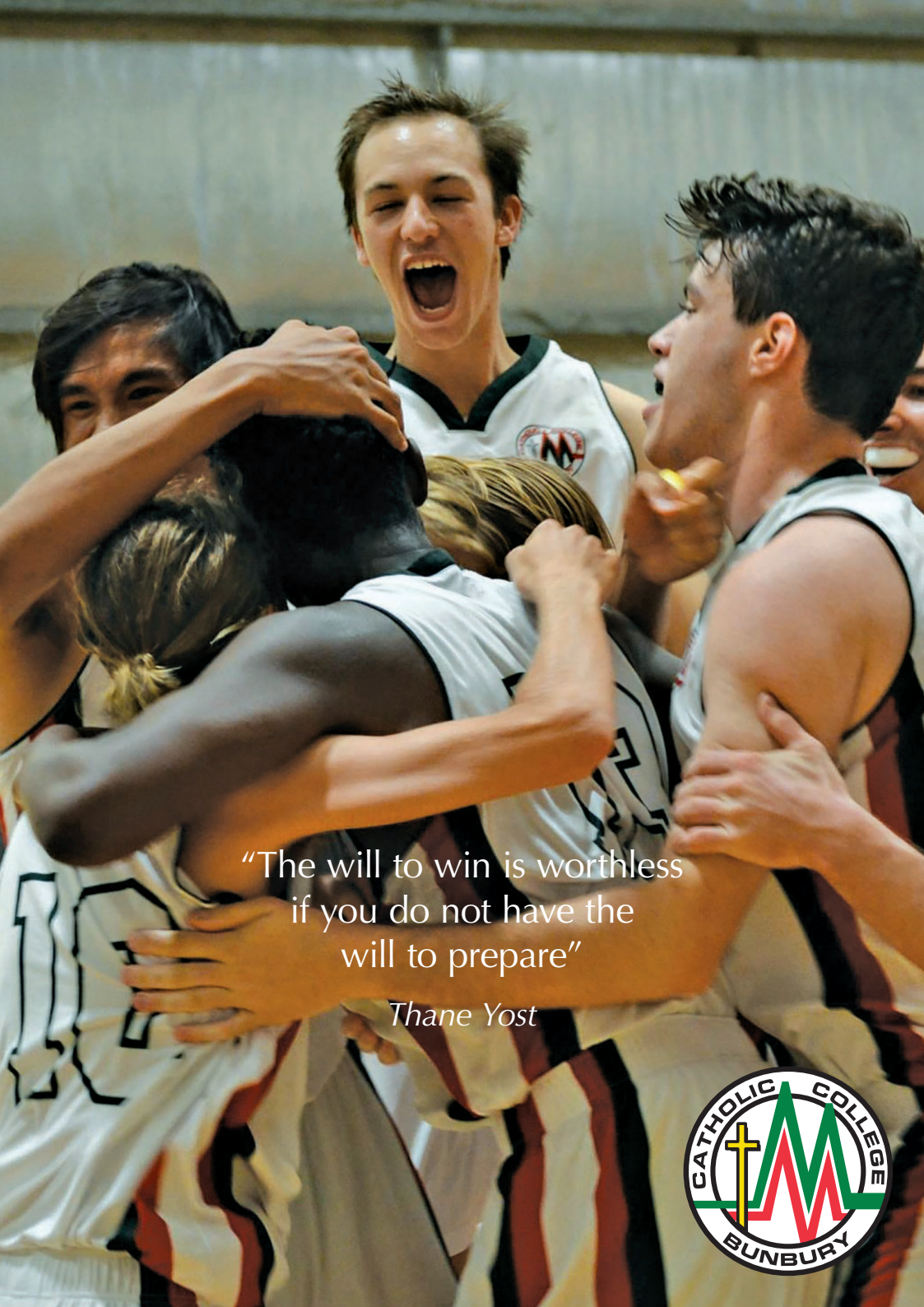
## Lauren Reynolds - Cyclist

*Represented Australia in  
the individual BMX at the  
2012, 2016 & 2020  
Olympic Games.*



## Anthony Morabito – AFL Footballer

*Number four AFL Draft Pick of 2009.  
Played 26 games for the  
Fremantle Dockers Football Team.*



“The will to win is worthless  
if you do not have the  
will to prepare”

*Thane Yost*

