

DALBY STATE

HIGH SCHOOL



SPORTING

EXCELLENCE

PROGRAM

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MISSION AND VALUES

Dalby State High School is committed to providing the best educational opportunity for our students, essential for life in the twenty-first century.

Vision

Creating the future; every student; every day

Values

- Positive Relationships
- Student Diversity
- Multiple Pathways
- Teacher Excellence

These values underpin all our undertakings with our students and parents, including our responses to the management of student behaviour. The school's Student Code of Conduct supported through the unique structures of this school site and reflects our core values of **"Respect"**, **"Safety"** and **"Learning"**.

Sport is an integral part of the school curriculum. Physical education is compulsory in the middle phase and sport options are offered to senior students. Sport is viewed as being important in the holistic development of our students, with the focus being participation and opportunity rather than elitism.

The Sports Excellence Program is offered to students in grades 7-12. In which students are selected based on interview and written application, as well as past and present sports achievements. It is not a program exclusively for elite or representative. In essence, the program is an extension course in Health & Physical Education and is open to all students with an interest in sports and a desire to be very physically active.

PROGRAM OVERVIEW

The aim of the Sporting Excellence Program is to help the student set goals for both their sporting and schooling year. The program is designed for gifted and talented students who have demonstrated an advanced ability, or particular potential, in their targeted sports. It aims to provide young people talented in sport with the opportunity to pursue sporting excellence in a supportive educational environment with the flexibility to accommodate sport and school commitments.

The program will be developed at the beginning of the schooling year and revisited on a termly basis and will consist of the following:

Schooling goals

- Effort and behaviour
- Achievement
- Attendance
- Study plan

Sporting goals

- Representative opportunities
- Club performance
- School team performance
- Goal setting/sports psychology
- Nutrition
- Hydration
- Recovery strategies
- Strength and Conditioning

TERM PLANNER

TERM	1	2	3	4
Study Plan	<ul style="list-style-type: none"> - Set up timetable to include homework and assessment dates 	<ul style="list-style-type: none"> - Review interim results for effort, behaviour, attendance and class achievement (update goals student work booklet) 	<ul style="list-style-type: none"> - Review Semester results for effort, behaviour, attendance and class achievement (update goals student work booklet) 	<ul style="list-style-type: none"> - Review yearly performance for effort, behaviour, attendance and class achievement to help establish goals for the following year
Strength & Conditioning	<ul style="list-style-type: none"> - Pre testing - Strength and conditioning program established that is sport specific and age appropriate 1 session per week 	<ul style="list-style-type: none"> - Testing - Review strength and conditioning program - Continue 1 session per week 	<ul style="list-style-type: none"> - Testing - Review strength and conditioning program and set goal for semester 1 - Continue 1 session per week 	<ul style="list-style-type: none"> - Testing - Review strength and conditioning program - Continue 1 session per week - Goal setting for the standards to be met by the start of the year - Establishment of offseason/Christmas training program
Nutrition	<ul style="list-style-type: none"> - Establish nutritional plan - Gain an understanding of the appropriate foods to be eating before and after training and games 	<ul style="list-style-type: none"> - Review nutritional plan, training and game day eating habits 	<ul style="list-style-type: none"> - Review nutritional plan, training and game day eating habits. 	<ul style="list-style-type: none"> - Review nutritional, establish the dietary requirements for offseason/Christmas program
Recovery	<ul style="list-style-type: none"> - Establish the correct recovery processes and procedures 	<ul style="list-style-type: none"> - Review recovery strategies 	<ul style="list-style-type: none"> - Review recovery strategies 	<ul style="list-style-type: none"> - Student individual recovery procedures
Game day routine and performance	<ul style="list-style-type: none"> - Establish a game day routine to help optimise performance - Introduce individual goals and sports psychology techniques 	<ul style="list-style-type: none"> - Review game day routine to help optimise performance - Review goals and evaluate sports psychology techniques 	<ul style="list-style-type: none"> - Review game day routine to help optimise performance - Review goals and evaluate sports psychology techniques 	<ul style="list-style-type: none"> - Complete a reflection of sporting year and strategies used - Review individual goals

UNIT OVERVIEW

Year/Term	1	2	3	4
7	Goal setting and group dynamics	Establishing health eating habits	Sports psychology- pre competition routines	Foundational understanding of components of fitness and training principles
8	Goal setting and group dynamics	Establishing health eating habits	Sports psychology- pre competition routines	Foundational understanding of components of fitness and training principles
9	Goal setting and leadership	Sports nutrition- maximising my performance	Sports psychology- pre and in competition routines	Training programs for specific performance
10	Goal setting and leadership	Sports nutrition- maximising my performance	Sports psychology- pre and in competition routines	Training programs for specific performance
11	Goal setting and leadership	Sports nutrition- maximising my performance	Sports psychology- pre and in competition routines	Training programs for specific performance
12	Goal setting and leadership	Sports nutrition- maximising my performance	Sports psychology- pre and in competition routines	Training programs for specific performance

SELECTION CRITERIA

The Sporting Excellence Program will be offered to students who uphold the school values of **“Respect”**, **“Safety”** and **“Learning”** at all times and have demonstrated a commitment to the culture of the schooling community. Acceptance into the program is open to students from grades 7-12. Students will be selected using the following criteria:

1. Commitment to sporting pursuits and willingness to work within a team environment
2. School attendance is at 90% or above
3. Positive record of school conduct
4. Positive record of behaviour and effort (reviewed every term)

Students who are successful will be offered a place in the program upon review of application. Students who fail to meet all criteria may be granted provisional status in the program at the discretion of the Sporting Excellence Coordinators, allowing them to demonstrate their commitment to the program and their studies in an appropriate manner.

COMMUNITY

The program will foster close relationships with the wider community facilities and services to help collaborate and provide support and a streamlined plan with all students who are committed to the Sporting Excellence Program. The various facilities and services include but are not limited to:

- Bunya Campus gym
- Bunya Campus pool
- Dalby Aquatic Centre

SCHOOL RESPONSIBILITIES

- Provide a caring and supportive environment to help maximise student success
- Expect high standards of behaviour, effort and attendance
- Ensure quality coaches and external support networks are provided
- Facilitate improvement of fitness, participation and enjoyment
- Monitor and report on student progress

STUDENT RESPONSIBILITIES

- Attend **ALL** Sporting Excellence facilitated training sessions – must notify a coordinator prior to training if you cannot attend
- Be punctual and prepared with the appropriate equipment for all sessions
- Attend and participate in all school carnivals, house challenges and interschool sporting teams
- Maintain 90% or above attendance and positive school conduct
- Maintain positive effort and behaviour

REPORTING

In addition to regular school reports, students and parents will be provided with the following:

- Updates via the school newsletter on current events happening within the program
- Meetings to develop and review student individual performance plan
- Communication with parents about any concerns or issues
- End of term function to celebrate student achievement

BUDGET & LEVY

ITEM	PRICE
Optional items – Available at the Resource Centre.	
Sporting Excellence Hat	\$15
Sporting Excellence training shirt	\$35
TOTAL LEVY	\$50

CONTACTS

Sporting Excellence Coordinator

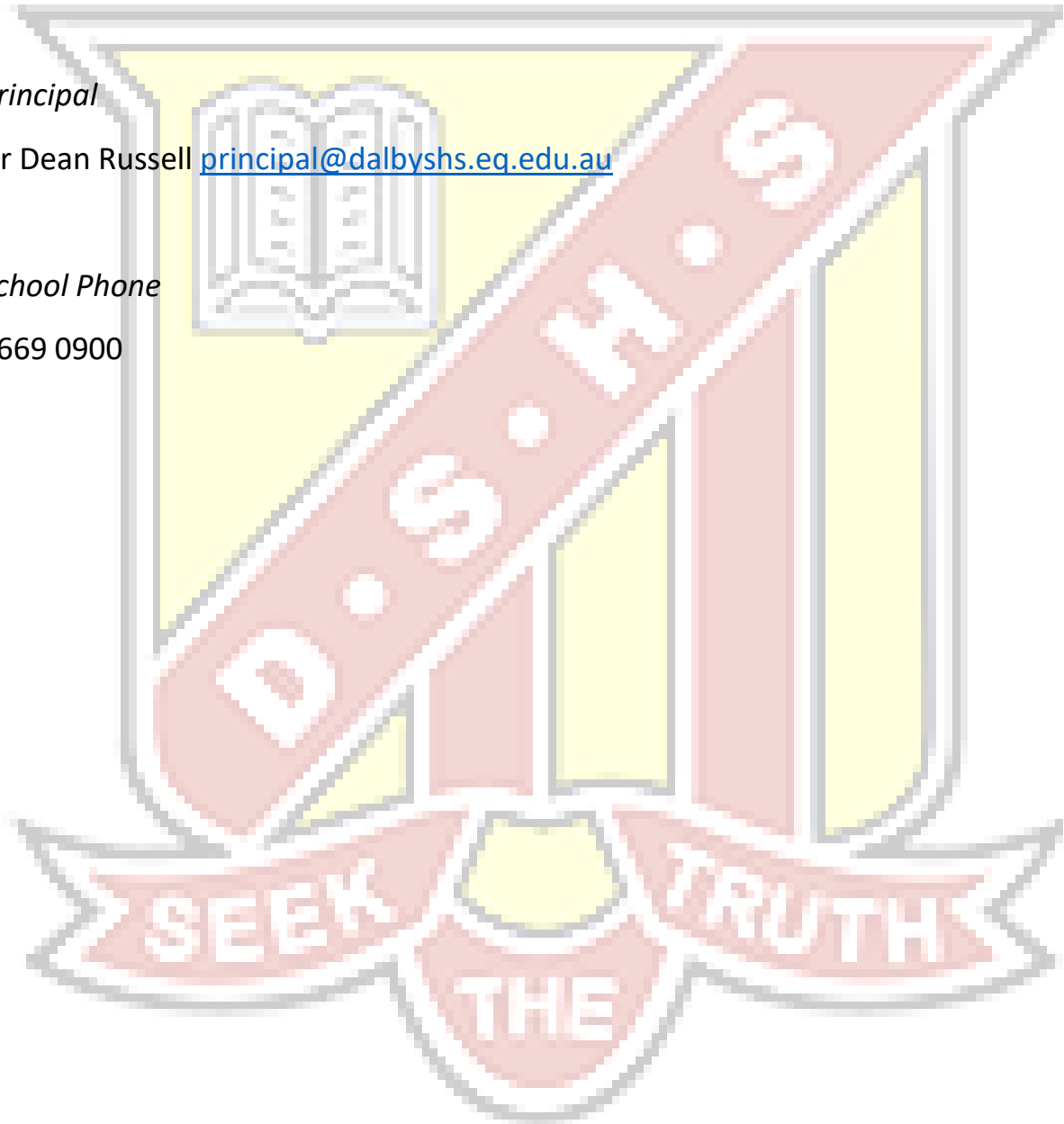
Max Mason mmaso139@eq.edu.au

Principal

Dr Dean Russell principal@dalbyshs.eq.edu.au

School Phone

4669 0900



SUMMARY OF DATES

Whole School Presentation

- Assemblies, Year level presentation, Student Notices
- School Facebook Page
- Information Booklets distributed

Applications Open

- Applications open start of week 7, term 4, 2023

Applications Close

- Applications close end of week 1, term 1, 2024

Interviews/Selection

- Vetting process
- Interview upon request week 2 , term 1 2024
- Inform successful/unsuccessful applicants

STUDENT APPLICATION FORM



**Dalby SHS Sporting Excellence Program
Application Form**

Applicant Name: _____

Address: _____

Parent/guardian names: _____

Phone number: _____

Current School Grade: _____

1. In a brief statement, outline the reasons why you should be included in the Sporting Excellence Program for 2024.

2. Sporting Involvement. Please comment on your sporting interests and list sporting teams you have been involved with at school and club level.

3. If you are selected in this program, how will this benefit you in your sporting endeavours?

4. What are your sporting goals for 2024?

5. What are your academic goals for 2024?



STUDENT RESPONSIBILITIES CONTRACT

STUDENT NAME _____

I acknowledge that by being accepted into the Dalby SHS Sporting Excellence Program, I have been provided with a special opportunity to continue with both my studies and sport to the highest possible level.

I understand that to maintain my position within the program my performance in both areas must be of a required standard as judged by the coordinators in charge in consultation with the Principal and the Head of Department.

Specifically:

1. I will attend all classes and activities within my timetable, and maintain 90% or above attendance.
2. I will follow the school core values of **“Respect”**, **“Safety”** and **“Learning”**.
3. I will complete all homework tasks, assignments, and exams on time and will seek assistance if having difficulties.
4. I will notify the teacher/coach anytime I will be absent. A written note from a parent/guardian or doctor will be provided to my teacher if I am unable to participate in a practical lesson or training (did we want to add something here)
5. I will do my best and be enthusiastic.
6. I will actively participate and contribute to the best of my ability in all classes, training and other activities organised for me.
7. I will participate in all three school sporting events swimming, cross country and athletics.
8. I will represent the school in any school sport opportunities that arise.
9. Throughout the duration of the program I will ensure that I uphold the good name of the school and represent the school with pride and distinction.
10. I will be attired in the appropriate school/sport uniform.

Failure to comply with any of these conditions above will result in the program coordinators, in consultation with the Head of Department and the Principal, deciding on a line of corrective action, which may include temporary or permanent removal from the program.

Signed _____ (student) Date _____

Signed _____ (parent) Date _____

Sporting Excellence Camp: Expression of Interest

In 2024, we are planning to organise our first ever Sporting Excellence camp at the Gold Coast Performance Centre (Runaway Bay). We believe this is a great opportunity for the Sporting Excellence students to experience a state of the art performance centre and experience a wide range activities aimed at enhancing their sporting journey. The proposed activities are, speed session, stationary bike session, athletic development workshop, yoga, HIIT, recovery session, pool/beach session.

We are planning to run school and community fundraising events to reduce the cost for the students. More information on this will come out at the start of Term 1, 2024.

Excursion information:

Departing date: 6th of November (2024)

Return Date: 8th of November (2024)

Activity costs (Prior to Fundraising): \$275

Venue: Gold Coast Performance Centre (Runaway Bay)

Accommodation: Gold Coast Performance Centre (Runaway Bay)

Meals: Students will receive three meals a day provided by the Gold Coast Performance Centre

Transport: All Sporting Excellence Students will travel to and from the Gold Coast Performance Centre (Runaway Bay), on a bus organised by Dalby SHS.

Expression of Interest

If you would like your child to attend this camp, please sign the expression of interest below.

I would like to express an interest for the named child/student _____

to attend the **Sporting Excellence Camp** at the **Gold Coast Performance Centre**

Parent/Carer/Student*	Name:		
	Phone number:		
	Email address:		
	Signature:		Date: