Sandgate District State High School

Academy of Sport

HANDBOOK

Dream It, See It, Live It!
Mission Statement

Within our supportive school environment we aim to develop the citizens of the ‘game’. In partnership with local, state and national sporting bodies we also aim to deliver a high quality program that focuses on the physical, personal & social development of the athlete. Furthermore we aim to provide an environment that allows our students to expand their horizons and be all they can be.

Partnerships;
Core Values

Commitment  Responsibility
Respect       Accountability
Hard work    Honesty

Dream It, See It, Live It!
Elements of our Academy Programs

Student Athlete

- Time Management
- Injury prevention and Management
- Strength and Conditioning
- Skill Analysis and Development
- Nutrition
- Goal Setting and Visioning
- Flexibility
- Flexible Curriculum
- Vision Testing
- Officiating
- First Aid
- Coaching
ACADEMY PATHWAYS

YEAR 8
- SEM II – 2 lessons per week
- BENCHMARKS

YEAR 9
- Two lessons per week
- BENCHMARKS

YEAR 10
- Two lessons per week
- BENCHMARKS

YEAR 11/12
- Three lessons per week

- Interschool Sport
- Metropolitan North Sport
- QLD School Sport
- Club Teams
- Regional/State Association representative teams
- Coaching
- Officiating

Representative Player
Life Long Friendships
Professional Player
Employment in the Sports Industry
Coaching
Officiating
Team Player
ENTRY PROCESS & REQUIREMENTS

In accordance with our mission statement and core values there are several requirements in the entry process for an applicant to be admitted to the program.

Any athlete wishing to enter our program must meet the following minimum requirements;
- Must be registered with a sporting club in your chosen sport
- Demonstrated ability to follow the behaviour expectations of the school
- Demonstrate genuine enthusiasm and a willingness to improve and develop skill and fitness.

If you wish to be considered for the program please apply in writing, or make contact with the school. Please include in your application a copy of your latest report card, a reference from your current sporting coach (club or representative) and if available some video footage of your child on the sporting field. One of the Academy of Sport staff will be in contact regarding your application.

Once an athlete has been identified they are invited to join our program. An interview will then be conducted by one of our Academy of Sport staff. It is at this interview that we ask you to bring your child. After the interview you will be notified of the success of your application in writing.

An athlete may enter the program at any stage provided they meet the entry requirements and follow the entry process. Once an athlete has entered the program they will undergo a trial period of one term. It is during this period that the suitability of the program is evaluated by both the athlete and school. At the end of this period the athlete may be removed from the program.

On the commencement of the trial period both the parent and athlete will be required to sign a student behaviour contract and also sign that they have read and understood the information and requirements of the program as outlined in this handbook. Failure to do so will result in the athlete being removed at the end of the trial period.

If you have any questions regarding the process please feel free to make contact.
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| 8     | **Pre requisite**  
  ▪ Playing and continue to play club football and/or outstanding athletic ability  
  ▪ Demonstrated ability to follow behaviour expectations of the school  
  ▪ Meet minimum standards for Year 8 in all fitness tests  
  ▪ A demonstrated willingness to succeed in all other subjects.  
  **Preferable**  
  ▪ Representative player at either District, Regional or State Level in AFL  
  ▪ Representative at Regional or State level in another sport especially (Rugby League, Soccer, Athletics, Basketball)  
  ▪ Attended Raiders summer training  
  ▪ Be able to run a minimum of 8.0 on the beep test |
| 9     | **Pre requisite**  
  ▪ Playing club football  
  ▪ Demonstrated an acceptable level of behaviour within the school  
  ▪ Must trial for Raiders U/14’s & Met North U15s  
  ▪ Meet minimum standards for Year 9 in all fitness tests  
  ▪ A demonstrated willingness to succeed in all other subjects.  
  **Preferable**  
  ▪ Representative player – U/12’s and/or U/14’s  
  ▪ Attended Raiders summer training  
  ▪ Beep Test – min 9.5 |
| 10    | **Pre requisite**  
  ▪ Playing club football  
  ▪ Demonstrated an acceptable level of behaviour within the school  
  ▪ A demonstrated commitment to training including gym.  
  ▪ Meet minimum standards for Year 10 in all fitness tests  
  ▪ Must trial for Met North 15’s  
  ▪ A demonstrated willingness to succeed in all other subjects.  
  **Preferable**  
  ▪ Representative player U/14’s  
  ▪ Attended Raiders summer training  
  ▪ Beep test 10.5 |
| 11/12 | **Pre requisites**  
  ▪ Playing club football  
  ▪ Demonstrated ability to fulfill expected behaviours of a school  
  ▪ Meet minimum standards for Year 11/12 in all fitness tests  
  ▪ A demonstrated willingness to succeed in all other subjects.  
  ▪ Must trial for Raiders U/16’s or U/18’s  
  ▪ Demonstrated commitment to training including gym  
  **Preferable**  
  ▪ Be playing club football in a Division One Team or Senior Football.  
  ▪ Beep Test – Talls 10.5, Midfield 12.5, Others 11.0  
  ▪ Played representative football at Regional/State level as an U/14, U/15 or U/16 (Met North, Raiders, Heat, Scorpions or equivalent) or an identifiable talent in another sport. |
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| **8** | **Pre requisite**  
  - Playing club Rugby League or organizing to play club Rugby League for following season  
  - Has played school Rugby League in primary school  
  - Demonstrated ability to follow behaviour expectations of the school  
  - Meet minimum standards for Year 8 in all fitness tests  
  - Attend all designated training sessions (team and academy) |
|       | **Pre requisite**  
  - Playing club rugby league  
  - Demonstrated an acceptable level of behaviour within the school  
  - Meet minimum standards for all Year 9 fitness tests  
  - Consistent improvements in skills  
  - Consistent gym attendance  
  - Attend all designated training sessions (team and academy)  
  **Preferable**  
  - “A” standard player at club level  
  - Stinger representative |
| **10** | **Pre requisite**  
  - Playing club rugby league  
  - Demonstrated an acceptable level of behaviour within the school  
  - Meet minimum standards for all Year 10 fitness tests  
  - Consistent improvements in skills  
  - Consistent gym attendance  
  - Attend all designated training sessions (team and academy)  
  **Preferable**  
  - “A” grade player at club level  
  - Representative player at club level  
  - Met North/State Representative |
| **11/12** | **Pre requisites**  
  - Playing club rugby league  
  - Demonstrated ability to fulfill expected behaviours of the school  
  - Meet minimum standards for all senior fitness tests  
  - A demonstrated willingness to succeed in all other subjects  
  - Consistent improvements in skills and fitness tests  
  - Consistent gym attendance  
  - Trialling for Metropolitan North Opens team  
  - Attend all designated training sessions (team and academy)  
  **Preferable**  
  - “A” grade at club level  
  - Rep player at club level  
  - Met North/State level |
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| **8** | **Pre requisite**  
- Playing club netball / organizing to play club netball for following season.  
- Has played school netball in primary school  
- Demonstrated ability to follow behaviour expectations of the school.  
- Beep Test – minimum Level 5 (by end of Year 8)  
**9** | **Pre requisite**  
- Registered with Netball Queensland / Playing club netball  
- Demonstrated an acceptable level of behaviour within the school  
- Consistent improvements in skills and fitness tests  
**Preferable**  
- Trialling for Association Representation team.  
- Beep Test – minimum Level 6  
**10** | **Pre requisite**  
- Registered with Netball Queensland / Playing club netball  
- Demonstrated an acceptable level of behaviour within the school  
- Consistent improvements in skills and fitness tests  
- Trialling for Central District Netball team.  
**Preferable**  
- Representative player at District School level  
- Trialling for Association Representative team  
- Beep Test – minimum Level 7  
**11/12** | **Pre requisite**  
- Playing club netball  
- Demonstrated ability to fulfill expected behaviours of the school  
- A demonstrated willingness to succeed in all other subjects  
- Consistent improvements in skills and fitness tests  
- Trialling for Central District Netball team  
- Trialling for Association Representative team  
**Preferable**  
- Representative Player at District School level.  
- Representative Player at Metropolitan School level.  
- Beep Test  
  - minimum Level 8 (GS, GK)  
  - minimum Level 9 (GA/WA, GD/WD)  
  - minimum Level 10 (C) |
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| **8** | **Pre requisite**  
    - Registered, playing and training with a local club or willingness to do so.  
    - Demonstrated ability to follow behaviour expectations of the school.  
    - Meet minimum standards for Year 8 in all fitness tests |
| **9** | **Pre requisite**  
    - Registered, playing and training with a local club  
    - 50% Pass mark in all skill tests  
    - Improvement in sit and reach and vertical jump test  
    - Exemplary behavior in all of school life  
**Preferable**  
    - Beep test 7.5 |
| **10** | **Pre requisite**  
    - Registered, playing and training with a local club  
    - 60% Pass mark in all skill tests  
    - Improvement in sit and reach and vertical jump test  
    - Exemplary behavior in all of school life  
**Preferable**  
    - Beep test 8.5 |
Time & Training Commitment

In addition to regular timetabled lessons, all Academy students **MUST** attend 2 extra sessions each week. Each student must attend the gym each week in their own time to participate in **Strength & Development**, and also attend a team training session in their own sport throughout the year. These sessions are outside of regular school hours. The gym is available before and after school for 3 days a week. **Team training** sessions are either before or after school and are scheduled at the teacher’s discretion. **Attendance is compulsory** and a **requirement** of the program.

Uniform

As part of the Academy of Sport the athlete will be required to purchase a number of training and playing uniforms. The cost of these uniforms is an added extra and is not included in the school curriculum delivery fee.

Costs of any uniform are included with the fee sheet and payable when required. We do not stock a large amount of clothing, and needs to be ordered as demand requires.

Athletes within our program also are required to purchase and Academy of Sport sports shirt which is to replace the regular sport shirt at the school. These shirts are available through the uniform shop here at the school. Only students in the program are allowed to purchase these shirts.
Academy Structure and Course Composition

The Academy programs are designed to provide a clear pathway for students with athletic ability to maximise their potential in their chosen sport. Our primary focus is performance; consequently our programs are fully integrated and therefore allow students access to all elements concerned with the modern athlete. A secondary focus is on the personal development of the individual. To aid this we apply a behaviour management policy and student contract, and fully support all school policies.

Junior

At present all four of our target sports are offered at the junior level. Students are placed in generic HPE classes during semester one as this allows them to settle in to the school and establish peer groups and develop an understanding of their role as a Sandgate District High School citizen.

During semester one of Year 8 some sports conduct squad training sessions and competitions for all interested students. You should ask the coordinator of your chosen sport if this is applicable to you. It is during term 2 that subject selections occur and Academy of Sport can be chosen.

This class will then remain together for the remainder of the year and take part in our Academy program. Students may choose both Academy of sport and generic HPE. Two lessons per week are allocated to each subject. It is important to note that Year 8 is considered a trial; it is during term 4 that your position within our program is reviewed.

At the completion of each year students within the programs who have reached our performance and behaviour benchmarks will be invited into the program the following year.

Costings: The cost for the program covers the purchase of gym equipment, maintenance and supervisor and associated training apparel and equipment for your chosen sport. The purchasing of a program shirt is additional. We will forward a letter to outline the final costing as soon as they are available. This must be paid by the due dates.

Please note that the general curriculum fee must be paid before we can accept Academy of Sport fees and no services are provided until full payment is met.
Senior

The Academy programs in the senior school are designed as two year programs, however students may enter in Year 11 or Year 12.

Note: Students may enter the program only after being identified and interviewed by our staff.

Students wishing to be OP eligible may choose five (5) OP eligible subjects plus the Academy program. Students who do not require an OP may choose any combination of subjects.

The senior program is allocated 3 lessons per week and students will be required to attend additional training sessions as necessary.

Note: We require all students to fulfill their academic requirements in all other subjects to remain in the Academy. Should we need to withdraw a student for their academic well being, this will be at the discretion of the Academy of Sport Director.

Cost

The cost of the program varies according to the cost of our outside providers such as first aid certificate, camp etc. We will forward a letter to outline the final costing as soon as they are available.

Note: All fees are non-refundable and payable by the due dates.

Reporting

In addition to the regular school reports we will provide the students and parents an opportunity to discuss their progress in the program at the end of each semester during an interview evening. Staffs are also available to discuss your child at any other time:

1. Player skill and fitness evaluation
2. School reports as per normal
3. The Academy Director/Coach will contact parents by phone or email as the need arises.
**Program Responsibilities**

Control and responsibility of the Academy program lies with the Sandgate District SHS. It is the responsibility of the school to fulfill the following roles:

1. Ensure high quality coaches and external sport science professionals to work with the students.
2. Provide a caring and supportive environment to achieve sporting and academic success.
3. Model and insist on high standards for behaviour and dress.
4. Monitor and report on student’s progress in Academy programs and academic pursuits.
5. Provision of high quality facilities, programming and highly trained and motivated staff.

**Program Rules and Conditions**

This is a distinctive curriculum offering, as such students must continue to meet program requirements. Students performance and behaviour will be monitored.

Students are expected to;
1. Wear correct uniform.
2. Provide a valid reason for absences.
3. Submit all work on time.
4. Behave in accordance with our school behaviour policy and procedures.
5. Attend all timetabled practical and theory sessions. Whilst some flexibility will be allowed due to injury – **normal school policy of 80% attendance will be required for a pass in this subject. Failure to meet requirements may result in exclusion from the program.**
6. Be punctual and prepared for all classes. This also applies to days when it rains.
7. Training and team rules must be followed at all sessions.
8. Required to attend and satisfactorily participate in whole school events such as the swimming, track and field and cross country carnivals.
9. **Game Day** – All players must attend school on the day of competition to be eligible to play in that game. They must also abide by relevant travel conditions and dress codes.
10. Should there be a clash involving participation in two sports at school, all members of the Academy must prioritise in favour of the Academy Sport.
11. Not permitted to participate in more than one high impact school sport per season (e.g. rugby union and rugby league).
12. Play club sport in their chosen sport or have a demonstrated commitment in an associated activity.

If a student fails to meet these commitments, place and program will be reviewed at the discretion of the Academy of Sport Director.
Sandgate District SHS Academy of Sport Program
Behaviour Management Process

The Sandgate District State High School Academy of Sport program Behaviour Management process monitors all students in Academy of Sport Programs in Yrs 8-12. In addition to providing sporting opportunities for our students, our aim is to develop and promote a culture that is based on effort and behaviour, both within the classroom and on the playing field. It is these two things that we believe are the prerequisites for future sporting and general day to day successes.

All students will receive a clean record at the start of each year, whether they are a new or existing student. However, if they received Letter 2 at the end of the school year it requires them to complete a full satisfactory semester out of the program in the following year before they can reapply.

The Head of Department and the Academy of Sport Director will manage the program in the following ways:

1. The Head of Department and the Academy of Sport Director will monitor and review each student’s Report Card Data at the end of Semester 1 as well as at the completion of Semester 2 each year. Academy of Sport students who acquire 5 or more “Ds” in TOTAL in their Behaviour and Effort grades will receive Letter 1; which will suspend the student from playing in two school games in Term 3. Letter 1 will ask the student to show significant improvement in their behaviour and effort grades. If their next report card shows that they have failed to achieve this they will receive Letter 2 which will mean they will be removed from the Academy of Sport program for one full semester at the end of the year.

Students must then complete a full satisfactory semester out of the program [less than 5 D’s for effort and behavior grades combined] before they can reapply. Readmission will be considered and approved only by the Principal and HOD of HUMAN MOVEMENTS at the completion of semester 1 in the following year. Successful reapplication will also depend on class sizes and possible movement within the Sandgate District SHS timetable.

2. Students who have received Letter 2 and are out of their particular sporting program are not permitted to play for the school in that sport at any level until their next end of semester report card shows that they have met the criteria. [Less than 5 D’s for effort and behaviour grades combined]

3. A student is not permitted to play in school competition games at any level whilst suspended from school for disciplinary reasons. Students are not permitted to play for the school if they are suspended by their particular sporting association.

4. A student is not permitted to play in any competition game at any level if their absence from school on the day of the game is unapproved.

5. All new or existing students at Sandgate District SHS wishing to enroll into the Academy of Sport class from yrs 9-12 must meet the criteria listed above on their last school report before they will be considered for enrolment into the program.

Letter 1 will be initiated by the HOD but Letter 2 must be jointly negotiated with the HOD and Principal. All readmissions into the Academy of Sport Program are at the HOD or Director of Academy of Sport discretion.
Injury and Rehabilitation

Injury for sporting people is often a regular and accepted occurrence. It is the athlete’s responsibility to have any injury assessed and treated. It is also their responsibility to complete rehabilitation for the injury.

It is not acceptable to merely carry the injury and use it as an excuse to not be involved. We do not self diagnose.

We highly recommend that all participants have private medical cover. This will help cover out of pocket expenses for treatments and also allow access to specialists if needed.

We also highly recommend that you see a sport specific doctor when getting injuries assessed and treated. We recommend the following practice:

Dr Saul Geffen – Sports Specialist (Mater Hospital)
- Dr Geffen is a great supporter of our program and will bulk bill students in our Academy programs. Dr Geffen can be contacted on 3393 2001.

Physiotherapy
- Taigum Physiotherapy (Rick Walton) – Physiotherapy services will be charged at $52 per visit. If you have private health cover the difference in cost will need to be covered if need be. Call to make an appointment; 3865 6484.
- Sandgate Physical Health Clinic - Physiotherapy services will be charged at $50 per visit. If you have private health cover the difference in cost will need to be covered if need be. Call to make an appointment; 3869 1099.
- Active Care Physiotherapy (Dearbhla Breen) - Physiotherapy services will be charged at $55 per visit. If you have private health cover the difference in cost will need to be covered if need be. Location: Suite 16, Lvl 2, Chermside Medical Complex, 956 Gympie Rd, Call to make an appointment; 3350 2622.
Staff Profiles

Director of Academy of Sport - Mr Jonathan Hatch

Australian Football

Mr Howard Roberts (B.Ed Phys Ed)
- 15 years teaching experience
- Level II Australian Football
- AFLQ Intensive Training Centre Coach 2005,06
- Coach Met North U15 2006, 07, 08, 10,11
- Assistant Coach 2012
- Advanced Principles Sports Medicine
- Senior First Aid
- Northern Raiders Coaching Staff 2004 - present

Mr Brendan Forbes (B.Ed. Phys Ed)
- 2 years teaching experience
- Level 1 Australian Football (Senior and Youth)
- Northern Raiders Coaching Staff 2011-12
- Coach Met North U15 2012
- Manager Met North U15 2011
- Senior First Aid
- Senior Assistant Coach Sandgate Hawks AFC 2012

Netball

Mr Marc Zande (B.Sc. AMS, Grad. Dip. Ed)
- 13 years teaching experience
- Development Level Coach Accreditation
- Coach Open BNA State League/Titles 2001 - 2003
- Manager Brisbane South Wildcats 2007
- Senior First Aid

Miss Laura Platt (B.Ed. Phys Ed)
- 1 year teaching experience.
- Beginning coaching general principles
- Foundation Level 1 Coaching Course

Rugby League

Mr Christopher Charlton (B.Ed. P- 10)
- 10 years teaching experience
- Level II Rugby League Coach
- Level I Strength and Conditioning
- Aspley RLFC Coach of the Year 2004, 07
- Aspley RLFC Skills Coach of the Year 2005
- Aspley RLFC Coach U14 Premier Division
- QRL Staff Coach at Summer Development Camps 2000 – 06
Mr Shane Kiss (B.Ed., Phys Ed)
- 10 years teaching experience
- Level II Rugby League Coach
- Level I Strength and Conditioning
- Level I First Aid Officer
- Aspley RLFC Coach of the year 2006-07 & 2011
- Brisbane Opens Coach 2012

Soccer

Mr Rob Wallbridge (B.Ed, B.Sc.App.HM)
- 8 years teaching experience
- Masters of Sports Coaching
- A License coach Part A
- Level I Strength and Conditioning, Level I Sports Training
- Brisbane Strikers First Grade Coach 2008, Reserves Coach 2007
- Albany Creek Head Coach 2009, Rebels Coach 2012
- Coach Met North U19 Girls 2007, 08
- Coach Met North U19 Boys 2011, 2012
- Coach Qld 2010
- Coach Qld Futsal 2012