

Specialist
Sports Program



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UNITY
COLLEGE
HAWTHORN

2023

Specialist Sport Program Guide

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Introduction to the Specialist Sport Program

The Unity College Specialist Sport Program 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 wellbeing. The program also provides structures and processes to support students accessing a range of post school options.

It is a four year program in which students have a specific focus on the sports of netball, football, cricket and basketball for both genders. Other sports may be considered by negotiation with the Program Coordinator/s. Students must apply for entry into the program via a written application and take part in an interview with the Program Coordinator/s.

AIMS OF THE PROGRAM

The aims of the Specialist Sport Program are to provide students access to:

- ✦ Quality coaching in excellent facilities at the school or in the community
- ✦ Competition and training opportunities matched to the student's development and potential
- ✦ Specialised knowledge which will help students become better athletes
- ✦ Access to experts and experienced individuals who will help develop students
- ✦ Fitness and training knowledge and an industry recognised qualification
- ✦ Development of leadership skills.



Specialist Sport Program Outline

Students who are a part of the Specialist Sport Program are required to follow a specific subject pathway. Details about the study in each year level are outlined below:



YEAR 9: SPECIALIST SPORT

Year 9 Specialist Sport is exclusive to students within the Specialist Sport Program. This subject gives students a taste of what the Specialist Sport Program is about and what is required to be a part of the program. Year 9 Specialist Sport is made up of 3 main components:

- Coaching Lessons:** Students spend one lesson each week working with the specialist coach for their specialist sport. In these lessons students get high level coaching in small groups working on both basic and higher level areas of the game.
- Gym Lessons:** Students work in the college gym learning about training and ways which they can train safely and improve their physical fitness.
- Theory Lessons:** Students study topics such as goal setting, performance nutrition and coaching. These topics help students develop their sporting ability and give them skills which are valuable as an athlete.

YEAR 10: SPECIALIST SPORT

Year 10 Specialist Sport is exclusive to students within the Specialist Sport Program. Students need to have achieved all criteria from Year 9 to continue in the course or if starting at Year 10 complete an application and an interview. Year 10 will build on the Year 9 program with a large focus on the individual and their sport.

As in Year 9 students will continue to receive one lesson each week working with their specialist coach for their specialist sport. Students will also analyse their own performance and that of elite athletes through video footage.

Students complete assignments within this subject which are specifically related to their sport. These assignments help them gain extra knowledge about their sport, and physiologically what is required to be successful within their sports.

YEAR 11: STAGE 1 PHYSICAL EDUCATION

In Year 11 students study Stage 1 Physical Education. The course outline for this subject can be found in the Year 11 Course Guide. This subject is available for study to all students. However, Specialist Sport students gain preferential entry into this subject. In addition to the information provided in the Course Guide, Specialist Sport students gain the following benefits within this subject:

YEAR 10/11: CERTIFICATE III FITNESS

In Year 10 Semester 2, students will study and complete a Certificate III in Fitness. The course outline for this subject can be found in the Senior School Course Guide. This course not only provides students with knowledge which will help them improve their performance, it will also provide them with experience in the fitness industry and a qualification which can lead to employment upon completion. This course is available for study to all students, however Specialist Sport students gain preferential entry.

YEAR 11: STAGE 2 WORKPLACE PRACTICES (WPP) – ELITE SPORT

WPP - Elite Sport is studied off-line through Marden Senior College. This subject gives students to opportunity to gain knowledge about their specialist sport and the sporting industry, assisting students in their sporting careers. This subject is offered offline, with the students able to access support through the Specialist Sport program. This is a Stage 2 subject and by completing this in Year 11, gives students greater flexibility in Year 12 to deal with the demands of their sport outside of school.

In addition to the information provided in the Course Guide, Specialist Sport students gain the following benefits within this subject:

- ✦ **Mentoring Sessions:** Students will meet with their specialist coach on a regular basis to discuss their achievement, goals, strengths and weaknesses and all other aspects of their performance. These sessions will not only assist students in improving their ability and success within their sports, but also help them deal with the psychological side of high level competition.

YEAR 12: STAGE 2 PHYSICAL EDUCATION

In Year 12 students study Stage 2 Physical Education. The course outline for this subject can be found in the Senior School Course Guide. This subject is available for study to all students however, Specialist Sport students gain preferential entry. The content of this course gives students specialist knowledge into how the body works. Students spend time working with technology such as heart rate monitoring and GPS tracking. This knowledge will enable students to understand how to gain an edge in high level competition.

YEAR 12: ELITE SPORT DEVELOPMENT

This course is designed to aid students competing at an elite level to achieve to their full potential. It is a course which can only be entered by special application and is reserved for students currently competing at a state level or above.

Some of the topics and features of this course include:

- ✦ Specialist coaching in their sport.
- ✦ Fitness and Gym training to aid their performance.
- ✦ Sport Mentoring to help guide students through to the elite level.
- ✦ Sport Psychological support – goal setting and other beneficial strategies.
- ✦ Performance Nutrition knowledge and advice.

Specialist Sport Workshops & Leadership Development Camps

An additional aspect of this program, available to Senior students within the program, is the Workshops and Leadership Development Camp.

WORKSHOPS

The workshops will give students access to experts and professionals within the sport and fitness industry. These professionals will work with the students, and give them knowledge on specific topics which are relevant to them and will help them in their performance. The workshop will also give the opportunity for students to meet and learn from current and past elite athletes within their specialist sports. The workshops will take a variety of formats which best suits the students.

LEADERSHIP DEVELOPMENT CAMP

The Leadership Development Camp will be offered to students who have been identified by the Specialist Sport Staff as having leadership potential. The camp will involve taking students outside of their comfort zone and learning what skills leaders particularly in a sporting setting. It will also encompass students leading groups in different situations and taking part in discussions about their leadership ability and ways in which it can be improved.

Criteria for Selection and Involvement

Students must apply for entry into the program via a written application and take part in an interview with the Program Director or Specialist Coach. The selection of students into the program is based upon their ability to meet the following criteria. These criteria are different depending on the year level in which students are in the program.

SPECIALIST SPORT SELECTION CRITERIA

YEAR LEVEL			
Year 9	Year 10	Year 11	Year 12
Demonstrate a high level of ability and performance in both a training and competitive environment.		Demonstrated a very high level of ability and performance in both a training and competitive environment.	Demonstrated an outstanding level of ability and performance in both a training and competitive environment.
Show a positive and enthusiastic attitude to support their personal development and demonstrate a high potential for future development and growth in their identified sport.	Competed in your sport at a representative level or higher or have received association acknowledgment of a very high level of ability.		Competed at a minimum of state level and have demonstrated the ability to maintain this level of competition.
Demonstrate/d an ability to be a positive sporting role model for all students by involvement in all college sporting events, wearing of correct sporting and PE uniforms and an ability to show leadership and positive sportsmanship.			
Be an active and involved participant on Sports Day.			
Play or compete for a registered club.	Achieve a B or higher in Year 9 Specialist Sport.	Achieve a B or higher in Year 10 Specialist Sport.	Have completed the Certificate 3 in Fitness and achieved a B or higher in Stage 1 PE.
Have achieved a minimum of 'B' grade average for Approach to Learning in all subjects in Year 8.	Have demonstrated an ability to maintain a 'B' grade average in Approach to Learning for all Year 9 subjects.	Have demonstrated an ability to maintain a 'B' grade average in Approach to Learning for all Year 10 subjects.	Have demonstrated an ability to maintain a 'B' grade average in Approach to Learning for all Year 11 subjects.

Acceptance into the Specialist Sports Program at a particular year level does not lead to automatic acceptance in the following year. Student's progress and achievement is reviewed throughout each year and requires the student to consistently satisfy the Criteria for Selection at each year level as listed within this document.

Students will be required to complete an updated application at the end of each year. This is used to assess student eligibility to continue in the program.

Decisions regarding a student's application and continued involvement in this program are guided by the Specialist Sport Team. This team is made up of the staff and coaches teaching and working within the program. Decisions will be based on observations by the members of this team and any feedback on the students' performances which are relevant. Decisions made are final however, students are encouraged to seek feedback on how to improve for future inclusion in the program should they wish to re-apply if they believe they have improved their ability and performance. The Principal will be involved in any dispute resolution process and has the final authority in the process.

Application Process

- ✦ Complete and submit the Specialist Sport Program Student Application before the due date. This includes the Confidential Reference to be completed by a previous or current coach.
- ✦ The Student Application is thoroughly reviewed to gauge whether the application meets the Criteria for Selection. Academic records for the previous year are reviewed with particular attention given to student's approach to learning grades.
- ✦ If the written application is successful, a school-based interview will take place.
- ✦ Students will be notified by a letter on the outcome of their application.

Re-Application Process

If a student exits the program due to not meeting the Criteria for selection at a year level, but later believes they have rectified this, they may re-apply. This can be done using the Re-Application Form.

- ✦ The student completes and submits the Re-Application Form to the Program Director
- ✦ An interview with both the Program Coordinator/s and Specialist Coach will take place to discuss whether the student meets the Criteria for Selection.
- ✦ Students will be notified by a letter on the outcome of their re-application.

Education is the most powerful weapon which
YOU can use to change the world. Nelson Mandela

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