



Matrville Sports High School

TSP Performance Program

- **NEW** way of thinking
- **NEW** approach to balancing education & sport
- **NEW** level of cooperation between the city's leading sporting clubs and the hub of sporting development in the Eastern Suburbs

2017 High Performance Program Structure

Tuesday	Wednesday	Thursday
Period 0: 7:30am-9:00am <ul style="list-style-type: none"> • Year 10-11 & 12 HP • Testing • Strength • Speed & Agility • Skill Acquisition • Team Structure • Introduction to LTAD • Video Analysis • Breakfast Club 	Periods 3: & 4 11:20am-12:50pm <ul style="list-style-type: none"> • Year 9 & 10 • Year 11 & 12 • Strength & Conditioning • Speed & Agility • Skill Acquisition • Team Structure 	Periods 5 & 6: 1:20pm – 3:00pm <ul style="list-style-type: none"> • Years 7-10 • Athletic Fundamentals • Core Development • Skill Acquisition • Team Structure • Testing • Video Analysis
	Periods 5 & 6: 1:20pm-3:00pm <ul style="list-style-type: none"> • Years 7 & 8 • Athletic Fundamentals • Core Development • Skill Acquisition • Team Structure 	

Core Skills	Games Sense	Physical Development	Social	Welfare/Pastoral Support
Skill acquisition	Vision Communication Decision-making Anticipation	Mobility and Stability Speed/Agility Strength/Power Repeatability Resilience Movement Quality	Respect Teamwork Leadership Ownership	Timetable-Time Management Education (School and Higher Ed)

Sports Offered

Rugby League (Male & Female), Football, Netball, Surfing, Basketball, Rugby 7s (Female)

- All students who wish to apply will have to fill out a TSP application form for 2017.
- Students applying for a TSP Program placement must demonstrate ability in a particular sport and must satisfy high standards in attitude, work habits and academic behaviour.



MATRAVILLE SPORTS HIGH SCHOOL

****PLEASE RETURN THIS SHEET TO FRONT OFFICE****

TALENTED SPORT PROGRAM APPLICATION FORM STUDENT INFORMATION:

Sport applying for: _____

Student Surname: _____

Given Names: _____

Date of Birth: _____ Age: _____ Male / Female (circle)

Family Mailing Title: _____

Home Address: _____

Suburb: _____ Postcode: _____

Telephone #: Home: _____ Work: _____

Mobile: _____ Other: _____ Email: _____

Fee Structure

Fees are attached to TSP programs to cover various costs of coaching, venues, fitness tests, purchases, maintenance of equipment, facilities and equipment and one TSP uniform. **Programs attract fees which must be paid for in full, for the student to be accepted in the program.** If you have any concerns around our fee structures please do not hesitate to call our school to discuss.

TSP SPORT	Annual Fee
Rugby 7s & Rugby League 7-11 (Female)	\$500
Rugby League 7-11	\$500
Football Years 7 & 8	\$500
Netball Years 7 & 8	\$500
Basketball Years 7 & 8	\$500
Surfing	\$500
Year 12 in TSP	\$400

ELIGIBILITY:

- Each athlete must maintain an average of 85% attendance or above in all subjects (excluding illness and sanctioned leave).
- Failing this, the athlete may not compete in any contests until their attendance meets the benchmark.
- Each athlete must have submitted any outstanding assessment tasks and assignments to be eligible to represent the school. Failing this, the athlete may not compete in any contests until the outstanding work has been submitted.

PRACTICE:

- ALL athletes will be involved in a conditioning and strength training program two days a week as well as specific training sessions. The school expects TSP athletes to attend all of these sessions.

SPORTSMANSHIP:

- Athletes are expected to be a positive role model in their academic classes as well as in TSP. They should show good sportsmanship during practices, games and within the community.

Mr Stewart

Head Teacher Sport