

Sports Academy Track & Field Program



Helensvale State High is proud to offer students a Track & Field Academy program that celebrates success in both individual and team events. The long running program has assisted in the development of both Commonwealth and Olympic gold medalists as well as numerous World Youth and Junior athletes. This nationally renowned program has been designed to provide the opportunity for outstanding and aspiring young athletes to follow their passion and develop their skills and fitness whilst undertaking their academic program.

Selected students participate in a highly structured and due to the nature of the sport individually tailored program which initially focuses on athletic development before progressing into areas of individual skill development and performance of selected events. Throughout the course these highly motivated young athletes will pursue their goals in Track & Field while receiving guidance and the theoretical knowledge behind what it takes to become a successful elite athlete.

Students within the program will train with their highly qualified coaches three times a week and will be given many opportunities to hone their practice and test their skills in various competitions and trials throughout the year. These carnivals vary from class and intra school trials all the way to national championships.



TRACK & FIELD TRIAL

Workshop Information

As part of your student's application for the Helensvale State High Sport Academy Track & Field Program we require students to participate in a practical trial to showcase their range of skill, techniques and physical capabilities. Trials will centre around the fitness aspects required for high levels of athletic performance focussing on speed, power, strength, flexibility and endurance. The performance at meets in the previous 18 months will also have a bearing on the success of the application. These results need to be included in the application for review. With this in mind, the following information outlines the skills that will be gauged in the workshop.

Fitness Testing:

Speed

- 10/30m Sprint

Power

- Standing Long Jump
- Overhead Shot Throw

Strength

- Abdominal Stage test

Flexibility

- Shoulder extension
- Sit and Reach

Endurance

- Beep test or 2km run



Attire: Running flats (not spikes), hat, shorts and a shirt appropriate for training in. A full water bottle and sunscreen are also required.

ACADEMY APPLICATION PROCESS **IMPORTANT DATES**

YEAR 6 applying for Year 7 Academy Classes

Date	Event
Tuesday 21 February 2017	Academy applications open. Application must be submitted electronically or in hard copy to the Helensvale State High administration office.
Thursday 2 March 2017	Academy applications close
Saturday 4 March 2017	Excite Exam held at Helensvale High
Tuesday 14 March 3:15-5:00 approx.	Japanese Exam; Dance Workshop; e4e Workshop; Art Workshop
Wednesday 15 March 3:15-5:00 approx.	AFL, Netball, Volleyball, Soccer- Fitness and Skill Trials
Thursday 16 March 2017 3:15-5:30pm approx.	Rugby Union, Track & Field; Touch
Friday 31 March 2017	Academy applications notified and scholarships announced via e-mail

ACADEMY APPLICATION

ALL applications must include the following documentation only:

- Application form
- A statement that lists achievements
- Year 5 Semester 1 and 2 school reports
- Year 5 NAPLAN results

(No Yr. 6 Teacher reference necessary)

Plus Practical Component – as per academy requirement (e.g. exam, workshop, trial, audition etc.)



APPLICATION FOR 2 ACADEMY PROGRAMS

Students are able to apply for 2 Academy Programs as per below table and are asked to rank their preferences as the timetable structure may not allow them to participate in all programs they are accepted for.

If applying for multiple academies students may apply for 2 only in the following combinations:

EXCITE + Arts OR Japanese OR e4e OR Sport

SPORT + Arts OR Japanese OR e4e



NB. An application fee is attached to this program and must be paid on submission.