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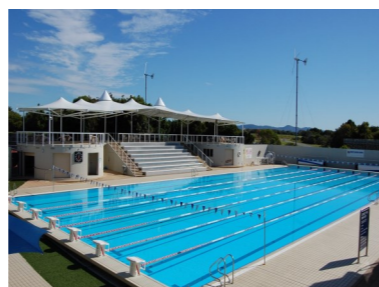


**We offer a range of activities to accommodate your students'**

## Sport Development Program (Semester 1)

Students will be invoiced \$140, which is to be paid by Term 1, Week 6.

These fees pay for professional coaching, equipment, accreditation and entry fees where possible.



## Sport Excellence Camp (October 2022)

\$250.00 which is to be paid by the end of Term 3.

Open to students who have completed the Sports Development Program and are up to date with their fees.

This camp has been subsidised by McDonalds and Rebel Sport. Under the Rebel community kickback program, the school can earn 5% of your purchases at Rebel Sport as in-store credit to spend on school sport.

Includes transport, meals, accommodation, athlete education, water and land based instructor led activities.

Conducted at the Gold Coast Performance Centre on the Gold Coast and surrounding waterways.



# SPORTS DEVELOPMENT PROGRAM

2022

## Sporting Highlights

- School Spectacular Televised State Dance
- NSW Tennis representation
- Boys and Girls Open State Touch Champions
- U/15 Netball 6th

## SDP Sports:

BASKETBALL

TOUCH

TENNIS

NETBALL

SOCCER

DANCE

RUGBY LEAGUE

SURFING

## Sport Excellence Camp

The Sport Excellence Camp is conducted at the Gold Coast Performance Centre. This facility was used as a training facility for the Olympics and Commonwealth Games. It is also used by a number of local, state and international teams.

The Gold Coast Performance Centre has recently been upgraded. The facilities include an international athletics track, Olympic pool, weight-lifting pavilion, gymnasium, synthetic and grass surface fields, beach volleyball courts, restaurant and access to local waterways.

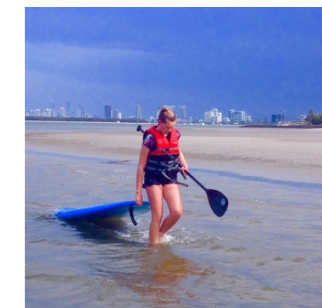
### Students will learn about:

- nutrition
- Psychology
- Sports medicine
- Body balance

### Students will participate in activities such as:

- RPM cycling
- Bootcamp
- Aquatic games
- Beach games
- Stand-up paddling
- Self Defence
- Laser night skirmish

**Play, live and eat like an elite athlete**



Gold Coast Performance Centre

## Sports Development Program

**We aspire to be recognised as a Premier Sports Development school.**

In our athlete friendly environment, students will be supported as they strive toward reaching their academic and sporting ambitions.

**Our external coaches** have a variety of local, state and international playing and /or coaching experience.

Coaches work to develop the athletes' knowledge, skill and fitness in their chosen sport.

**Our mentors** help young people to achieve a whole-school balance. Our mentors are experienced teachers/coaches with strong Welfare backgrounds.

### Touch Football



NSW State Touch Champions

TRHS has a strong touch tradition with a number of accolades to their credit including:

- State Open Girls Champions 2017
- State Open Boys Champions 2016
- Yr 7/8 and 9/10 State Touch Finalists 2019
- NC Representative State winners

During SDP touch, Students will develop their skills, fitness and knowledge of the game under the guidance of professional coaching and experienced mentoring.

Students will have the opportunity to enter many competitions such as:

- Yr 7/8 NSW Touch
- Yr 9/10 NSW Touch

- CHS (State Finals)
- ATSI Cup
- QLD All Schools

SDP touch students have gone on to represent FNC, NC, NSW/Qld and Australia.

Our students have captained the Open NSW Boys and Girls state sides, one to National Victory and coached other TRHS students.



"Futsal is the five-a-side soccer game, mainly played indoors. The game is very popular across South America."

### Football (Soccer)

SDP soccer is conducted at the newly refurbished Arkinstall Park and at TRHS's Sport and Entertainment Centre.

Students have the opportunity to learn about 11-a-side outdoor soccer and 5-a-side indoor soccer (futsal) under the guidance of professional coaches and

experienced mentors.

Students are prepared for many competitions including:

- Bill Turner Cup
- Northern Rivers Futsal Cup
- FNC futsal

In 2016, several SDP boys and girls were

selected in the NNSW Futsal teams to contest the Qld Futsal Cup.

Students have the opportunity to further develop their soccer skills at the Gold Coast Performance Centre during the Sport Excellence camp and their refereeing skills at Primary School gala days.



NSW State School Spectacular

### Dance

SDP dance students have the opportunity to practice a variety of dance styles and to show-case their talent at:

- Ed-vu (Education night)
- FNC Dance Festival
- Gold Coast Eisteddfod

- Creative and Performing Arts Productions
- State Dance Festival via the Aboriginal Dance Company
- School assemblies
- Students can select elective dance as a subject in Yr 9-10.

The highlight of SDP dance is seeing so many dancers being selected to partake in the televised School Spectacular at Sydney Olympic Park. It is a showcase of the talent in NSW public schools, including over 2,300 diverse dancers.

### Netball

Netball has been growing from strength to strength at TRHS, with exceptional results in the State knockout competition and NSW Netball Schools Cup:

- Open Netball State Finals 2015-16
- U/15 Netball State Finals 2013-15, 2017

- Yr 7/8 Regional Finalists in NSW Netball Schools Cup 2016

Students have represented at FNC, NC and NSW school level.

SDP Netball enables students to develop their skills and train with their peers who play within the school knockout teams.

Many students have also had the opportunity to referee local and state competitions.

SDP Netball is conducted at the newly refurbished Arkinstall Park and at TRHS's Sport and Entertainment Centre.



Tweed Regional netball Centre

### Tennis

Tweed Regional Tennis Centre plays home to SDP tennis.

SDP students have the opportunity to work on their singles and doubles games.

Unlike many coaching sessions, this one is predominantly game-based so students are motivated to practice

their skills and develop their game sense in a healthy competitive environment.

Many students have found that this style of practice benefits them in their local competitions where they play for enjoyment as well as those that progress on to representative trials.

SDP tennis students have gained FNC, NC and CHS State selection.



Arkinstall Park, adjacent to TRHS, has undergone substantial up-grades

### Surfing

SDP surfing is conducted across various Tweed Coast and Gold Coast beaches, under the guidance of a professional coach and experienced mentor.

During SDP surfing, students will:

- Complete their Apola Surf

Accreditation (included in SDP fees) in order to take part in school surfing

- Receive a Fox rash shirt (included in SDP fees) to be worn during SDP
- Learn about surfing and body boarding

- Have the opportunity to participate in the popular Stand Up Paddle boarding at the Sport Excellence Camp

- Receive details about surfing festivals and competitions

