



Westburn Advanced Sports Programme

The programme's aims are:

- to promote excellence in physical education;
- to encourage and spread good practice within sport; and
- to develop a visible sports ethos throughout the school and local community, which inspires students.

WASP provides an avenue for students who have demonstrated a high level of skill and/or potential in a sport to pursue excellence in their field. It assists each student to improve their awareness and understanding of how fitness, nutrition and physiology are involved in making them better sports people.

WASP applications are open to students enrolled at Westburn School who have proven involvement and success in their particular sporting field. At present we support students who are involved in individual sports such as gymnastics and swimming, through to those who compete in team sports such as football or hockey.

Details:

- The programme runs from Term 1 to Term 4 each year, over a period of approx. 35 weeks. Sessions are held on Friday mornings from 7:50am-8:50am.
- Students are expected to arrive in their sports uniform and then change into school uniform prior to the start of the school day.
- We use the school hall and grounds for the directed training programmes. Theory based sessions are taken in the hall.
- Each session involves coaching and tuition in physical skills and sports science. Lessons are both practical and theory-based.
- There is a small aspect of writing involved in this programme. Each student is supported to set goals and personal targets after testing and to reflect on these each term.
- Participants' fitness, skill development and knowledge are monitored by WASP tutors who provide assistance with goal/target setting.



Details Cont:

- Where possible, off-site experiences and trainings are incorporated.
- New participants are invited to apply each year. Existing participants are able to continue through to the next year as long as they continue to meet the application criteria.
- Applicants for the programme are required to send in an application. If shortlisted, they are invited to attend a morning conditioning session and a final decision on their involvement is made over the following seven days.
- Students must be enrolled in Years 6-8 classes at Westburn School to join the programme.
- The cost of the programme is \$150 for the year, paid in advance.

Topics covered throughout the year include:

- Fitness monitoring;
- Practical conditioning and ball skills sessions;
- Theory, including core fitness and exercise principles, injury prevention, body systems and anatomy;
- Keeping a training log/diary;
- Nutrition and Training principles.



The programme runs over three years; each year's plan varies from the previous year, providing opportunity for students to consolidate the skills that have been previously learned.

Do you love sport?

Do you aspire to be the best in your chosen sport?

Are you prepared to train smarter and harder?

If you answered 'yes' to any of these questions, this programme could be for you. Applications are invited from interested students with experience in any sporting code.

**Application forms can be downloaded from our school website.
All applications are due by December for the following year intake.**