

APPLICATION PROCESS

1. Students are required to complete an application form to be eligible for the Gorokan High School Football Academy of Sport .
2. Students may be required to trial for a position in the Academy, pending numbers.
3. Students may need to be selected by a panel based on the applications and fitness/skill tests.

ELIGIBLE STUDENTS

- Currently achieving success in Football.
- Demonstrate potential in the broader aspects of Football organisation.
- Enthusiastic and motivated to improve individual performance.
- Willingness to work as a member of a team.



The following teachers will be happy to assist you with further advice on the Football Academy - PASS elective course available at Gorokan High School;

Mrs L Ricketts (HT PDHPE)

Mr B Glachan (Rel HT PDHPE)

Mr L Sharpe (Elective Coordinator)

Mr S Underwood

Mr T Buxton

Miss H Buchanan

Mr K Sweeney

Mr S Glachan

Miss J Turton

Gorokan High School

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Gorokan High School

Muru Bulbi
Pathways to Learning

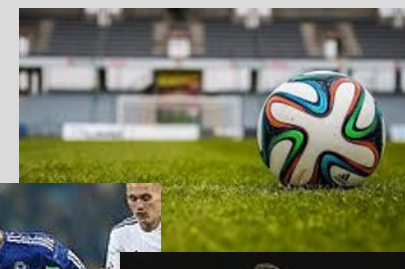
Respect, Personal Best, Cooperation & Empowerment

Stage 5

FOOTBALL ACADEMY



(Physical Activity & Sport Studies)



Tel: (02)4393 7000



FOOTBALL ACADEMY (Physical Activity & Sport Studies)



In 2017 Gorokan High School introduced a Football Academy. This elite athlete program targets talented year 8 & 9 students who are interested in furthering their athletic and Footballing abilities. The program will be run on the Stage 5 elective line as a 100 hour course.

The teacher in charge of the program, Mr L Sharpe, has a wealth of experience and knowledge in terms of training for improved performance in the sport of Football. He has been competing for 24 years and is a current Central Coast Football premier league player. He has also completed numerous coaching courses in both Football and Futsal to cater for a range of experience and skills. His background in sport, and his ongoing experience will provide all players with an opportunity to extend their physical capacity, technical skills and learn the theory that enhances the sport of football.

FOCUS AREAS OF STUDY

1. Health and Skill Related Fitness
2. Strength and Conditioning
3. Sport Specific Skill Development
4. Body Systems
5. Sport Specific Nutrition
6. Event and Tournament Management
7. Coaching

COURSE STRUCTURE

FOOTBALL ACADEMY	
YEAR 9	YEAR 10
Practice and Participation & Small Sided Games	
Coaching & Fitness	
Coaching & Training for Improved Performance	
Event and Tournament Management	

ENRICHMENT ACTIVITIES

- Specialist Coaching Sessions
- (Gym Sessions (weights, classes)
- Beach Sessions (fitness, surf, surf survival)
- Analysis of Performance (latest technologies)
- Australian Institute of Sport 3 day excursion (living like an elite athlete at the AIS, training with Australian teams, nutrition lecture, recovery sessions, sport specific training)

COURSE FEES

1. General Contribution — \$10
2. Football Academy Training Shirt - \$20

Specific enrichment activities have a cost associated with them determined at the time (gym sessions, pool entry fees, etc).

Excursions/Activities (possible) with scheduled fees include;

Australian Institute of Sport Camp	TBA
Overnight Boot Camp	TBA

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