

APPLICATION PROCESS

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

ELIGIBLE STUDENTS

- Currently achieving success in their chosen sport(s).
- Demonstrate potential in a variety of sporting pursuits.
- Enthusiastic and motivated to improve individual performance.
- Willingness to work as a member of a team.



The following teachers will be only too happy to assist you with further advice on the Girl's Academy of Sport - PASS elective course available at Gorokan High School;

Mrs L Ricketts (Elective Coordinator & HT PDHPE)

Mr B Glachan (Rel HT PDHPE)

Mr L Sharpe

Mr S Underwood

Mr T Buxton

Miss H Buchanan

Mr K Sweeney

Mr S Glachan

Miss J Turton

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Gorokan High School

Muru Bulbi
Pathways to Learning

Respect, Personal Best, Cooperation & Empowerment

Stage 5

GIRL'S ACADEMY ▶ OF SPORT

(Physical Activity & Sport Studies)



Tel: (02)4393 7000



GIRL'S ACADEMY OF SPORT (Physical Activity & Sport Studies)



In 2015 Gorokan High School introduced a Girl's Academy of Sport program. This elite athlete program targets talented year 9 students interested in furthering their athletic and sporting abilities across a range of disciplines. The program will be run on the Stage 5 elec-

tive line as a 200 hour course.

The teacher in charge of the program, Mrs L Ricketts, has a wealth of experience and knowledge in terms of training for improved performance and at an elite level. She competed both on a National and International level, winning the 400m hurdles at the Oceania Championships in 2010 & 2011. She is also a current member of the Australian women's Oz Tag team. Her background in sport, and her on-going experience will provide the girls with an opportunity to extend their athletic abilities and reach new heights in their specific sport.

FOCUS AREAS OF STUDY

1. Cardiovascular Fitness
2. Strength and Conditioning
3. Sport Specific Skill Development
4. Body Systems
5. Sport Specific Nutrition
6. Event Management
7. Technology in Sport

COURSE STRUCTURE

GIRL'S ACADEMY OF SPORT	
YEAR 9	YEAR 10
Body Systems & Energy for Physical Activity	Developing the Overall Athlete
Personal Training and Skill	Coaching
Event Management	Sports Nutrition
Enhancing Performance — strategies and techniques	Opportunities and Pathways in Physical Activity & Sport

ENRICHMENT ACTIVITIES

- Specialist Coaching Sessions (NRL, ARU, Oz Tag Australia, Touch Australia, Netball, Soccer, Athletics).
- 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. Academy of Sport Training Shirt and Shorts— \$60 (optional)

Specific enrichment activities have a cost associated with them determined at the time (gym sessions, surf survival programs, 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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