

Melville High School



Institute of Sport Junior Application Outline 2010

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MELVILLE HIGH SCHOOL INSTITUTE OF SPORT PROGRAMME

BACKGROUND

The establishment of the Melville High School Sports Institute into two separate sports programmes for junior and senior classes is the realisation of a key strategic goal. It is also an attempt to strengthen the pursuit of excellence for chosen students. In selecting the name we have clearly identified that we are providing a unique specialist programme additional to and complementary with the existing range of curriculum subjects, including the Health and PE.

The programme will attempt to utilise many students' passion and enthusiasm for sport and harness this energy to support their academic studies. Institute students will have demonstrated a commitment to their schooling, self discipline, application and significant success in a particular sport.

While the Melville High School Institute of Sport will integrate an elite sports programme into the mainstream curriculum options and choices of students it will also require greater commitment by students. This will include before and after school sport, fitness schedules as well as additional activities.

PHILOSOPHY

The Sports Academy Programme has been designed to develop our elite student athletes to reach their greatest sporting potential, whilst helping them to understand the importance of maintaining an academic balance.

In accepting the challenge to **Hei Awhina Hei Mahi** 'Serve and Work' to their maximum heights', sport participants will be trained by top level coaches within their code, and will be taught how to manage themselves to become elite athletes. Both the practical and theoretical classes will give them the edge over other athletes by developing their sporting skills and teaching them how to prevent injury, how to manage nutrition specifically for an athlete and how to become leaders within a sporting environment.

PROGRAMMES

The Institute programme will only be offered at Years 9, 10 and 11 in 2009, extending to Year 12 in 2010 and Year 13 in 2011. It will include a mix of specialist coaching and performance training in selected sporting codes, and specific sporting and fitness related courses. Senior students will be able to gain credits at Levels 1-4 on the National Qualification Framework, with graduates targeting the National Certificate in Sport.

Senior Institute students will be eligible for the Waikato Institute of Leisure and Sports "Young Achievers" programme. This is specialist evening series of seminars which introduce representative players to key people in sportspeople's lives and successful athletes. Such presentations include well known physiotherapists, coaches, sport psychologists, managers and gold medalist's who share their experience and expertise.

The Institute has specialist staff and is designed to nurture the development of students with aspirations for regional and national representation in elite sport. Students are invited to be part of this programme through an application, interview and appraisal process. The full course outline and application forms for both the junior and senior programmes will be available from the beginning of August. They are also required to sign an agreement which acknowledges their extra commitments and the high behaviour expectations.

The Institute is a specific, quality elite sports programme will be part of the PE Department and students will also work in conjunction with the School's Sportsfit Co-ordinator.

The Institutes network will utilise representative sport coaches, elite supplementary sports programmes and successful sportsmen and women as mentors. The programme will also use an Advisory Board of athletes, parents and sports administrators to support the governance and strategic direction of the Institute. This board will act a little like a "Board of Trustees" for the programme but will not have any legal, financial power or responsibilities but will provide a forum for the development and review of the programme.

ENTRY CRITERIA

- 1 Students should have the ability, attitude and potential to compete at representative level or above in their chosen sport.
- 2 Students must be able to make a strong commitment to attend both practical and theoretical classes within the academy programme.
- 3 Students must adhere to the school rules.
- 4 Students must follow SPARC's guidelines on Fair Play in their sporting endeavours.
- 5 Students **must** represent Melville High School in a **Winter** and/or **Summer** Code.

MAIN AREAS OF STUDY

The course is split into a practical and a theoretical section.

- The **Practical** sessions include.
- The **Theoretical** sessions include:
 - Physical conditioning Goal and Target Setting
 - Sports Specific Development methods of training
 - Warm-up and Warm-down Sports Nutrition and Hydration
 - Aerobic Conditioning Sports Safety, including Speed and Power training
 - Injury Prevention and Management
 - Flexibility Sports Rehabilitation
 - Strength and Muscular Endurance Leadership Skills
 - Human Anatomy and how it relates to Sport
 - Sports Psychology

HOW TO APPLY

- Year 9 students wishing to apply for Melville High School Sports Institute Programme must complete an application form and attend an interview. Provision has also been made for shortlisted applicants to attend trials in Term 4. Information is available from the school office from 4 August. **Applications close 24 October 2008.**
- You will only be accepted into the Sports Programme after you signed the Melville High School Institute of Sports Agreement and have been enrolled into Melville High School.
- Acceptance into the Sports Programme for all other years will be looked at on an individual basis.

Melville High School Institute of Sport

2010 APPLICATION FOR ENROLMENT

Student Profile

Junior: Year 9 Year 10 Senior: Year 11 Year 12

Full Name:
First Name Middle Name(s) Family Name

Street Address:

Postal Address:

Phone No: Date of Birth: Male Female

Ethnicity (Please State):

Family Profile

Full Name of Father/Caregiver:
Family Name First Name(s)

Street Address:

Work Phone No:

Full Name of Mother/Caregiver:
Family Name First Name(s)

Street Address:

Work Phone No:

Health Information

Allergies:

Asthma Inhaler Required Bee Sting Allergy Diabetes

Other

Previous School Details

Name of School Previously Attended:

Address:

Previous Class/Year:

Other Information

Custody Arrangements/Restricted Access: (If this applies, please print details below)

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Hei Awhina Hei Mahi



To Serve and To Work

MELVILLE HIGH SCHOOL

ACKNOWLEDGEMENT OF PRIOR MEDICAL CONDITION.

.....has.....
.....

which is managed through medication.

I.....as guardian of
do therefore absolve the Melville High School Board of Trustees from any liability should
.....'s well-being be endangered
through this medical condition.

Signed**Parent / Guardian**
Date
Phone
Email

NB If there are no medical issues please complete with the words '**no prior medical condition**' in the space after "has" on the first line.

QUALIFICATIONS

Credit Value: 29 credits Level 1 NCEA

General Description

The Institute of Sport Programme has been designed to develop our elite student athletes to reach their greatest sporting potential whilst helping them to understand the importance of maintaining an academic balance.

Internal Assessments

Credits

90067	Interpersonal skills	5
90068	Fitness studies	5
90024	Sports performance (practical)	3
90065	Sports performance (theory)	3
90071	Sports education	4

Adventure-based Learning Course

467	Demonstrate personal and social development through participation in adventure-based learning	3
470	Demonstrate personal and social development through participation in a low ropes course programme	3
473	Demonstrate personal and social development through participation in a high ropes course programme	3

Prerequisite

Nil Fee: \$40 for extra-curricular activities. \$180 Adventure-based Learning course
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