

# Melville High School



## Institute of Sport Senior Application Outline 2010

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Principal: Clive Hamill

# 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 realization 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 was started in 2009 and offered to Years 9, 10 and 11, this will extend 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 medalists who share their experience and expertise.

Copies of the Standards available to be offered for this programme are attached.

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 Sport fit Coordinator, Russell Wilson.

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 Student 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 and follow the guidelines of the new Melville Way.
- 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 16 October 2009.**
- 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.

## **INTRODUCTION**

Welcome to **Level 1 Sports Programme**.

Senior Sports Programme is offered only to students who are performing at the top level of their sports. Discussions are held with school team Coaches and Managers and a list of our elite level students is formed, who are then invited into the Sports Programme.

The course this year offers students the chance to gain 20 Level 1 NCEA internally assessed Achievement Standards, which will help towards you gaining Level One for National Certification of Education Achievement. It is a predominantly practical based subject, with extra sports-specific coaching given by top level coaches.

You will be involved in a variety of activities throughout the year that are designed to develop your competence in understanding more about yourself, how your body works, and adapts to changes. It will also help to improve your skills in communication, information management, problem solving, self management, work and study. You will also learn about other people, the world and yourself.

As you read through the Course Booklet you will realise that you are already familiar with some of the content and that some of the skills on which you will be assessed are ones which you have already been developing in your Year 9 and Year 10 Physical Education classes. Likewise, the year 11 course will be preparing you with the knowledge and skills required for your entry to the Level 2 Sports Programme next year.

It is important that you secure this booklet safely in your 2B5 as you will need to refer to it frequently and record your results in it over the year. This valuable information needs to be studied carefully and you need to make yourself aware of the requirements, policies and conditions which apply to each of the Achievement Standards and to the course overall.

Your teacher will be guiding you through the year, supporting and encouraging you. However, you will often need to work independently and manage your time carefully so that you devote the necessary time to your work to meet assessment deadlines. The progress you make and the success you gain will largely rest upon the responsibility you take as a student for your own learning.

We look forward to working with you and sharing in your progress this year.

## **ACHIEVEMENT OBJECTIVES**

### **Strand A: Personal Health and Physical Education**

Students will:

- 1 Investigate and understand reasons for the choices people make that affect their well-being and explore and evaluate options and consequences.
- 2 Choose and maintain ongoing involvement in appropriate physical activities and examine factors influencing their participation.
- 3 Demonstrate understanding of responsible behaviours required to ensure that challenges and risks are managed safely in physical and social environments.
- 4 Demonstrate an understanding of factors that contribute to personal identity and celebrate individuality and affirm diversity.

### **Strand B: Movement concepts and Motor Skills**

Students will:

- 1 Acquire, apply and refine specialised motor skills by using the principles of motor skill learning.
- 2 Demonstrate and examine responsible attitudes in challenging physical situations.
- 3 Apply scientific and technological knowledge and resources to enhance physical abilities in a range of environments.
- 4 Demonstrate understanding and affirmation of people's diverse social and cultural needs and practices when participating in physical activity.

### **Strand C: Relationships with other people**

Students will:

- 1 Demonstrate an understanding of how individuals and groups affect relationships by including people's behaviour, beliefs, decisions and sense of self-worth.
- 2 Plan and evaluate strategies recognising their own and other people's rights and responsibilities to avoid or minimise risks in social situations.
- 3 Plan strategies and demonstrate interpersonal skills to respond to challenging situations appropriately.

### **Strand D: Healthy Communities and Environments**

Students will:

- 1 Analyse societal influences that shape community health goals and physical activity patterns.
- 2 Advocate for the development of services and facilities to meet identified needs in the school and the community.
- 3 Compare and contrast personal values and practices with policies, rules and laws and investigate how the latter contribute to safety in the school and community.
- 4 Investigate the roles and the effectiveness of local, national, and international organisations that promote well-being and environmental safety.

# 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.

<b>Internal Assessments</b>	<b>Credits</b>
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: \$65 for extra-curricular activities. \$180 Adventure-based Learning course
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# 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 / Care giver: .....  
Family Name First Name(s)

Street Address: .....

Postal Address: .....  
Family Name First Name(s)

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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Area/s of sporting distinction (including dates):

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**Declaration:**

I/We declare that the details included in this application are accurate and truthful.  
I/We authorise staff of the MHSIS to seek verification as appropriate.

Student signature: .....

Parent signature: .....

Application Fee: \$20.00 enclosed

Copy current Mid Year Report Enclosed:  Copy previous End of Year Report enclosed:

Name of Academic Referee: .....

Address: ..... Phone No: .....

Name of Sporting Referee: .....

Address: ..... Phone No: .....

Signature of Parent/Caregiver: .....

Address: .....



# MELVILLE HIGH SCHOOL

## INSTITUTE OF SPORT ENROLMENT AGREEMENT

Between ..... Student

..... Student's Caregiver

and Clive Hamill, Principal (on behalf of the Melville High School Board of Trustees)

I agree that my enrolment will be reviewed at the end of 2010 and that my continued subsequent participation in the Academy is conditional upon the satisfactory performance in the following areas:

- a) Relationships with teaching staff and students
- b) Application to academic studies
- c) Focus on chosen sport

- Melville High School Board of Trustees agrees to provide qualified staff and to ensure the provision of a quality academic core programme, specialist sports education and surfing tuition for all Institute of Sport students.
- Melville High School Board of Trustees affirms its active support of the Institute of Sport and its commitment to the principles of its Mission Statement

*To provide a quality-learning environment, which challenges all students to develop a positive vision for their future and to achieve their personal best*

- I agree to comply with the expectations as outlined in the Melville High Schools Institute of Sport School Prospectus and School Enrolment Form.
- I will endeavour to uphold the goals of the Sports Institute and provide a positive example to my peers.
- I agree to the review of my performance at 10 weeks and at the end of the year. I am aware that my continued participation in the Institute is based upon satisfactory outcomes.
- I agree to comply with the Discipline Policy of the Institute of Sport and understand that when participating in sports teams, or during Institute events, or as part of the sports teams out of school these policies continue to apply.
- I understand that while enrolled in the Institute my social behaviours are subject to public scrutiny and will need to reflect positively upon the Institute.
- I agree that any leave including travel and sports leave shall be negotiated with the Deputy Principal at least two weeks prior to the event and shall be at the Deputy Principal's discretion.

----- Student

----- Clive Hamill

----- Caregiver

----- Date

Hei Awhira 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 wellbeing be endangered through this medical condition.

**Signed** ..... **Parent/Caregiver**

**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.