



GREEN BAY HIGH SCHOOL

INNOVATIVE • INDIVIDUALISED • CONNECTED

Year 10 Sport Performance

This course would suit students who are not only passionate about sport but who are gifted and talented in this area. This new course is for students who would like a sporting pathway that may lead to a career in sport and to support their sporting ability and prowess.

It would be expected that the student would be playing sport at a high level for their age and they will view this as an opportunity to extend themselves and their sporting ability. This can include playing in 'A' teams for Green Bay High School, or representing Waitakere/Auckland.

In this semester long course, students will undertake an intense programme that will support and extend the student and will focus on their continual development in theoretical and practical components such as: Injury prevention, Sport leadership, Nutrition, Mental Skills, Exercise Physiology, Project based Biomechanical Analysis, Research and Skill Development.

It would be expected to see these students progress into Premier players and/or into Premier teams, maybe even apply for the JET (Junior Elite Training) stream or JET programme. Students will visit high class sporting facilities such as AUT Millennium Sport Performance Centre and other local and regional sporting clubs/franchises. This is a great opportunity for students to be able to learn from sporting experts who work in the sporting industry.

This programme is a stand-alone course and students will have the option to apply for entry into the course at the end of **Year 9**. They must meet a set criteria for entry, at the discretion of the PE and Health Department.

Name	Class
List sport(s) you currently play and at what level	
Reference from a sporting coach	
Why do you want to apply for this course?	