

Kingswood High School Targeted Sport Program

2007



Overview

Kingswood High School offers a Targeted Sport Program to allow students the opportunity to gain further coaching and training in certain sports. For some sports, the objective is to produce better results in the state-wide Combined High Schools Knockout competitions. Other parts of the program are designed to cater for elite competitors only and instruction may be provided by teachers and/or outside agencies. Some programs are designed to cater for beginning players.

Student Responsibilities

All students who apply for a position in the Targeted Sport Program must:

- Fully complete the attached application form and submit by the due date. The due date for Term 1 is Friday February 2nd.
- Have read the KHS Sport Code of Conduct. Both student and parent must sign the return slip and submit this to the Sports Program Coordinator.
- Continue to remain up to date with any work missed due to the program. The Code of Conduct outlines issues associated with this.
- Students are only allowed to participate in one program each Term unless special permission has been sought from the Sports Program Coordinator.

Sports Offered

In 2007, programs have been designed to cater for the following sports:

Athletics	AFL	Baseball	Basketball	Table Tennis
Cricket	Cross Country	Hockey	Lawn Bowls	Golf
Netball	Rugby League	Golf	Softball	Rugby Union
Soccer	Swimming	Tennis	Touch	

Program

The Targeted Sports Program consists of a number of components.

- *Wednesday Period 1*- Targeting selected students for training and coaching in the carnival sports (swimming, cross-country, athletics). Students may be asked to attend or travel before school hours in order to maximise training times.
- *Tuesday Period 5* – Targeting sports as listed in the calendar below.
- *Wednesday Period 5* – Targeting sports as listed in the calendar below.
- *Wednesday Period 5* – Targeting Lawn Bowls.

Calendar

The following programs will run on Tuesday and Wednesday afternoons:

	Tuesday	Wednesday
Term 1	Rugby (Boys Yr 9-10)	Basketball (Boys & Girls Open)
	Open Girls Touch	Cricket (Boys/Girls)
	Indoor Soccer (Boys & Girls)	Softball/Baseball(Boys & Girls Open)
		Touch (Open Boys)
		Touch (Girls Yr 7/8 Development)
Term 2	Outdoor Soccer (Boys & Girls)	Table Tennis (Boys & Girls)
	Rugby (Boys Open)	Touch (Boys Development)
	Hockey (Boys & Girls)	AFL
		Rugby (Girls Open)
	Netball (Girls & Boys Open)	
Term 3	Gala Day Training	Gala Day Training
Term 4	Gala Day Training	Gala Day Training

Individual Program Outlines and Objectives

Tuesday & Wednesday Afternoons

Basketball (Boys & Girls Open)

This program aims at developing:

- Shooting skills for different situations
- Defensive skills
- Ball handling skills
- Cohesive teamwork

Students wishing to compete in the State Knockout competitions are encouraged to apply.

Hockey (Boys & Girls Open)

It is envisaged that a significant proportion of applicants will have had minimal or no specialist hockey coaching experience. If necessary, the group will be split into 2 core groups with varying drills and activities for experienced and beginning players. The program will be developed to match the needs of the students. This program may incur a weekly cost when facilities at UWS Hockey Centre are utilised. Further information can be obtained closer to the program. Beginners especially are encouraged to apply. Information regarding joining a club will be provided.

Rugby (Girls yr 9-10)

Aims at:

- Developing the basic techniques and skills required for rugby.
- Developing the physical fitness required for rugby
- Improving knowledge of the laws of the game
- Position specific training e.g.
 - prop – scrummaging
 - winger – kicking, catching

Rugby & League (Boys yr 9-10)

Aims at further developing skills and techniques required for these sports. Program will focus on:

- Skill and technique
- Safety
- Muscular endurance
- Cardiovascular endurance
- Specific skills related to specific positions
- Strength
- Coordination
- Self discipline
- Laws and rules

Softball and Baseball (Boys & Girls Open)

A variety of skills and techniques will be practiced and developed. Initial focus will be on:

- Batting skills and tactics
- Throwing technique
- Catching fly balls
- Catching bouncing/rolling balls
- Specialist coaching for pitchers and catchers
- Base running

Soccer (Boys & Girls U15 yrs)

Aims to develop cohesive teamwork and skills. Students in this program should form the core of the team selected for the Statewide competition in this age group. Specific skills targeted may include:

- Defensive skills and tackling technique
- Passing
- Controlling a moving ball
- Shooting technique
- Knowledge of rules

Australian Rules (Boys 15 yrs)

Aims at developing a cohesive team for entry in the state Knockout competition. It is anticipated that many applicants will be experiencing this sport for the first time at a competitive level. Consequently, familiarity with the rules of the game is a priority. Kingswood High were Area Champions in 2004. Basic skills to be included;

- Kicking the ball
 - Defensive passing
 - Attacking passing
 - Goal kicking (including the torpedo and banana kicks)
- Hand passing
- Bouncing the ball
- Marking
- Tackling
- Positional play and tactics

Netball (Girls Open)

This program is designed for experienced netballers. A strong emphasis will be placed on developing a team for the state CHS Knockout competition. Teamwork, positional play and tactics will be areas of focus. Training drills have been developed to maximise the potential of all participants and improve current skills.

Rugby (Boys Open)

Focus areas include:

- Developing fitness levels required for the various positions
- Position specific training
- Ball handling skills
- Tackling skills
- Tactical skills
- Knowledge of the laws of the game

Rugby (Girls Open)

Aims at:

- Developing the basic techniques and skills required for rugby
- Developing the physical fitness required for rugby
- Improving knowledge of the laws of the game
- Position specific training e.g.
 - prop – scrummaging
 - winger – kicking, catching

Soccer (Boys & Girls Elite)

Highly qualified and experienced coaches will be employed to develop programs to suit the skill levels and positions of successful applicants. A small cost may apply. Further information will be available at the end of Term 1.

Touch (Boys & Girls Open)

Aimed predominantly at Senior students and also those in years 7-8 (as well as those in 9-10 not involved in the Rugby program). Aims of this program include:

- Ball handling skills including
 - Catching
 - Passing
 - Play-the-ball situations
- Positional play
- Development and use of speed
- Knowledge of rules

Cricket (Boys & Girls yr 7-11)

This program aims to:

- focus on the development of specific skills for batting, bowling and fielding
- develop fitness that is sport specific for cricket

Rugby (Boys yr 7-8)

Aims at further developing skills and techniques required for these sports. Program will focus on:

- Skill and technique
- Safety
- Muscular endurance
- Cardiovascular endurance
- Specific skills related to specific positions
- Strength
- Coordination
- Self discipline
- Knowledge of the laws

Soccer (Boys & Girls beginners)

This program is aimed at students who have little or no experience in the game of soccer. It is specifically aimed at students in years 7 to 9. Focus areas include:

- Rules
- Kicking
- Passing
- Controlling a moving ball
- Dribbling
- Heading
- Throw-ins

Golf

- Fundamental skills and techniques
- Rules of Golf
- Driving Skills
- Putting Skills

KO Netball (yr 9-10 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 3.

KO Touch (yr 9-10 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 3.

KO Volleyball (yr 9-10 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 3.

Fitness Training and Program

This program will utilise the Kingswood High gym. Students will be provided with individual training programs to assist with the fitness and strength levels required by their chosen sport(s).

KO Netball (yr 7-8 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 4.

KO Touch (yr 7-8 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 4.

KO Volleyball (yr 7-8 Boys & Girls)

Selection and training of team for the Sydney West Gala days to be held in Term 4.

Wednesday Mornings**Swimming**

Interested students apply. Selected students will need to make themselves available to catch a bus from school at 7.30 am. Students will be coached in stroke technique by qualified coaches. Fitness development and recovery will also be part of the program. Students will need to pay \$2.80 at the pool as well as \$2.20 for the bus. The program will run from Term 1 Week 2 to Week 7. The school runs its carnival Week 2 (Feb 7th). The Zone swimming carnival is held Week 4 and Sydney West Week 7.

Cross Country

Training and coaching for selected students will begin at 8.15 am at the school. The program will run from Term 1 Week 8 to Term 2 Week 2. The school cross-country carnival is held first Term on Tuesday Week 8. The Zone event will be held in Week 2 Term 2 and the Regional carnival is Term 2 Week 8.

Athletics

Training and coaching will usually begin at 8.15 am at the school. On selected weeks a cost will be incurred for bus travel to local athletics venues. Students will be required to leave earlier on these days. The program will be tailored to the needs of the selected group, focussing not only on areas of strength but also on developing other skills. Specialist coaches may be called upon for some specific areas. The program will run from Term 2 Week 3 to Term 3 Week 3. This will span the Zone carnival in Week 7 of Term 2 and the Sydney West carnival in Week 2 of Term 3. The school carnival is held Week 4 in Term 2

The Wednesday morning program will continue after this time in areas to be advised.

Wednesday Afternoons

Lawn Bowls

The aim of the program is to provide students with both basic and advanced skills relating to the sport. The importance of this skill development can be related back to skills required in other sports. By relating small errors in technique to magnified errors in the result of the action, students can visualise the importance of concentration, repetition and balance in all sports.

The program also aims to develop a squad capable of performing credibly in the NSW Schools Knockout competition and producing individual members with the ability to represent at Zone and Regional level.

There are many opportunities for students to represent at higher levels in the sport of lawn bowls. In school competitions, the following are held annually:

- CHS Knockout competition - Gala Day(s) of three games held locally. Top 2 teams in Sydney West (Parramatta to Katoomba) proceed to State Final 16 (held at Oak Flats 2005-Kingswood High 12th).
- Werrington Zone trials - held locally between up to 6 high schools after school hours. 6 players selected to represent the Zone at the Regional Championships (2005-KHS supplied 3 players).
- Sydney West Regional Championships - up to 7 Zones compete locally over a full day. 8 players selected to compete at CHS Championships (2005-KHS had 1 representative).
- NSWCHS Championships - 10 Regions compete (venue is Terrigal in 2006) over 3 days. 10 players selected to play a NSW Junior Bowls Association side at Port Macquarie.

There are many opportunities for Junior bowlers who are members of a Club. There are regularly tournaments held with thousands of dollars prizemoney for players under the age of 18 and also the 15 years and under age group. There is an excellent structure in place for representative opportunities for both boys and girls. Further information regarding equipment and registration costs can be obtained from Mr Holburn.

Please cut out, complete and return the application form(s) below. Students may participate in both of the Period 5 programs. Students will need to (or have previously done so) demonstrate that they can satisfactorily keep up with missed work. In addition, students may apply for the Wednesday morning Carnival sport program (only students who have qualified for Zone and Regional carnivals will be accepted). Students interested in Lawn Bowls should see Mr Holburn ASAP. Numbers are limited.

All applications for Term 1 must be accompanied by a signed copy of the Sport Code of Conduct and be returned at the Sport Selection session on Thursday February 1st.

Targeted Sport Program – Student Application Tuesday Term 2

Name: Year:

Tuesday Term 1 Sport (please tick one):

- Outdoor Soccer
 Hockey
 Rugby Union (Boys Open)

Signature of Teacher Tues Pd 5:

Signature of Student:

Targeted Sport Program – Student Application Wednesday Term 2

Name: Year:

Wednesday Term 1 Sport (please tick one):

- Rugby (Girls Open) AFL
 Touch (Boys Development) Table Tennis
 Netball

Signature of Teacher Wed Pd 5:

Signature of Student:

Targeted Sport Program – Student Application Carnivals Term 2

Name: Year:

Wednesday Period 1 – Athletics Training

Signature of Teacher Wed Pd 1:

Signature of Student: