

## iACHIEVE SPORTS ACADEMY PROGRAM CHECKLIST:

- I am available to attend the Sports Academy trials at Thuringowa State High School. Each student will receive an email with details if shortlisted.
- I understand that it is a requirement of the iAchieve Sports Academy that students maintain a high standard of behaviour, effort and attendance in all subjects.
- I understand that selection and continued participation in the iAchieve Sports Academy program will be at the discretion of the Principal.
- I have included details of any significant injuries or medical issues.

### Out of Catchment

- Tick this box if you are living outside of Thuringowa SHS catchment zone.

STUDENT'S SIGNATURE: \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_

DATE:        /        /

**Telephone:** 07 4753 8888

**Address:** 31 South Vickers Road, Condon, QLD 4815

**Facebook:** Thuringowa State High School

**Email:** admin@thuringowashs.eq.edu.au

**Website:** www.thuringowashs.eq.edu.au



**THURINGOWA STATE HIGH SCHOOL**  
GREAT SCHOOL, GREAT OPPORTUNITY

# THURINGOWA STATE HIGH SCHOOL SPORTS ACADEMY



Thuringowa State High School  
 admin@thuringowashs.eq.edu.au  
 07 4753 8888

## THURINGOWA iACHIEVE SPORTS ACADEMY OUTLINE

The iAchieve Sports Academy program is a specialist school sporting program for students in year 7, 8, 9 & 10. The program is not an exclusively elite or representative program but rather a developmental program for those athletes with an interest and passion in enhancing their sporting performance. Selection into the program will be determined through a series of fitness tests, potential to improve, current sporting representation and achievements, and a brief interview to determine attitude and suitability.

A challenge confronting many athletes is how to maintain a balance between sport and the rest of their lives. The iAchieve Sports Academy program aims to support athletes in achieving this balance without compromising sporting goals or academic achievements. Research shows that athletes with a balanced lifestyle are more likely to achieve their sporting goals, cope better with stresses such as injury and life/family commitments and have more confidence in what the future will hold after sport.

Training and specialised coaching programs undertaken in the Sports Academy are conducted mainly in school time and may include sports related topics such as sports nutrition, physiology, competition preparation and psychology as well as tuition in time management, study skills and goal setting. Some out of school time activities may be required occasionally.

Sports Academy students will have access to the school gym facilities for regular classes and the opportunity for morning strength and conditioning sessions to help enhance athlete performance.

Thank you for your time in applying for this unique program and look forward to seeing you at trials in term 4.

Trials will be conducted at Thuringowa State High school on Thursday the 28th of October at from 3:30 - 5:30pm. To trial you will have to have a completed application. There will be some snacks and drinks afterwards.

*"Success is where preparation and opportunity meet"*

**Bobby Unser**



## iACHIEVE SPORTS ACADEMY PROGRAM APPLICATION FORM

Please complete all sections and forward to Thuringowa State High School.

Applications may be emailed [admin@thuringowashs.eq.edu.au](mailto:admin@thuringowashs.eq.edu.au) or delivered to the School office.

FULL LEGAL NAME: \_\_\_\_\_

D.O.B: / /

Gender | MALE / FEMALE

CURRENT YEAR LEVEL: \_\_\_\_\_ CURRENT SCHOOL: \_\_\_\_\_

EMAIL: \_\_\_\_\_ @ \_\_\_\_\_

PHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_

PREFERRED SPORT: \_\_\_\_\_ OTHER ACTIVITIES: \_\_\_\_\_

Highest sporting achievements (eg. School, Townsville or State representative)

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Current coaching and training (specify hours of training per week, who with etc.)

SPORT	HOURS PER WEEK

Why should you be considered for the sports academy?

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Outline your personal sporting goals for the next 4 years.

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**Sporting Reference Contact Details (PE teacher, coach etc.):**

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email: \_\_\_\_\_