

## **Carmel College Sports Enhancement Program 2018**

### **Vision:**

To develop competent athletes who produce stronger teams and better results.

### **Mission:**

To provide a programme to enhance Carmel College's sporting credentials through ongoing support and development of a wide variety of athletes in a programme designed to benchmark excellence across multiple sports.

### **Philosophy:**

An athlete centred approach through providing education and discipline in an organised training environment.

The Sport NZ Physical Literacy Approach takes a holistic view of the participant that considers their physical; social and emotional; cognitive; and spiritual needs. By understanding that these dimensions influence the needs of every participant, within their specific environments, we can provide physical activity and sport experiences that inspire ongoing participation.

### **Key objectives for Years 9-13**

- To have more competitive athletes involved in all sports throughout the school
- To narrow the gap currently existing from the premiere teams to the next tier of teams, by developing a whole of school sports programme.
- To have better, stronger, faster athletes able to compete at senior sports.

### **Key objectives for Years 7-8:**

- To work with physical maturation age to focus on developing physical literacy,
- Fundamentals of the core movements will enhance athlete's ability to compete at a higher level.
- To build resilience and confidence in a generic athlete environment.

### **Selection:**

This will be made through fitness testing in Term 1 for Year 7&8 and in Term 2 for Year 9-13. Cost if selected is \$100 per term.

The expectation for the selected athletes is that they attend all sessions to get maximum benefit from the programme and retain their place in the programme for Term 3.

*In the interests of student safety, the organiser may, in exceptional circumstances, make changes to the arrangements set out above.*

**To register for trials in 2018** click this link - <https://goo.gl/forms/v2cWuFk4q8VjKE7S2>