

BRAY PARK
STATE HIGH SCHOOL



*Challenge
The
Unknown*

FAST Program

Key contacts

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FAST PROGRAM





FAST Program Summary

Aim

The Bray Park State High School FAST Program values the importance of providing students with various opportunities in the sporting field. The FAST Program aims to provide athletes with:

- A growth environment that assists students to balance academic and sporting endeavours;
- High performance coaching, best practice training programs and structured support systems;
- Fundamental movement patterns and core skills that transfer across a range of sports.

Curriculum

The Program links to the curriculum in many ways including, but not limited to:

- Building leadership skills;
- Time management;
- Goal setting;
- Communication skills;
- Career planning.

Structure

FAST is an extra-curricular program. Sessions are held twice weekly before school and offer a balance between physical development, fundamental movements and core skills. The program is centred on the Long Term Athlete Development (LTAD) framework for the optimal development of sport participants of all ages, interests and abilities, and in all sports.

Outcomes

It is expected that students grow as individuals 'on and off' the sporting field through participation in FAST.



Expression of
Interest

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