



Future Athlete Specific Training

The FAST Program at Bray Park State High School has been established to provide a balance between academic and sporting aspirations. Students face many challenges and pressures which can lead to abandoning their sporting endeavours in favour of their academic studies or vice versa. The program aims to provide athletes with:

- A supportive schooling environment providing assistance to students in balancing academic and sporting endeavours.
- A high performance culture for students focussing on sporting excellence and academic achievement.
- High performance coaching, best practice training programs and structured support systems.
- Diverse sporting & career pathways.

Core Components

The core components of the development program include:

- Technical sport concept development: skills, strategies and tactics in a range of sport settings.
- Physical athlete preparation.
- Personal development curriculum.
- Sports Science support.

Student agreement

Students will be required to demonstrate specific actions in order to maintain their position in the excellence program. The athlete agreement outlines a set of key performance indicators that the athlete must achieve to remain in the program. Several of these are based around their

academic achievements, behaviour and conduct within the school setting. Others are more specific to the **FAST** program and are related to attendance of training sessions, competitions and workshops.

Failure to adhere may result in being withdrawn from the program; a re-entry interview may be conducted with the students' parents with an agreed plan developed.

FAST Individual Development Pathway		
<p>Athlete Wellbeing</p> <ul style="list-style-type: none"> • Guidance officer • Nurse • Student Support Services 	<p>Physical preparation Recovery / regeneration</p> <ul style="list-style-type: none"> • Core stability & Fitness • Sport specific fitness • Weight training • Olympic lifts • Water therapies 	<p>Technical development and game sense</p> <ul style="list-style-type: none"> • Skills / strategies / tactics / talent transfer
<p>Personal development</p> <ul style="list-style-type: none"> • Core values • Goal setting / communication • Time management • Career planning • Work experience • Diary / record keeping • Finance / media / sponsors 	<p>Sports science, sports medicine & consultants</p> <ul style="list-style-type: none"> • Fitness testing • Dietician • Sports psychology • Recovery 	<p>Academic curriculum</p> <ul style="list-style-type: none"> • Support & athlete friendly • School administration, Year level coordinators, subject and FAST staff members
	<p>Program Administration</p> <p>~ John Tabrett: Coordinator</p>	

Program Entry

For inclusion into the **FAST** program students enrol at the school in the usual manner, and then apply separately for the program. It is important to remember that not all students who apply for entry will be accepted. However students who think they are able, and are committed enough to fulfil the selection criteria are encouraged to apply.

The application process will require students to complete the application form, attend trials, fitness tests or interviews as required.

Selection criteria

- Well-developed athletic ability in training and/or competitive environment
- Representative level competition
- Elite potential in a variety of other sports other than preferred
- Demonstration of positive attitude towards chosen sport (training and competition) & personal development (academic performance)
- Identified as having high potential for future growth and development as an athlete
- High level of coachability that enables individuals to seek, accept and act on a variety of feedback
- Trial performance & Fitness tests
- A commitment to the values and traditions of Bray Park SHS

Costs

As participation in Bray Park SHS Future Athlete Specific Training Program is voluntary, there is a program fee. An annual fee contributes to costs associated with running the program, such as coaches, guest speakers, workshops, ICT software and equipment. Also included in the fee is a 12 month Gym Membership and weight room access, and personal development activities. 2018 final costing are yet to be finalised, however it is envisaged that the costs will be around \$280 for the program.

Some excursions may incur additional fees. Parents and caregivers will be given notice of major excursions to assist with planning and budgeting.

Community Partnerships

- Pine Rivers PCYC
- Weightlifting QLD
- Bray Park SHS Parents and Citizens Association
- Moreton Bay Regional Council

Contact Us

If you would like to discuss the program further or are after information or support please do not hesitate to contact via phone on 3881 6666, or via email:

John Tabrett: jtabr3@eq.edu.au