

**T**ALENTED  
**S**PORTS  
**D**EVELOPMENT  
**P**ROGRAM



**ILLAWARRA SPORTS HIGH SCHOOL**

**INFORMATION  
BOOKLET  
2025**



# ISHS QUICK REFERENCE GUIDE

# 2025



(02) 4271 1099



[illawaspor-h.school@det.nsw.edu.au](mailto:illawaspor-h.school@det.nsw.edu.au)



[illawaspor-h.schools.nsw.gov.au](http://illawaspor-h.schools.nsw.gov.au)



Gura St, Berkeley, NSW, Australia, New South Wales



Illawarra Sports High School



@ishs\_surfing @ishs\_football



School Bytes



## Office Hours

Mon, Tues, Thurs, Fri  
8:00am to 3:00pm  
Wed  
8.00am to 2.00pm

## School Times

Mon, Tues, Thurs, Fri  
8.25am to 2.45pm  
Wed  
8.25am to 1.55pm



## PRINCIPAL

Kerrie Powell



## Deputy Principals

Michael Gerritson  
Phil Munn  
Sonia Taylor



## AMY CHILD - TSDP DIRECTOR DONNA CAIRNEY - TSDP SASS

### **Basketball**

Head Coach - Sonia Taylor  
IBA – Mitchell Sultana

### **Cricket**

Director – Gareth Walsh  
Head Coach – Stephen Davies

### **Football**

Director - Daniel Namouvski  
Coach – Jacob Poscoliero  
Coach - Jonathon Forster  
Coach – Michael Panozzo  
Coach – Brad Moreira  
Goalkeeping Coach – David Curley

### **Hockey**

Director – Casey Norden  
Head Coach – Sharni Barton

### **Rugby League - Boys & Girls**

Head of High Performance – Mark Andrews  
High Performance Coach – Jamie Sczcerbanik  
Coach - Alex Melville  
Coach - Brett Kelly  
Coach - Nick O'Hara  
Coach – Rod Child  
Coach – Mark Riddell  
Coach – Jy Clapham  
Coach – Dale Jackson  
Girls Coach – Saane Kolokama  
Girls Coach – Charlotte Basham  
Girls Coach – Ashleigh Anderson

### **Strength & Conditioning**

Director – Lachlan Campbell  
Exercise Physiologist – Lachlan MacKenzie  
Coach - John Borg  
Coach – Sam Hornby

### **Surfing**

Director - Geoff Latimer  
Head Coach – David Hyslop  
S&C – Dean Jamison

### **Touch & Tag**

Director – Khyll Ward

# WHAT IS TSDP?

Illawarra Sports High is one of 8 specialist sports highs in NSW. We are also one of 4 Sydney FC Academy Schools across NSW and the ACT.

As a member of the Sports High School Association we are also recognised as an Olympic Pathway School.

We run a user-pays, Talented Sports and Development Program for talented athletes to combine their love of sport with their education. The aim is to provide a supportive, educational environment for talented athletes. Our school does not receive any additional Department of Education funding to run a specialist sports program.

Extra sport and training sessions are embedded in the curriculum during school time, with the exception of early morning S&C /skills sessions.

Students have many sporting opportunities not offered at other comprehensive high schools.

The SHS Association has partnerships with sporting governing bodies, including Football NSW, NSW Basketball, Cricket NSW, NSW Netball, Surfing NSW, NSW Touch, NRL and NSWRL.

**ATTITUDE = EVERYTHING**







# ‘SUCCESS IS WHERE PREPARATION & OPPORTUNITY MEET’

## THE **TSDP** PHILOSOPHY

Player development will be enhanced due to additional fitness, technical and skill development that aligns with current local, state and national sporting bodies, without the increased pressure of competition.

‘Winning’ is removed from the equation and the focus is on Athlete Development.

School work comes first!!  
Be reliable, committed and positive.

You get out what you put in!  
TSDP is a privilege not a right. You have to earn your spot.  
It’s not about the games!!



2025

# TSDP PACKAGE



**"YOU AUTOMATICALLY  
LOSE THE CHANCES  
YOU DON'T TAKE."**

@illawarrasportshighschool

## THE TSDP PACKAGE

- Sports Training embedded into the curriculum – as a part of sport and also elective subjects
- A-Licence / Level 1 or 2+ coaches
- Strength & Conditioning Coaches, Programs and Sessions
- SHS exclusive competitions
- State Sporting Bodies Player Development Days and Workshops
- Sports Trainer
- Nutritional Advice and Workshops
- Sports Performance Psychologist Sessions
- Coaching and/or Referee qualifications
- Extensive links with UOW Exercise Science
- Fitness testing within training







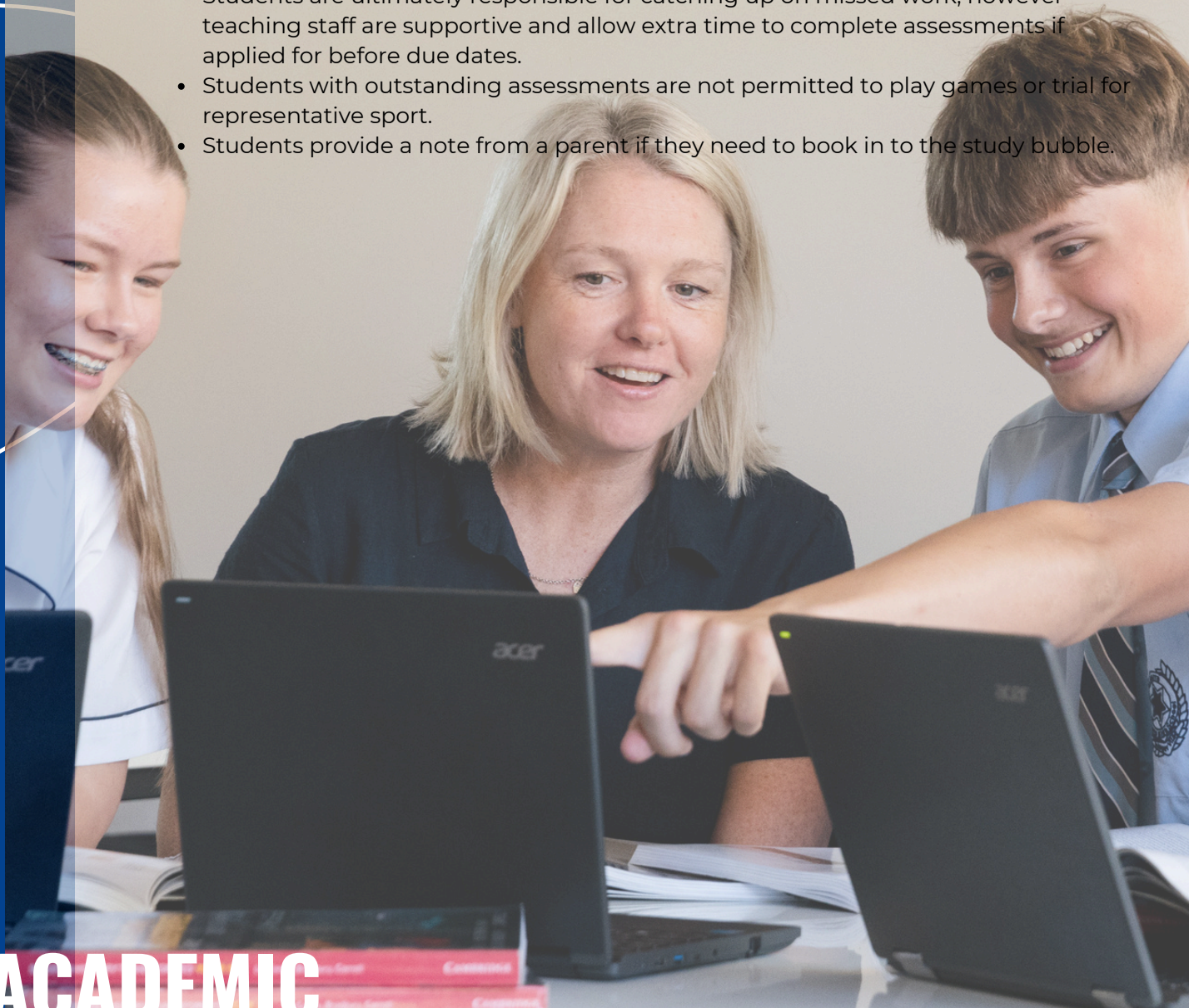
# SCHOOL FIRST

## Will training for my sport impact on my learning?

- No – all training with the exception of early morning sessions, take place during normal school hours.
- Training runs as an elective and during sport.

## How does my child catch up missed school work if they are away for games or competitions?

- Academic Mentors and Tutors in the Learning Centre
- Students are ultimately responsible for catching up on missed work, however teaching staff are supportive and allow extra time to complete assessments if applied for before due dates.
- Students with outstanding assessments are not permitted to play games or trial for representative sport.
- Students provide a note from a parent if they need to book in to the study bubble.



# ACADEMIC OPPORTUNITIES

Academic Mentors & Year Advisers  
Talented Academic Program – Strive Class  
STEM (7-10)

Senior Study Bubble and Homework Club

CLOWD rooms - Collaborative Learners Occupants Working Dynamically  
Including TAFE based and TVET courses and SBAT's

HSC student/teacher mentor program aimed at helping students achieve improved HSC results  
Flexible timetables

Pathways available for students who need to do the HSC over 2 years

Tournament of the Minds, Duke of Ed, Debating, Band and Choir, SRC Leadership, Southern Stars,  
School Camps, Gardening Club, Chess, Book Club, etc.

# 2025 TSDP ANNUAL FEES

	<i>Sport</i>	<i>Annual Fee</i>	<i>Early Bird/Sibling</i>	<i>Term Instalment</i>
Year 7 to 10	Basketball	\$600	\$550	\$150
	Cricket	\$600	\$550	\$150
	Football Development	\$800	\$750	\$200
	Football Sydney FC	\$1200	\$1100	\$300
	Gym	\$600	\$550	\$150
	Hockey	\$660	\$600	\$165
	Rugby League (B&G)	\$600	\$550	\$150
	Surfing	\$1000	\$900	\$250
	Touch & Tag	\$600	\$550	\$150
	<i>Sport</i>	<i>Annual Fee</i>		<i>Term Instalment</i>
Year 11 & 12	Basketball	\$400		\$100
	Cricket	\$400		\$100
	Football Sydney FC	\$600		\$150
	Gym	\$400		\$100
	Hockey	\$400		\$100
	Rugby League (B&G)	\$500		\$125
	Surfing	11 - \$1000 12 - \$800		\$250 \$200

- EARLY BIRD DISCOUNT APPLIES TO JUNIORS ONLY IF FEES ARE PAID IN FULL BEFORE CLOSE OF BUSINESS FRIDAY WEEK 4 TERM 1 OR REDUCED COST FOR ADDITIONAL SIBLING/S ALSO IN TSDP.
- FEES CAN BE PAID IN INSTALMENTS BY TERM. WEEKLY OR FORTNIGHTLY PAYMENTS MUST BE SET UP AS A PAYMENT SCHEDULE.
- FEE PAYMENT SCHEDULE MUST BE RETURNED SIGNED BY A PARENT OR CAREGIVER.
- NON-PAYMENT OF FEES WILL RESULT IN STUDENTS BEING INELIGIBLE TO PLAY GAMES OR TRAIN.





**TSDP**  
**2025**

# PAYMENTS & SUPPORT

## MAKING PAYMENTS

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Payment schedule must be signed and returned. Please ensure you are keeping on top of term payments. Students not financial will not be permitted to train or play.

Parents can make payments in person at the front office with cash or card, send in money with student or pay online through the School Bytes Portal.

## FINANCIAL SUPPORT

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There is limited financial support available – awarded on a needs basis, upon application. Families must apply at the start of the year before funds are exhausted. We do not offer Talented Athlete Scholarships.

Indigenous scholarships are also available – but not guaranteed. See the AEO office for paperwork.

# SCHOOL UNIFORM

**RESPECTFUL  
LEARNERS**

School uniform is purchased at Warrawong Lowes.

TSDP training kit and the winter jacket is available through Mrs Child.

Students wear FULL school uniform to school every day and get changed for training and PE.

Training gear is NOT to be worn to school with the exception of early morning training. TSDP students receive reflection time for each instance out of school uniform without a note.

Students can get lockers to keep gear in. Students attending games offsite must wear formal uniform including ties to games.

Black leather or suede shoes are COMPULSORY due to safety in practical subjects. Canvas or mesh are not permitted.



## ASSISTANCE WITH UNIFORMS

Financial assistance is available to parents for school uniform if needed – see the Deputy Principal.



# TSDP UNIFORM

INDIVIDUAL UNIFORM ITEMS	COST	SIZE	QTY	TOTAL
Training Shirt	\$35			
Training Shorts	\$35			
Training Singlet	\$30			
Boys RL Playing Shorts	\$30			
Girls RL Playing Shorts	\$30			
Navy Playing Socks	\$15			
OES Tag Tights	\$50			
White Cricket Playing Shirt	\$35			
Sydney FC Training Shirt	\$35			
Sydney FC Training Shorts	\$35			
Girls Sydney FC Playing Shorts	\$35			
TSDP Cap	\$15			
ISHS School Tie	\$25			
Winter Jacket	\$70			
Sport Kit	\$_____			
<b>TOTAL</b>	\$			







**TALENT WINS GAMES,  
BUT TEAMWORK &  
INTELLIGENCE WIN  
CHAMPIONSHIPS**



**AUSTRALIAN  
OLYMPIC  
PATHWAY  
SCHOOL**





**RESPONSIBLE  
LEARNERS**



**CODE OF CONDUCT**

# Athlete Responsibilities & Code of Conduct

Expectations of TSDP, to remain eligible to play & train–

- Students must maintain excellent student attendance. All absences must be explained by a parent or caregiver, an sms is sent every day.
- When attending South Coast Regional trials or CHS carnivals, parents must report the absences to school through the app or a phone call.
- Complete all assessment tasks on time and must maintain a positive well-being record in class and playground.
- Students must wear full school uniform to school every day, being prepared and organised for all classes and training.

All students are subject to the TSDP Athlete Agreement and may be placed on a review under the following circumstances –

- a) Placed on a red (formal caution), suspension or blue (truancy) card. Students on a yellow card cannot play games.
- b) Long suspension is automatic 2nd warning.
- c) Unsatisfactory attendance at school or training, including instances of truanting
- d) Unsatisfactory academic performance
- e) Unsatisfactory uniform
- f) Multiple negative incidents in classroom or playground.

## 1st Warning of Review

- **Two week monitoring period**
- **Able to train but cannot attend games or events or trials.**

## 2nd Warning of Review

- **Four weeks monitoring period**
- **Training activities at coaches discretion, cannot attend games, events or trials.**
- **Ineligible for zone, regional, NSWCHS representative duties.**

## 3rd Warning

- **Immediate removal from TSDP.**
- **Student must demonstrate excellent behaviour for a period of one term to be considered for re-entry into the program.**

If a student is removed from TSDP, a formal interview with the Deputy and HT TSDP will take place. It is expected that out of area students who withdraw or are withdrawn from TSDP, may relinquish their place at Illawarra Sports High and apply for enrolment at their local high school. Out of area students must enrol in TSDP for a minimum of two years.

Students are on the **No Go** list and ineligible to play a game or attend a TSDP event if they –

- Owe fees or are not following payment schedule
- Have outstanding N-warnings
- Are placed on a HT level yellow card





# WEEKLY AFTERNOON TRAINING

**The aim of TSDP is to develop young athletes. This involves training and practice.**

- We are not all about GAMES!! TSDP is designed to provide students with extra training and athlete development to complement and supplement community and representative sports. Game time is not guaranteed.
- Tuesday and Thursday afternoons are sport specific training sessions – 1pm to 2.45pm. Sometimes sports may travel offsite to train and may be required to leave at the start of lunch to catch buses. Tuesday afternoon seniors in year 11 & 12 also train.
- Year 7 & 8 have 4 periods of TSDP per cycle built into the timetable, plus the extra before school training sessions.
- Year 9 & 10 have 6 periods of TSDP per cycle built into the timetable, they also have the option of doing TSDP PASS for extra S&C sessions.
- You may sometimes do a variety of sports and fitness activities, NOT just your sport.
- If you don't train, you don't play games.
- Dual athletes must meet with the HT Sport to discuss their training schedule. Students will only be permitted to do two sports if playing on the weekend in both and have shown dedication to both sports.



# EXAMPLE TRAINING TIMETABLE (2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7am - 8am</b> Year 7 & 8 Rugby League S&C session	<b>7.15am to 8am</b> Basketball Shooting Session	<b>7am - 8am</b> Div 1 Basketball Squad Year 7 & 8,11 Cricket,	<b>7am to 8am</b> Snr Squad Boys Rugby League S&C/Field session	
<b>7am - 8am</b> Year 11 & 12 Football S&C session	<b>6.30am - 8am</b> Surfing Water Session	Hockey, T&T S&C session <b>6.45am-8.15am</b> Year 7 & 8 Syd FC S&C session	<b>7am to 8am</b> Year 7, 8, 11, 12 Girls Tackle Squad S&C Session	
<b>8.15am to Pd 1</b> Year 9 & 10 Football Rugby League S&C session	<b>12.35-Hockey to Stadium 1.05 to 2.45pm</b> <b>1.05 - Div 2 Basketball S&amp;C Session</b>	<b>7am to 8am</b> Year 11 & 12 Football Field Session	<b>12.35-Surfing to beach 1.05 to 2.45pm</b>	
Pd 1 Year 9 & 10 All Sports S&C session	Year 7 to 12 All Sports Field/Court Training Session		Year 7 to 10 All Sports Field/Court Training Session	

S&C=Strength & Conditioning in the weights facility (gym)





# PERMISSION NOTES



## GAMES, EXCURSIONS AND EVENTS

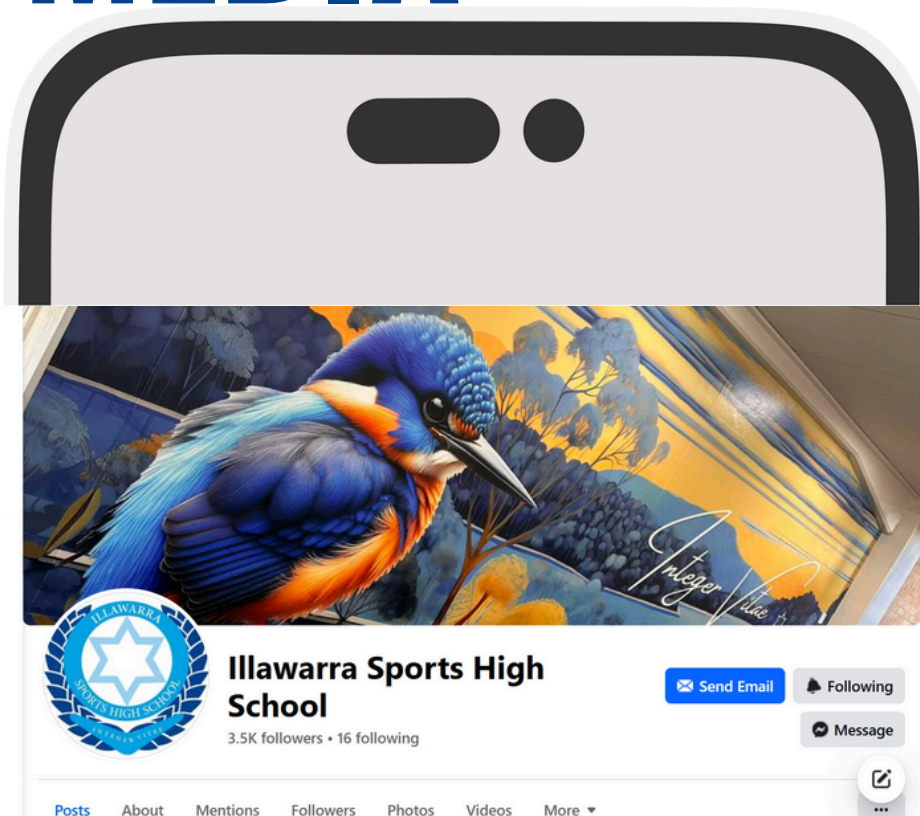
- Notes are all digital on School Bytes. Very rarely a written note may need to go to a teacher (ALWAYS read the note!). Emails are sent and also found under Activities in the app.
- All notes are due (at least) the day before the event. Majority of notes are put on School Bytes – however sometimes the note may specify to return to a certain teacher.
- Payment must be made prior to the event. No IOU's. Notes have strict closing dates.
- Games will be cancelled if notes are not returned and payments not made. Refunds cannot always be made.
- SMS messages and phone calls are not accepted as permission to attend.

- Students don't always get to play in their favoured position and may not get equal playing time on the field or court. Remember, many of the school sports programs and competitions are elite level. No student is guaranteed their position in a team or equal time on the court. Team selections may take place at any time.
- Parents are welcome to spectate at most games, however please be mindful of spectator's code of conduct. Allow the coaches to coach – do not enter field of play and do not yell out at games. You will be asked to leave. Some events and venues do not allow spectators.
- We travel as a team by school mini-bus or coach.
- FULL school uniform when representing school.
- Students on level cards or not financial are not permitted to attend games.
- No "Maccas" stops on way home – bring appropriate game day food!
- If injured you STAY at school, no 'water-boys' required.
- Students may play up an age – not down. The age you turn this year! A biological age/maturation exemption may be occasionally be allowed.
- Ensure that the school has up to date and correct medical and contact details in case of an emergency.

# SOCIAL MEDIA

"HAPPINESS IS A HABIT."

@illawarrasportshighschool

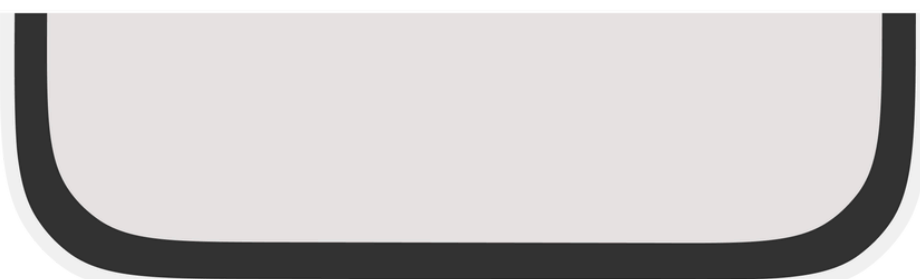


ISHS has a **facebook** page - **Illawarra Sports High School**.

You can send messages, ask questions, see updates of events and games as well as photos. There is a code of conduct that applies as it is a Department of Education site.

However please do not request anything urgent – they are not monitored 24/7, remember that the Facebook pages are managed by teachers in their own time.

You can also follow our school on Instagram.



# TRANSPORT TO SCHOOL

RESPECTFUL RESPONSIBLE LEARNERS



Students who live in the southern suburbs on the western side of the lake, Campbelltown/Appin and the northern suburbs get a bus and train.

Students must carry valid Opal card at all times or service can be refused. Students must NOT be leaving class any earlier than the stated times.

All other students catch a normal school bus to school. Go to the Premiers Illawarra website for details on bus stops and times.

Opal cards are applied for online. Print out receipt and use as proof until the card arrives in the mail.







**SCAN THE QR CODE TO VISIT THE SCHOOL WEBSITE**

2025 School Captains  
Andrew Storer & Billie Elliott

