

Talented Sports and Development Program

FREQUENTLY ASKED QUESTIONS

TSDP is all about player development, it is NOT about games or game time. Training is the focus of our program, games are not guaranteed and the number of games each year depends on each sport, the type of competition and the age group our school is competing in. Game time in most cases, will not be equal. As a Sports High School we play at a high level and team selection or game time is not guaranteed.

What sports programs are on offer?

NRL Rugby League
Hockey
Sydney FC Football

Girls Rugby League
Basketball
Surfing

Girls Touch & Tag
Cricket

Who are the coaches?

All our coaches are highly qualified and experienced. Some sports have external coaches; other sports have teachers as the coach. Many of our staff are also Strength and Conditioning, Sports Trainers and First Aid Officers.

Will training for my sport impact on my learning?

No, your child attends the same number of hours as any other student in any other school. TSDP acts as an elective subject in years 7 to 10, we also train during weekly sport time.

How many times a week do we train?

Students in years 7 to 10 train 3 times per week. Two afternoons a week (during school time – periods 5&6) and one early morning session per week. Year 11 & 12 do 2 sessions, one afternoon and one morning. Seniors do have an option to do extra training sessions. The Strength & Conditioning Centre is open at recess three times a week at recess, Monday, Wednesday & Friday..

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

ISHS has Academic Mentors who are allocated time in the Learning Centre to assist students with catching up on schoolwork missed. Although students are ultimately responsible for catching up on missed work, teaching staff are supportive and may allow extra time to complete assessments. It is a student's responsibility to hand in all assessment tasks on time or ask their teacher for extensions.

What does my child learn in the sport workshops?

TSDP students may attend many workshops; such as Sports Performance Psychology, Performance Nutrition, Careers in Sports and many other guest speaker sessions.

How does the school communicate with the families?

Facebook – Illawarra Sports High TSDP. School App - search for Illawarra Sports HS on Apple or Android. XPS app for student athletes. Website – illawaspor-h.schools.nsw.gov.au
Mrs Child is the main point of contact for all sport related issues.

Is there a fee involved?

Yes. TSDP is a user pays program with fees kept to a minimum. The annual fee ranges from \$550 to \$1300, plus transport costs for various competitions and events. Fees are payable in instalments and

limited Financial Hardship Scholarships are available. *No refunds can be issued if you choose to leave, are injured or are removed from TSDP.*

What competitions do we play in?

Depending on the sport program, students will have many opportunities to represent their school in competitions, gala days, knockouts and games. We do play some local schools and in local competitions, however most of our sports play against Sydney Sports Highs and private schools in the top tier competitions. No student is guaranteed games or equal playing time.

How do I apply?

Year 6

Step 1. Year 6 trials are held in term 1, a second trial is held in term 3.

Step 2. Primary schools are emailed a teacher reference.

Step 3. Letters of acceptance are posted or emailed home

7 to 12

Students in years 7 to 12 must complete an application form, attend a training session as a trial and have an interview with the Director of Sport and the Deputy Principal.

I'm not in a rep team – does that matter?

Students need to demonstrate a high standard of sporting potential, high level of fitness, 'coachability' and positive attitude at a trial. Students must be currently registered/enrolled in a community or representative club. Students must also demonstrate a positive school well-being record. Students are assessed every year for continued enrolment in the Talented Sports Programs. If students are not showing engagement and/or progression, they will be placed in mainstream subjects.

What are the expectations of TSDP?

- Attend all training sessions and be prepared. Bring a note if injured.
- Wear full school uniform.
- Participate in school carnivals.
- Pay all fees.
- Maintain excellent attendance and a high standard of academic achievement and behaviour.

How do I get to school?

ISHS students who live out of area can catch a train and/or bus – all free on an Opal card.

Is there a Gifted and Talented class?

Yes, students are able to qualify for the TAP class (Targeted Academic Program) class for gifted students. Contact school to apply to sit the entry test.

FOR MORE INFORMATION

Amy Child - Director of Sport

Phone – 4271 1099

Email – illawaspor-h.school@det.nsw.edu.au