

Talented Sports and Development Program



Information Booklet 2020

ISHS Quick Reference Guide

School Telephone Number	(02) 4271 1099
School Email	illawaspor-h.school@det.nsw.edu.au
School Website	<i>illawaspor-h.schools.nsw.gov.au</i>
Facebook & Instagram	Illawarra Sports High School Illawarra Sports High School TSDP ishs_surfing ishs_tsdp ishs_football
Front Office Hours	Monday, Tuesday, Thursday, Friday 8:00am to 3:00pm Wednesday 8.00am to 2.00pm
School Times	Monday, Tuesday, Thursday, Friday 8.25am to 2.45pm Wednesday 8.25am to 1.55pm
Principal	Gary Hampton
Deputy Principal	Michael Owen Phil Munn Sonia Taylor
Communication	Newsletter & Notes - School App. Search for Illawarra Sports High School in your app store.

Staff, Directors and Coaches

<u>Director of TSDP</u> Amy Child	
Rugby Union	Director - Ranay Hall Coach - Tony Leedersmith
Football	Director - Daniel Namouvski Head Coach FSC - Jonathon Forster Head Coach Sydney FC – Jacob Poscolerio Coach FSC- Darren Jones Coach FSC – Enzo Sansone
Basketball	Director - Sonia Taylor Head Coach – Jayden Beveridge
Hockey	Director – Gary Hampton Head Coach – Paul Schofield
Touch & Tag	Director and Head Coach – Ross Thomas
Rugby League	Director and Head Coach - Alex Melville Coach - Brett Kelly Coach - Nick O’Hara Strength & Conditioning – Jackson Merritt
Netball	Director - Tracey Johnson Head Coach – Regan Tweddle
Surfing	Director - Geoff Latimer Head Coach - Nic Squiers High Performance Coaches – Mick Lowe, Blake Johnson, Garry Crookshank S&C – Dean Jamison Gymnastics – Chloe Kerr
Strength & Conditioning	Head Coach - John Borg
Head Trainer & First Aid Officer	Mel Palamara

What is TSDP?

Illawarra Sports High is one of 7 specialist sports highs in NSW. We are also one of 7 Sydney FC Schools across NSW.

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

The aim is to provide a supportive, educational environment for talented athletes.

Majority of 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.

Partnerships with sporting governing bodies, including Football NSW, NSW Basketball, NSW Netball, Surfing NSW, NSW Touch and NSWRL.



The TSDP Philosophy

Player development will be enhanced due to additional fitness, technical and skill development that aligns with current local 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.
- Its not about the games!!



The TSDP “Package”

- 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
- Unanderra Physiotherapy
- Extensive links with UOW Exercise Science, Education and Mathematics Faculty



**PHYSIOTHERAPY &
CLINICAL PILATES**
UNANDERRA



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OF WOLLONGONG
AUSTRALIA**



**THE UNIVERSITY OF
SYDNEY**

TSDP Annual Fee

- 10% discount applies if fees paid in full before Friday Week 3 Term 1 **OR** 5% discount on second sibling, 10% discount on subsequent siblings.
- Sibling discount only applies if siblings are also in TSDP.
- Fees can be paid in instalments, however 100% of fees must be paid by end of term 3.
- Fee Payment Schedule must be returned signed by a parent or caregiver.

SPORT	ANNUAL FEE		EARLY BIRD*	SIBLING 2 (5%) **	SIBLING 3 (10%) **	NOTES
YEARS 7 - 10						
Rugby League & Union	\$500.00		\$450.00	\$475.00	\$450.00	
Football - South Coast	\$800.00		\$720.00	\$760.00	\$720.00	
Football - Sydney FC	\$1,200.00		\$1,080.00	\$1,140.00	\$1,080.00	
Touch & Tag	\$500.00		\$450.00	\$475.00	\$450.00	
Netball	\$500.00		\$450.00	\$475.00	\$450.00	
Hockey	\$600.00		\$540.00	\$570.00	\$540.00	
Basketball	\$500.00		\$450.00	\$475.00	\$450.00	
Surfing	\$1000.00		\$900.00	\$950.00	\$950.00	
Gym	\$500.00		\$450.00	\$475.00	\$450.00	
YEARS 11 - 12						
Rugby League & Union	\$500.00		\$450.00	\$475.00	\$450.00	
Football	\$800.00		\$720.00	\$760.00	\$720.00	
Touch & Tag	\$300.00		\$270.00	\$285.00	\$270.00	
Netball	\$300.00		\$270.00	\$285.00	\$270.00	
Hockey	\$400.00		\$360.00	\$380.00	\$360.00	
Basketball	\$300.00		\$270.00	\$285.00	\$270.00	
Surfing	\$1000 yr 11		\$900.00	\$950.00	\$950.00	
Surfing	\$850.00 yr 12		\$765.00	\$807.50	\$765.00	
Gym	\$300.00		\$270.00	\$285.00	\$270.00	

***Early Bird** applies if paid **ONLY** ON or BEFORE Friday 14th Feb 2020

****Sibling Discount** **ONLY** on confirmation from DOS

Making payments

Payment schedule must be signed and returned. Please ensure you are keeping on top of term payments. Parents can make payments in person at the front office with cash, cheque or card, send in money with student or pay online through the school website & app.

Student Scholarships

Limited Financial Hardship Scholarships are available – awarded on a needs basis upon application.

We do not offer Talented Athlete Scholarships.

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

School Uniform

School uniform is purchased at Figtree Lowes.

Students wear FULL school uniform to school everyday and get changed for training and PE. Training gear is NOT to be worn to school. TSDP students receive detention for each instance out of school uniform.

Black leather or suede shoes are COMPULSORY due to safety in practical subjects.

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



TSDP Training Uniform



UNIFORM ITEMS	COST
Training Shirt	\$30
Training Shorts	\$30
Training Singlet	\$30
Rugby League/Union Shorts	\$25
Navy Playing Socks	\$15
Underarmour Sydney FC Training Shirt	\$35
Underarmour Sydney FC Training Shorts	\$35
TSDP Cap	\$15
Rugby League Pack (Shirt x 2, shorts, hat, playing shorts & sox, water bottle, boot bag)	\$150
Training Gear Pack (Shirt, shorts, hat, water bottle, boot bag)	\$80
Football Training Kit (Syd FC Shirt, Syd FC Shorts, Training socks, water bottle, boot bag)	\$80
<p><i>TSDP Training uniform is purchased through Mrs Child in the sports office. Students may buy at any time throughout the year. Uniform can be ordered and paid for online through the school website or in person at the school.</i></p> <p><i>It is highly recommended students have more than one sport shirt as they wear the same shirt for PE and training. Students wear normal uniform to school every day and get changed for PE and training.</i></p>	
Locker Hire per year	<input type="checkbox"/> Small - \$20 <input type="checkbox"/> Medium - \$25 <input type="checkbox"/> Large - \$30 <input type="checkbox"/> Extra Large (Z-style hockey only) - \$30

School Comes 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
- However, students are ultimately responsible for catching up on missed work, teaching staff are supportive and allow extra time to complete assessments.

Academic Opportunities

Academic Mentors & Year Advisers

Talented Academic Program

STEM (7-10)

Project ISH – Years 7&8

Senior Study Bubble and Homework Club

CLOWD rooms - Collaborative Learners Occupants Working Dynamically

Including TAFE based and TVET courses and SBAT's

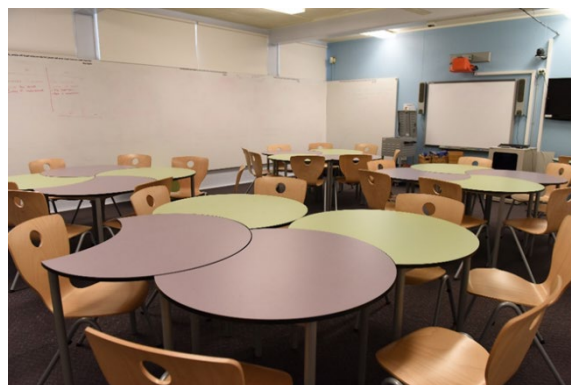
WRAP – Work Related Alternative Program

In 2Uni Year 11 and 12 Scholars Program

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, Book Club, etc.



Academic Mentoring and Review

Students in TSDP are monitored weekly – welfare and academic.

Students requiring extra assistance have access to one on one and group tutoring in Maths, Science, English and HSIE in the Learning Centre.

Athlete Responsibilities & Code of Conduct



Students must –

- **UNIFORM** - Wear FULL school uniform to school every day and when representing the school. Students will stay at school if not in full uniform.
- **ATTENDANCE** – Maintain satisfactory attendance at school.
- **BEHAVIOUR** – Comply with the school rules and give permission for the school to discuss your academic progress, behaviour and attendance with relevant representative teams if required, e.g. Steelers, Dragons, Wolves, etc. While on a red level card or above students cannot play or attend games or events.
- **ACADEMIC** – While N-warnings or sub-ROSA (junior) tasks are not cleared students may not attend games or events or representative trials or events.

TSDP Review & Removal / Disciplinary Procedure.

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

- a) Placed on a red card
- b) Short Suspension
- c) Long Suspension (automatic 2nd warning)
- d) Unsatisfactory attendance
- e) Unsatisfactory academic performance
- f) Unsatisfactory uniform (four infractions per term)

1st Warning of Review –

- Student interview and parent letter/phone call home
- Three week monitoring period
- Able to train but cannot attend games or events or trials.

2nd Warning of Review -

- Parent and student interview and letter home
- Four weeks monitoring period
- Cannot train, attend games, events or trials.

3rd Warning –

- Parent interview and letter.
- Immediate removal from TSDP.
- Student must demonstrate excellent behaviour for a period of one term to be considered for re-entry into the program.
- No refunds can be issued if expulsion from the program occurs.

A student may only be placed on review twice in one year, before resulting in an automatic expulsion from TSDP. 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.

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.
- 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.
- 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, plus the extra before school training 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.

Training Timetable

A & B Week					
	Monday	Tuesday	Wednesday	Thursday	Friday
6.45am-7.15am	Football Yr 11/12 Gym		Football Syd FC Yr 7/8 Gym		Basketball
7am - 8am	RL Ages 12, 13, 14 Gym	RL Ages 15, 16, 17+ Gym	Football Syd FC Yr 7/8 Field		Rugby
8am start	Football Yr 9/10				Netball
1	9/10 TSDP				Touch & Tag
2					
	Monday - Athlete Well-Being or Assembly				
Recess 30mins	Optional S&C – All sports		Football FSC Yr 7/8 Gym		Optional S&C – All sports
3					
4					
Lunch 30mins		Travel time or Start early		Travel time or Start early	
5		9/10 Sport		9/10 Sport	
6		7/8 TSDP Years 7 to 10		7/8 TSDP Years 7 to 10	

NB: Morning Surfing Sessions will be communicated via WhatsApp group.

Injuries

A note is required if injured and unable to train. It must be from parent, physio or other practitioner. An injury form must be completed. Students injured still take part in training with alternate activities. Always ask physios for a training plan.



ILLAWARRA SPORTS HIGH SCHOOL

RESPECTFUL | RESPONSIBLE | LEARNERS

Gura Street, Berkeley NSW 2506 | PO Box 78 Berkeley | T: 02 4271 1099
 illawaspor-h.school@det.nsw.edu.au | www.illawaspor-h.schools.nsw.edu.au

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

TSDP Injury/Return to Training Report

Name of student:		Documents Attached: <input type="checkbox"/> Physiotherapy report <input type="checkbox"/> Rehab. Program <input type="checkbox"/> Strength Program <input type="checkbox"/> Doctors certificate <input type="checkbox"/> Parental Note
TSDP Program:		
Physio/Osteo/Doctor Name:		
Practice name:		
Type of injury/Diagnosis		
Injured Body Part: <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="checkbox"/> Right <input type="checkbox"/> Left </div>		
<input type="checkbox"/> Head/face <input type="checkbox"/> Neck/cervical spine <input type="checkbox"/> Mid back/thoracic spine <input type="checkbox"/> Lower back/lumbar spine <input type="checkbox"/> Chest/ribs/sternum <input type="checkbox"/> Abdomen <input type="checkbox"/> Pelvis/hips <input type="checkbox"/> Shoulder <input type="checkbox"/> Arms-upper <input type="checkbox"/> Arm-lower <input type="checkbox"/> Elbow <input type="checkbox"/> Wrist <input type="checkbox"/> Hand	<input type="checkbox"/> Finger/thumb <input type="checkbox"/> Hip <input type="checkbox"/> Glutes <input type="checkbox"/> Groin <input type="checkbox"/> Hamstrings <input type="checkbox"/> Quadriceps <input type="checkbox"/> Knee <input type="checkbox"/> Calf <input type="checkbox"/> Lower leg <input type="checkbox"/> Achilles <input type="checkbox"/> Ankle <input type="checkbox"/> Foot <input type="checkbox"/> Toe	
Training load or status: <input type="checkbox"/> Gym/Rehab Program <input type="checkbox"/> No-contact <input type="checkbox"/> Reduced intensity <input type="checkbox"/> Reduced load. <input type="checkbox"/> No training		
Estimated time to return to full training _____		
Parent Signature: _____ Date: _____		
Coach Signature: _____ Date: _____		
HT Sport Signature: _____ Date: _____		

Games, Excursions and Events

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, however please be mindful of spectators 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.
- We travel as a team by school mini-bus or coach.
- FULL TSDP 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!
- Ensure that the school has up to date and correct medical and contact details in case of emergency.

Permission notes for games and events

- Notes are all digital on the school app. Very rarely a written note may need to go to a teacher (ALWAYS read the note!)
- All notes are due (at least) the day before the event. Majority of notes are put through the front office – however sometimes the note may specify to return to a certain teacher. Payment must be made prior to the event either on the app or at the office. No IOU's.
- Games will be cancelled if notes are not returned. Refunds cannot always be made.
- SMS messages and phone calls are **not** accepted as permission to attend.

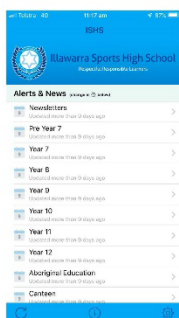


Instructions for School App

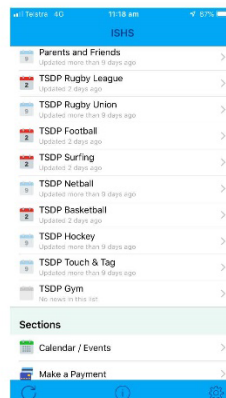
Permission Notes on the School App

1. Download the school app – search for Illawarra Sports High School in your app store.

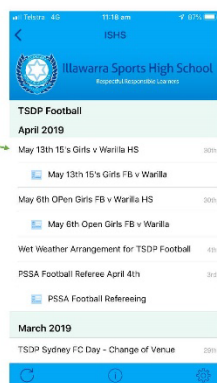
2. Set up your notifications for the year, sport, careers etc.



3. To get permission notes, go to the relevant sport – in this example Football (soccer).



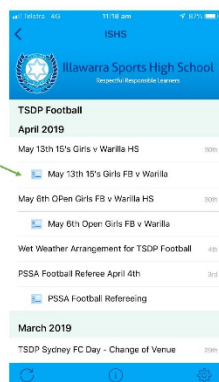
4. The top is the information note with all the details (the bit you would have kept and put on the fridge).



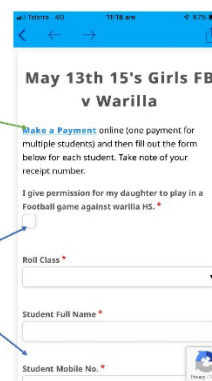
5. Read for leaving times, uniform and equipment required, cost, insurance details, etc.



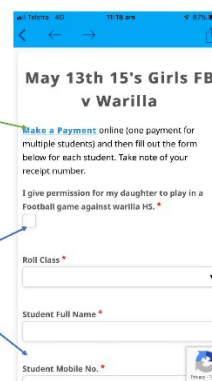
6. The bottom section is the actual digital permission note.



7. Click "Make a payment" to be linked to the school website to pay online. Make note of the receipt no.



8. Fill in all your child's details and then sign the bottom and press submit.



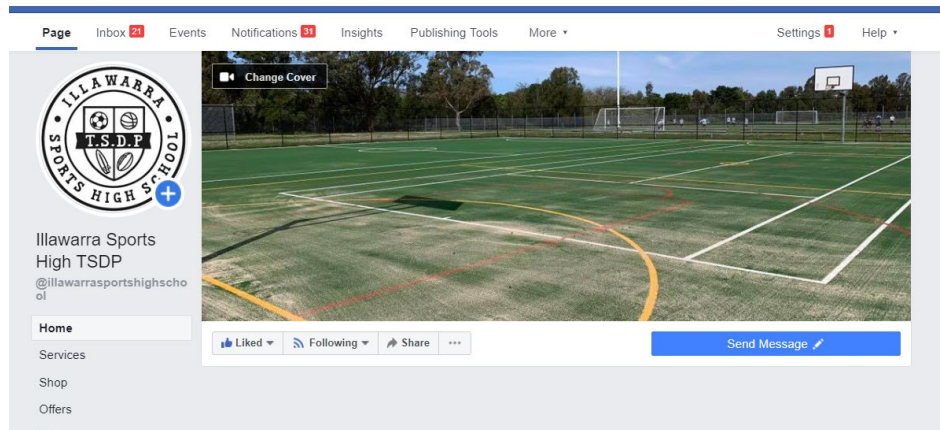
Facebook & Insta

ISHS has two Facebook pages – Illawarra Sports High School and Illawarra Sports High TSDP.

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.

You can also follow our school on Instagram – ishs_surfing, ishs_football, ishs_tsdp, cafeish.



Transport to School

Students who live in the southern suburbs on the western side of the lake – Bomaderry to Albion Park and the northern suburbs - Stanwell Park to Coniston get a bus and train. See the below timetable. 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.



SOUTHERN ILLAWARRA SUBURBS			
Mon Tues Thurs Fri	Morning	7.48 am train arriving at Unanderra station	Premiers Bus 34 from Unanderra Shops @ 7.53am to school
	Afternoon	Leave class at <u>2.20pm</u> to go to the bus stop at Gura and Barnes St to catch the 34 bus to Unanderra shops @ 2.33pm	3.00pm train from Unanderra station to home
Wed Early Day	Morning	7.48am train arriving at Unanderra station	Premiers Bus 34 from Unanderra Shops @ 7.53am to school
	Afternoon	Leave class at <u>1.30pm</u> to go to the bus stop at Barnes St to catch the 34 bus to Unanderra shops @ 1.50	2.00pm train from Unanderra station to home
NORTHERN ILLAWARRA SUBURBS			
Mon Tues Thurs Fri	Morning	8.25am train arriving at Cringila station	Premiers bus ISH 8 @ 8.30am from the train station bus stop
	Afternoon	Leave class at <u>2.35</u> to go to Northcliffe Dr to catch the ISH 8 at 2.45pm	Train departs Cringila station at 3.01pm
Wed Early Day	Morning	8.25am train arriving at Cringila station	Premiers bus ISH 8 @ 8.30am from the train station bus stop
	Afternoon	Leave class at <u>1.35</u> to go to Northcliffe Dr to catch the ISH 8 at 1.45pm	Train departs Cringila station at 2.07pm
CAMPBELLTOWN / APPIN SUBURBS			
Mon Tues Thurs Fri	Morning	6.10am Busabout Bus from Campbelltown Train Station, Appin at 6.34am to Wollongong Crown St	Premiers bus 34 from Crown St @ 7.30 to school
	Afternoon	Leave class at <u>2.20pm</u> to go to the bus stop at Barnes St to catch the 34 bus to Wollongong Crown St @ 2.33pm	Busabout Bus from Crown St @ 3.37 to Campbelltown
Wed Early Day	Morning	6.10am Busabout Bus from Campbelltown Train Station, Appin at 6.34am to Wollongong Crown St	Premiers bus 34 from Crown St @ 7.30 to school
	Afternoon	Leave class at <u>1.20pm</u> to go to the bus stop at Barnes St to catch the 34 bus to Wollongong Crown St @ 1.33pm	Busabout Bus from Crown St @ 2.37 to Campbelltown



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