



TALENTED SPORTS &  
DEVELOPMENT PROGRAM

YEAR 7 2022

---

Gary Hampton  
Principal

Amy Child  
Director of TSDP



# WHAT IS TSDP?

---

- Illawarra Sports High is one of 7 specialist sports highs in NSW. One of 5 Sydney FC Schools.
- Talented Sports and Development Program is user pays and embedded into the school timetable and curriculum.
- The aim is to provide a supportive, educational environment for athletes.



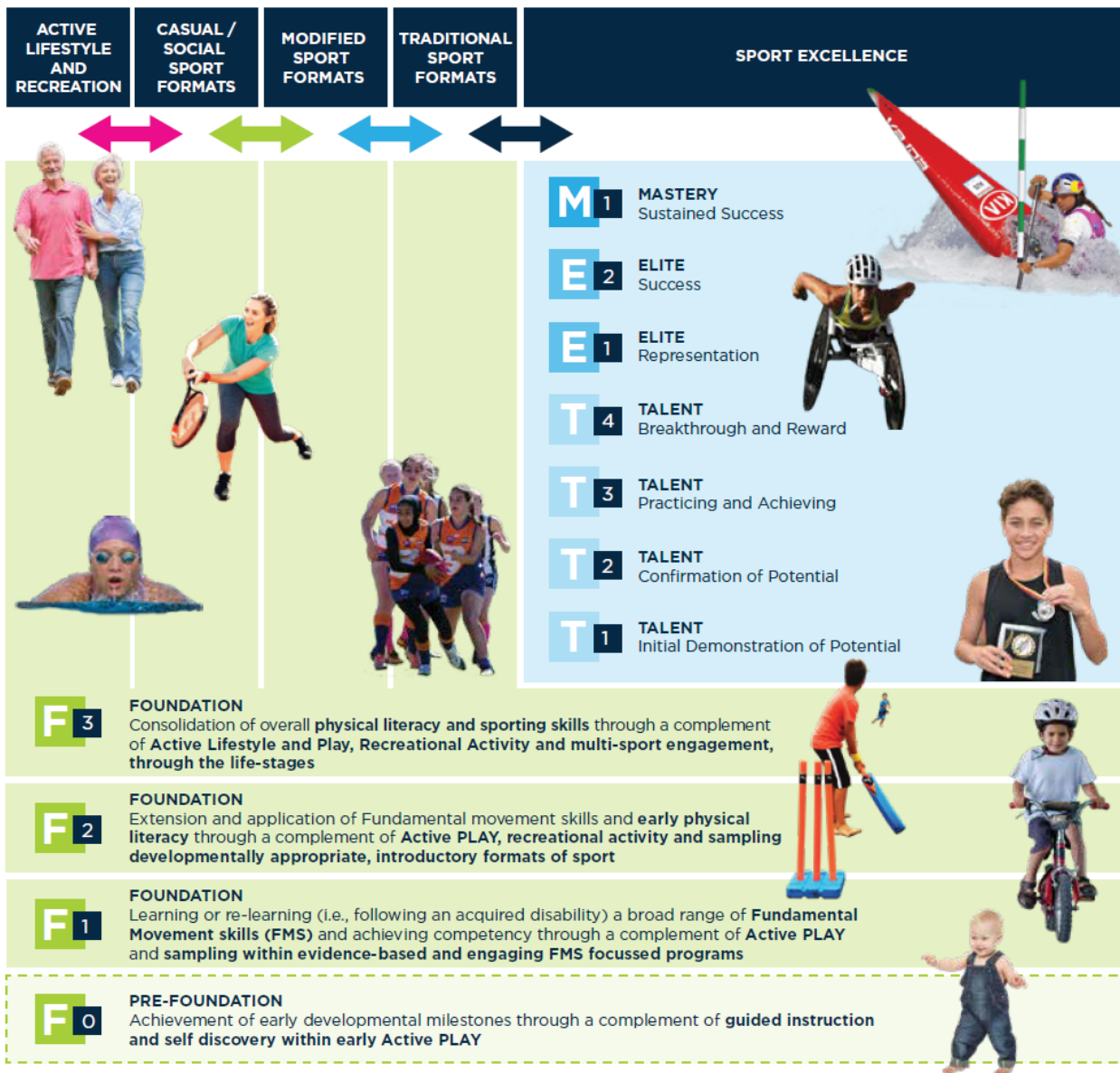
# WHAT IS TSDP?

---

- Extra sport and training sessions are embedded in the curriculum during school time.
  - Early morning S&C / skills sessions before school.
  - Students have many sporting opportunities not offered at other comprehensive high schools.
  - Partnerships with sport governing bodies and other community organisations. Part of the NSW Sport Talent Identification pathway.
- 



# FACILITATING PHYSICAL LITERACY AND PARTICIPATION ACROSS THE LIFESPAN



TALENT PATHWAY HIGH PERFORMANCE

# 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*.



# Sports Programs we run

---

- ▶ **Football: Syd FC and FSC Development**
- ▶ **Rugby League**
- ▶ **Rugby Union**
- ▶ **Netball**
- ▶ **Basketball**
- ▶ **Surfing**
- ▶ **Touch & Tag**
- ▶ **Hockey**
- ▶ **Cricket – new in 2022**



# ATHLETE CODE OF CONDUCT

---

Students are expected to maintain a high standard in class, at training and at representative events –

- Excellent attendance.
- FULL school uniform and be changed for training.
- Punctual to training and class.
- Compete at school carnivals
- Enthusiastic, motivated and put in effort at training.
- Well behaved in class, training and at events.
- Maintain a satisfactory academic standard.
- Hand in all assessment tasks on time.
- Media release.
- Students can be removed from TSDP for not following the code of conduct.





SPORT PROGRAM	Year 7 to 10	Years 11 & 12
Cricket	\$500	n/a
Rugby League & Union	\$500	\$500
Football	FSC - \$800 Syd FC - \$1200	Syd FC - \$800
Netball	\$500	\$300
Touch & Tag	\$500	\$300
Basketball	\$500	\$300
Surfing	\$1000	
Hockey	\$600	\$500

# TSDP PACKAGE

---

- Highly qualified, experienced coaches  
Both teachers and external.
- Strength & Conditioning in all programs
- SHS exclusive and tier one competitions
- Training Development days with state sporting bodies.
- Sydney FC Talent ID Days



# TSDP PACKAGE

---



PHYSIOTHERAPY &  
CLINICAL PILATES  
UNANDERRA

- Sports Trainer
- Nutritional Workshops
- Sports Psychologist Workshops
- Coaching and/or Referee qualifications
- Unanderra Physiotherapy
- University of Sydney Athlete Profiling
- University of Wollongong Exercise Science Students



THE UNIVERSITY OF  
**SYDNEY**



# SCHOOL COMES FIRST

---



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

- No, normal school hours.
- Runs as an elective and during sport.

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

- Learning Centre or Study Bubble
- Although students are ultimately responsible for catching up on missed work, teaching staff are supportive and allow extra time to complete assessments.



# TRAINING SCHEDULES

---

- ▶ The aim of TSDP is to develop young athletes. This involves training and practice.
- ▶ We are not all about GAMES!!
- ▶ However no training = no playing.
  
- ▶ Tuesday and Thursday afternoon training for years 7 to 10, plus one morning session per week.
- ▶ If injured – rehab in gym or Study Bubble.



# GAMES AND COMPETITIONS

---

- Programs run like a rep squad.
- Students don't always get to play in their favoured position.
- May not get equal playing time on the field or court.
- Minibus travel to games at minimal extra cost



# Facebook & School App

Illawarra Sports High TSDP

Page Ad Center 1 Inbox 42 Events Notifications 36 Insights More Edit Page Info Settings 1 Help

**ILLAWARRA SPORTS HIGH**  
SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

2020 INFORMATION & OPEN NIGHT  
Monday 24th February 2020  
6.00pm til 8.00pm

Like Following Share

Create Live Event Offer Job

Create Post

Write a post...

Photo/Video Get Messages Check in

Our Story  
+ Tell people about your business



# Year 6 Trials



- ▶ Thursday April 29th
- ▶ Register online through the school website or facebook.



# Year 6 Trials

---

- ▶ Eligible students for trials –
  - ▶ Year 6 2021
  - ▶ Must be currently registered and or playing for a community/representative club
  - ▶ High level of skill and fitness (minimum cut off for beep test in some sports)
- ▶ Current high school students wishing to transfer to ISHS for the sports program must organise a trial at a training session or attend Trial #2 in August.



# What now??

---

HERE IS THE ENROLMENT APPLICATION PROCESS FOR ILLAWARRA SPORTS HIGH SCHOOL - YEAR 7, 2021.

▶ STEP 1

You will receive a 'Moving into Year 7' Expression of Interest (EOI) booklet from your primary school.

STEP 2

If currently at a Catholic school you need to contact ISH to have a form posted home or collect from the office.

STEP 3

Complete the EOI identifying Illawarra SHS as 'Choice 1' and submit it to your primary school by March due date. If a local enrolment you will receive a further information pack in term 2.

STEP 4

If your child is trialing for the Talented Sports & Development Program register online through the school website for the trials on April 29<sup>th</sup>.

STEP 5

Attend the trials and return the application forms.

STEP 6

All applications are examined by our TSDP Review Panel

STEP 7

Families are notified if their application has been successful

---





# Year 7 2022 Talented Football Program

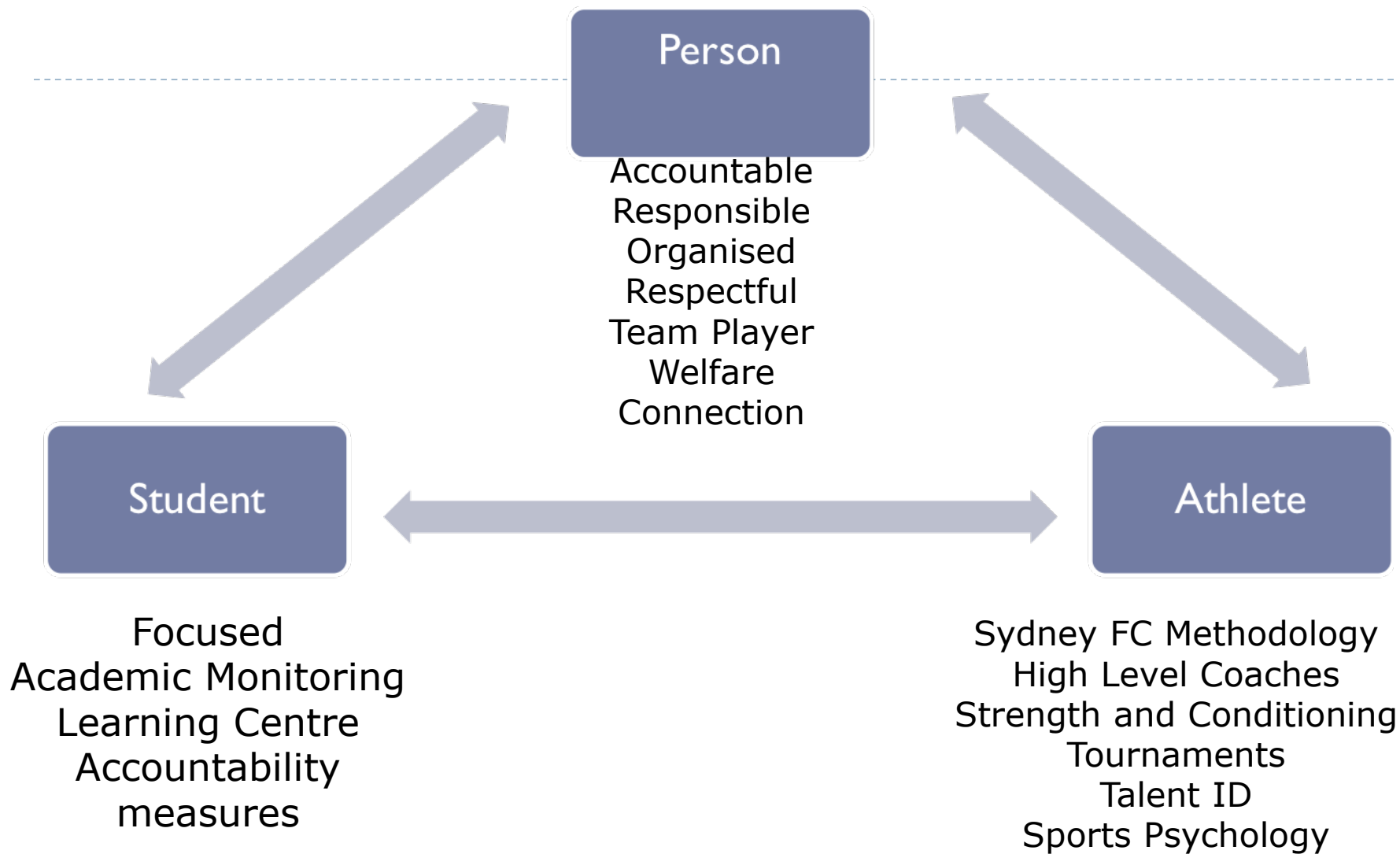
Sydney FC & Football South Coast

# Our Football Philosophy

---

“Everything we do is to make the person a better performer.  
We believe in creating the best version of a successful student athlete that will succeed in any setting, whether it be school, sport or life”





# Our Program

---

- ▶ Two tiers – Advanced & Development
- ▶ Full time Sydney FC Appointed Head Coach
- ▶ Specialist GK coaching
- ▶ Full Access to S2S Application
- ▶ Individualised Athlete Development Plans
- ▶ Strength and Conditioning programming
- ▶ Sydney FC Talent ID days
- ▶ Video Analysis
- ▶ Liaising with partner Physiotherapists when players are injured or overloaded
- ▶ Academic Mentoring
- ▶ Access to Tutoring in Learning Centre
- ▶ National and International Tournament Opportunities
- ▶ Sports Psychology Sessions
- ▶ Theory workshops



# TSDP PERSONNEL

School	Football
<b>Principal</b> Gary Hampton	<b>Kelly Cross</b> Academy Director Sydney FC
<b>Amy Child</b> Director of TSDP	<b>Patrick McCann</b> Sydney FC Schools Director
<b>Daniel Naumovski</b> Director of Football/Coach AFC/FFA B- Lic	<b>Domenico Tripodi</b> Sydney FC Coach Appointed Coach
<b>Paul Waine</b> Mentor/Coach AFC/FFA C- Lic	<b>Jonathon Forster</b> AFC/FFA A- Lic
	<b>Enzo Sansone</b> AFC/FFA B- Lic
	<b>Michael Panozzo</b> AFC/FFA B- Lic
	<b>David Curley</b> Specialist Goal Keeper Coach

# ALUMNI

---



**Caitlin Foord**

Australia  
(Matildas)  
Sydney FC



**Corey Gameiro**

Australia Under 20's  
Fulham  
Sydney FC  
Wellington Phoenix  
Melbourne City  
Brisbane Roar  
Central Coast Mariners



**Katelyn Leadbetter**

Australian School Girls  
Western Sydney Wanderers

---





# Sydney FC Current Timetable

---

<b>Year 7/8</b>	<b>Time</b>
<b>Tuesday</b>	1:05pm-2:30pm
<b>Wednesday</b>	6:45am-8:00am
<b>Thursday</b>	1:05pm-2:30pm
Goalkeepers	Tuesday 7-8am
<b>Year 9/10</b>	<b>Time</b>
<b>Monday</b>	8:00am-9:28am
<b>Tuesday</b>	1:05pm-2:30pm
<b>Thursday</b>	1:05pm-2:30pm
Goalkeepers	Tuesday 7-8am
<b>Year 11/12</b>	<b>Time</b>
<b>Monday</b>	7:00am-8:00am
<b>Tuesday</b>	7:00am-8:00am
<b>Thursday</b>	1:05pm-2:30pm



# Optional Gym Sessions

---

- ▶ **When?**

- ▶ MONDAY

- ▶ WEDNESDAY

- ▶ FRIDAY

- What?**

- ▶ STRENGTH

- ▶ RECOVERY

- ▶ STRETCH

- ▶ MOBILITY

- ▶ REHAB

- ▶ .

# FACILITIES

---



1 X FOOTBALL FIELD

1x 20mx 40m synthetic multisport field

4 X FULL SIZE PORTABLE GOALS

2x 3mx 1.6m goals

PREMIUM IRRIGATION SYSTEM

2 X FUTSAL COURTS

STRENGTH AND CONDITIONING CENTRE

Access to IAN MCLENNAN PARK SYNTHETIC

FOR WET WEATHER & GAMES

# Synthetic Half Court

---

