



iGniTe

HEALTH AND EXERCISE SCIENCE ACADEMY

APPLICATION



INFORMATION FOR FAMILIES

Our Health and Exercise Science Academy is dedicated to cultivating passionate sports enthusiasts, with a special emphasis on elite athlete development and careers in health and exercise science. We aim to produce graduates equipped with the skills and mindset, inspired by athletes, to make a positive impact on the world in professional sport, health, and exercise science careers.

Aims of Health and Exercise Science Academy

- Empower students to unlock their potential to be competitive, perform at an elite level, or pursue a career in health and exercise science
- Promote a high-performance culture for all students to ensure the journey started has a successful outcome
- Support student athletes to achieve a healthy balance between their commitments in a supportive educational environment
- Offer students cutting-edge facilities, evidence-based training programs, and systematic support aimed at fostering connections between performance, health, and exercise science
- Provide unique learning experiences by expanding into local specialised venues with instruction conducted by experts in the fields of sports, health, and exercise science.

Support will be provided through the Athlete Development Program to assist student-athletes to balance their demanding schedules and achieve success at school as well as in their personal and sporting lives.

CONDITIONS OF ENROLMENT

By accepting the offer of a place in the Health and Exercise Science Academy, a student agrees to the terms and conditions specified by the 'Student Athlete Agreement'.

This will require you to:

- Work towards realising your full potential in both sport and studies
- Conduct yourself in a manner that meets with the school's expectations and rules
- Comply with all 'reasonable' training requirements
- Maintain personal habits of health that will contribute to sporting excellence
- Behave and dress in a dignified manner when representing Coombabah State High School
- Abstain from taking drugs that will modify growth, behaviour or performance (knowingly or unknowingly)

ANNUAL ACADEMY FEES

As participation in the Health and Exercise Science Academy is voluntary, not all costs will be covered within the Coombabah State High School fee structure. Parents will be asked to contribute an additional annual fee \$280. This Annual Fee will primarily covers the costs associated with the unique sport experiences and support that is included in the program. In the event of a special excursion, for example a camp which could incur an additional payment, parents will be given advance notice of major excursions to assist with planning and budgeting. The program fee must be paid in full each year.

UNIFORMS

On entry to the Health and Exercise Science Academy, students will be required to purchase Academy uniform items. This comprises dress polo shirt, training shirt, rash vest and cap. Students should ensure they have good quality sports shoes for Athlete Development Program activities and Physical Education lessons. The uniform items are available from the Coombabah SHS Uniform Shop.

**PLEASE RETAIN THIS INFORMATION PAGE FOR YOUR REFERENCE
DO NOT INCLUDE THIS PAGE WITH YOUR APPLICATION**

APPLICATION PROCESS

1. Please complete the attached **Application**. This application form can also be downloaded from the Coombabah State High School website at www.coombabashs.eq.edu.au . There are specific sections within the application for the student to complete.
2. Attach photocopies of **all pages of school reports** from the previous 2 school years (both semesters) plus the most recent NAPLAN report.
Please note - Interim reports are not sufficient for this application process.
3. Remove pages 1 – 3 of this document (Cover and Information Pages) before submitting your application.
4. Ask a coach who has coached your child for some time to complete the **Confidential Reference** (page 8) and return it separately to the school. If your child is not currently working with a coach, please indicate this on the application form.
5. Submit the Athlete Application by the **due date**. Refer to school website for key dates.
6. **Selection trials:** applicants will be required to participate in a range of activities which will help us to assess suitability for the program.
7. The Application is reviewed to gauge whether the student meets the dual suitability criteria for the program. A key aim is to ensure the balance between **academic and sporting endeavors**. Academic records for the previous two years are reviewed with particular attention given to each student's achievement grades plus conduct, effort and participation comments. This is matched against the student's demonstrated achievements in sport. Please provide evidence of state and national level achievements if including these as part of the application.
8. If successful at both stages of evaluation, review of academic reports as well as Selection Trials, applicants will be offered a place in the Academy program.

Please note: For Year 8-12 admission only, an interview will be conducted by the Program Director.

9. **IMPORTANT: Progressive and Annual Reviews.** Acceptance into the Academy at a particular Year Level does not lead to automatic acceptance in the following year. Attendance, academic achievement and athletic progress are **regularly reviewed**. Students are required to consistently maintain high levels of commitment to remain in the program. It is understood that not all students will reach representative levels in their sport every year and is not a condition of continued enrolment in the program.

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Health and Exercise Science Academy

ATHLETE APPLICATION

Student Details:

Name: _____ Date of Birth ____/____/20____
Gender: _____
Sport: _____
Primary School: _____

Parent/Guardian Details:

Name: _____ Mobile: _____
Email: _____

2nd Parent/Guardian Details:

Name: _____ Mobile: _____
Email: _____

Address:

House number and street: _____
Suburb: _____ Postcode: _____

Preferred contact for further information or application communication:

Students with Disability (please complete if applicable)

Please provide some details regarding your circumstances:

Classification: _____

Office Use only:

Entered: ____/____/____ Staff: _____

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ATHLETE PROFILE

If the case of more than one sport where you are performing at a very high level, please photocopy pages 5 & 6 and complete for each.

NAME: _____

DATE OF BIRTH: ____/____/____ **Year level at enrolment:** ____

SPORT: _____

ATTACH PHOTO
(OPTIONAL)

REPRESENTATION:

National: details of any trials or selection to compete for Australia in International Competition:

State: details of selection to compete for Queensland in National Championships:

CURRENT CLUB/S or TEAMS:

Local/Domestic: _____ Under _____

Representative: _____ Under _____

RECENT ACHIEVEMENTS: Details best achievements in past year/season. Include event, date, team or individual awards or other levels of performance. (Please attach additional documentation if applicable)

Injuries: Give details of any serious injuries and/or surgery or treatments (year, duration of injury etc)

CURRENT WEEKLY TRAINING COMMITMENTS WITH CLUBS AND COACHES (TICK WHERE APPLICABLE)

	MON	TUE	WED	THU	FRI	SAT	SUN
Before School							
After School							

CLUB/REPRESENTATIVE/PERSONAL COACH INFORMATION:

NAME: _____

EMAIL: _____

PHONE: _____

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PLEASE NOTE: This section is to be completed by students in their own handwriting

Sporting Goals

Describe briefly, your goals related to your **sport**. Please include goals for the next 12 months and also longer term goals

Academic Goals (this includes subjects for improvement and future academic studies)

List the **achievements** that make you feel most **proud**. These may be positions of responsibilities you have held or awards you have earned etc

**PLEASE ATTACH EXTRA PAGES IF YOU WISH TO PROVIDE FURTHER INFORMATION
STUDENT/ATHLETE AND PARENT SIGNATURES**

Please ensure all details are correct to the best of your knowledge and sign in the space below:

<hr/>	<hr/>
Student/Athlete's signature	Date
<hr/>	<hr/>
Parent/Guardian signature	Date

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CHECKLIST

Please ensure that:

- ☐ You have removed the first three pages of this document (cover and information pages); you are submitting pages 5, 6 and 7
- ☐ You and your parent/guardian have signed the application
- ☐ You have given your current coach the Confidential Reference (page 9) and asked him/her to complete it and return to the school by email (if currently working with a coach)
- ☐ You have attached copies of your past 2 years semester results and Year 5 NAPLAN report

The Head of Department Physical Education at Coombabah State High School is available to discuss your application and answer any questions regarding it. Completed applications should be returned to:

iGniTe Program Enrolment
Coombabah State High School
PO Box 146
Runaway Bay Qld 4216

Tel: 07 55523888 Fax: 07 55523800
Email: enrolments@coombabashs.eq.edu.au

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CONFIDENTIAL REFERENCE FROM COACH

Office Use Only

Name of Coach: _____

Position Held: _____

Contact No: _____

Email: _____

Present Club/Training Venue: _____

Student-Athlete Name: _____

Athlete Position in your team (if applicable): _____

Strengths: _____

Areas to develop further: _____

Training Commitment: _____

Coachability: _____

Attitude/Sportsmanship: _____

Please return to:

Coomababah State High School

PO Box 126

RUNAWAY BAY QLD 4216

ATTENTION: Program Director Health and Exercise Science Academy

or email to: enrolments@coombabashs.eq.edu.au with subject line: HESA Coach Reference