



HIGH PERFORMANCE SPORTS
ACADEMY



HELPING YOU TO MAXIMISE YOUR



Academic
Achievement



Sporting
Performance



Personal
Development

OUR UNIQUE ATHLETE DEVELOPMENT PROGRAM INCLUDES:

- ★ Psychology ★ Physiology ★ Nutrition ★ Sport Science ★ Feedback ★ Public speaking
- ★ Personal excellence roadmap ★ Student athlete balance ★ Leadership



Coombabah State High School



RUNAWAY BAY
SPORT & LEADERSHIP
EXCELLENCE CENTRE

Promoting a "high performance culture" for student athletes



Coombahbah State
High School



Our Vision

We aspire to be recognised as one of the premier schools for talented young sports people. In our athlete friendly environment, students will be supported as they strive toward reaching both their academic and sporting ambitions.

Aims of the High Performance Sports Academy



Our facilities

An official venue of the High Performance Sports Academy, the Gold Coast Performance Centre is a training base for international athletes. The centre was a key facility for the 2018 Commonwealth Games. It provides a gym, pools and other training facilities to the local community and international teams and groups.

The main centre consists of:

- international standard athletics track
- synthetic hockey field
- weight-lifting pavilion
- separate areas for throwing events
- fully equipped 1000 metre square state of the art gymnasium
- 50 metre Olympic swimming pool and 20 metre indoor pool
- 350 seat restaurant
- sports medicine, science and rehabilitation rooms
- synthetic-surface and natural grass surface rugby field
- two international standard beach-volleyball courts

The centre is located within the Runaway Bay sports precinct that includes:

- Netball courts
- Basketball stadium
- Football fields
- Rugby League fields
- Fully contained cycle circuit
- Cricket fields (synthetic and turf) and synthetic surfaced nets

The Gold Coast Performance Centre and the surrounding precinct provides first class facilities to deliver our unique program.



Benefits and Opportunities

- Flexible timetabling and curriculum utilising the latest technologies and mentoring support for students
- Access to first class facilities and coaching
- Interact with elite sportspeople as role models and mentors
- Access to qualified physical preparation and rehabilitation staff and advanced conditioning equipment
- Support from sports science and sports medicine professionals including exercise physiologists, sports psychologists and nutritionists
- Opportunities for work experience and career advice within the sporting industry
- Range of post-compulsory studies available leading to employment and tertiary options
- Elite competition and training opportunities
- Affordability for parents
- Close proximity for all aspects of the education experience with access to the Academy bus for ease of transport

Core Elements

- A comprehensive range of academic programs from Years 7 to 12
- Local and interstate excursions providing opportunities to see behind the scenes of high performance and professional sport
- Personal development and leadership curriculum
- Professional support services

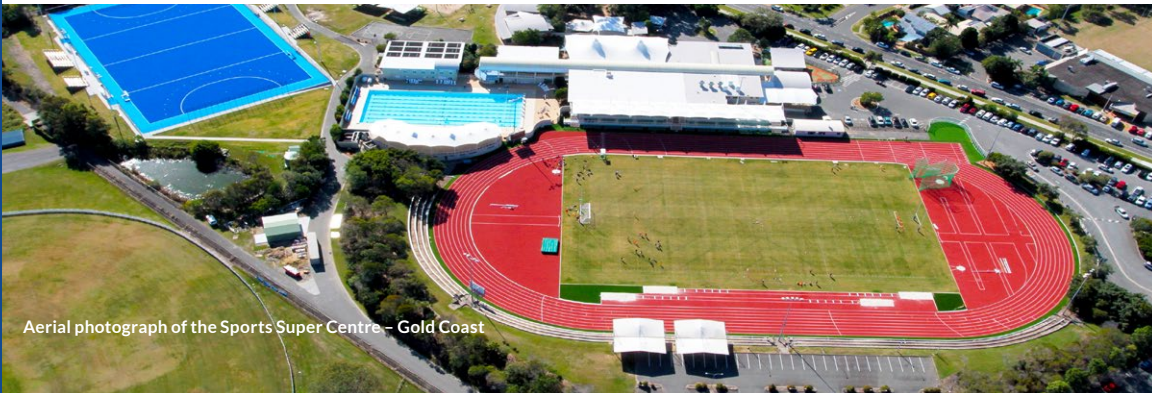
Athlete Development Program (ADP)

- Years 7-10: 220 minutes per week
- Years 11-12: 90 minutes ADP before or after school

Athlete Development Program

- Curriculum based learning of the fundamental movement patterns required for strength and conditioning
- Develop the skills to be capable and proficient for operating in a high performance sporting environment
- Physically prepared at graduation for the demands of senior sport expectations
- The critical component of almost all sports is speed; we teach full movement skills to promote explosive power development
- Development of key sport components including strength, agility, flexibility and aerobic speed
- Theory aspects of teamwork, communication, leadership, media skills and strategy
- Prehabilitation and rehabilitation programs and recovery activities

Aerial photograph of the Sports Super Centre – Gold Coast





HIGH PERFORMANCE SPORTS ACADEMY

Our program focuses on the individual athlete. The HPSA does not aim to develop teams to play in local competitions. Technical training is done through the athlete's club or personal training.

We strive to improve each athlete's ability to perform at the highest level by developing their off-field capabilities through our unique Athlete Development Program (ADP).

Athletes in the following sports would benefit through the HPSA:

- AFL
- Athletics
- Baseball
- Basketball
- Beach Volleyball
- Cheerleading
- Cricket
- Football (Soccer)
- Golf
- Hockey
- Netball
- Rowing
- Rugby League
- Rugby Union
- Softball
- Surf Life Saving
- Swimming
- Table Tennis
- Tennis
- Touch Football
- Triathlon
- Water Polo



Students entering the High Performance Sports Academy are required to exhibit strong academic performance, with a goal to undertake University study.

Our curriculum

- Participation in Academic Excellence in English, Mathematics, Science and Humanities
- The program implements the Australian Curriculum in a sports themed structure
- The challenging and engaging Science program includes elements of Sports Science

Our relationship with Griffith University

- Access to university staff for expert advice and input into a range of fields connected to the specialist sport curriculum including exercise physiology, biomechanics, exercise rehabilitation

Bring your own device (BYOD)

- Students will be required to participate in the Coombabah State High School One to One program
- Devices will be used in a variety of learning situations in a technology rich environment

Admissions

Application forms addressing specific selection criteria in both academic and sport can be obtained from Coombabah State High School or at the website:

<https://coombabashes.eq.edu.au>



Correspondence

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