High Performance Sports Academy
Gold Coast, Australia

Helping you to maximise your:

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

Promoting a “High Performance Culture” for student athletes
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 High Performance Sports Academy**

1. Assist students to balance their sporting and academic studies in a supportive educational environment.
2. To promote a “high performance culture” for students focusing on sporting excellence and academic achievement.
3. To provide students with state of the art facilities, high performance coaching, research-based training programs and structured support systems, including sports science, sports psychology and sport nutrition.
4. To provide diverse sporting and career pathways for students involved in the High Performance Sports Academy to meet their needs and develop their potential including elite sport pathways, US colleges, Australian tertiary options and sports industry placement.
5. Combining the academic hub of Coombabah State High School, sporting facilities at Sports Super Centre - Gold Coast, expertise of Gold Coast universities and Runaway Bay Sport and Leadership Excellence Centre.

**Our facilities**

An official venue of the High Performance Sports Academy, the Sports Super Centre - Gold Coast was built at Runaway Bay as a training base for international athletes competing in the 2000 Sydney Olympics. It is now a leading facility that 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 Sports Super Centre will play a key role as an official elite training cluster on the Gold Coast for the Commonwealth Games in 2018, and beyond.
Benefits and Opportunities

- Flexible timetabling and curriculum utilising the latest technologies and mentoring support for travelling students
- Access to first class facilities and coaching
- Contact 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 physiotherapists, sports psychologists and nutritionists
- Opportunities for work experience and career counselling 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
- Endorsement by state and national sporting bodies

Core Elements

- Technical sports development including skills, strategies and tactics applicable to a range of indoor and outdoor sports
- A comprehensive range of academic programs from Years 7 to 12
- Personal development and leadership curriculum
- Professional support services

Athlete Development Program (ADP)

- Years 7-10: 220 minutes per week
- Years 11-12: 90 minutes compulsory 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
Students entering the High Performance Sports Academy are required to exhibit strong academic performance, with a goal to undertake University study.

**Our curriculum partnership with Mighty Minds Educational Consultants**

- The implementation of an innovative curriculum in English, Mathematics and Humanities
- The program implements the Australian Curriculum in a sports themed structure
- The challenging and engaging Science program includes elements of Sports Science and Marine Science

**Our relationship with Griffith University**

- Access to commence Bachelor level programs whilst still at high school
- 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
- Joint research projects e.g. nutrition, longitudinal studies on sport, joint published research projects

**Bring your own device (BYOD)**

- Students will be required to have a tablet (eg. iPad) as set out in the Coombabah State High School BYOD 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 the Sports Super Centre - Gold Coast, Coombabah State High School or at the website:

[www.coombabashs.eq.edu.au](http://www.coombabashs.eq.edu.au)

**Correspondence**

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