

14th July 2011

Dear Parents and Caregivers

The College is now accepting applications for the Sports Institute 2012. Please find attached to this letter an application form, which needs to be fully completed, and returned to the school by Friday 5th August, marked for the attention of **Sharon Coyle – Sports Institute Application**. Also enclosed is an Expression of Interest form for Tennis (Years 7-10) and Rowing (Years 8 & 9).

With the Institute we wish to identify and work with **high performing students** who we believe have the potential to become elite sportsmen in the College.

Sports for the 2012 Institute are **Football, Water Polo, Rugby Union and Cricket**. Each sport will be organised into two separate groups, a combined Year 7 and 8, and a combined Year 9 and 10. In Years 7 and 8 each student will attend two periods a week of their Sports Institute chosen sport as part of their normal curriculum. The Year 9 and 10 groups will have three lessons per week. Throughout these lessons they will receive high quality coaching, and theory lessons in the classroom, both designed to improve and develop not only their practical skills, but also their understanding of how to look after their bodies, and train properly for their chosen sport. The theory lessons will be based around generic sport related studies, and include such topics as goal setting, sports psychology, diet and nutrition.

Their acquisition of new skills, a greater understanding of sport, and their general involvement in the programme has the potential to positively affect other areas of school life, and help the boys become well-rounded individuals.

If the boys feel that they are sufficiently strong enough in two sports, both a summer and winter code may be selected. At present the Water Polo lessons for Years 7 to 10 are carried out before school. Theoretically this means that they could choose Water Polo and two other sports. This is quite a commitment for a student however, and all parties concerned must be fully aware of the demands that this will place on their bodies throughout the year.

The following conditions apply for Institute boys:

The Year 7 and 8 boys are expected to catch up with the academic work they miss as a result of attending their Institute classes.

In Years 9 and 10, boys choose Sports Institute as one of their **option lines**.

After we have received applications we will be inviting selected students in to school for testing. Boys selected to attend the assessment day will receive a formal invitation. Boys who are not asked in for the assessment day will also be contacted, and they are welcome to submit another application the following year.

The main part of the selection process involves a sport specific skills assessment. These will be undertaken by Sacred Heart College teachers involved with the Sports Institute, and a selection of outside coaches. There may also be some fitness testing completed as well.

The assessment days for this year are 12th to 16th and 19th September.

Preliminary details are:

Monday 12 th September	: Football and Rugby (7 / 8)
Tuesday 13 th September	: Football and Rugby (9 / 10)
Wednesday 14 th September	: Cricket (7 / 8)
Thursday 15 th September	: Cricket (9 / 10)
Friday 16 th September	: Water Polo (7 / 8)
Monday 19 th September	: Water Polo (9 / 10)

Further details regarding the assessment days will be explained in the invitations. The day will be expected to run from 9.30 – 3.00. **A back up assessment day may be arranged for any boy who cannot attend their original assessment.**

If a student is successful in obtaining a place on the programme, he will be expected to uphold the high standards that are required to retain his place in the Institute. This will involve maintaining a **high level of academic effort** and **representing the school in sport**. The Institute boys will be organised in to a team for their selected sport, and it is vital that they fully commit to this school team in which they are placed. It is important that even at this early stage of the application process, that both parents and boys fully understand the commitment they are making by applying to the Institute. If selected, the boys **must** attend **all** training sessions and games in the school team for their chosen Institute sport(s).

Please note that boys attending the Rugby Union Institute cannot play Rugby League for an outside club.

The application, assessment and selection process for the Sports Institute will happen on an annual basis.

If you have any questions regarding this matter do not hesitate to contact me.

Yours sincerely



Neil Penfold
(Director of Sport)