

# Sports Excellence Program

Northern Beaches State High School has been a dominant force within Townsville Secondary Sports Association for over 20 years. In the past 5 years the school has grown from 450 students to over 900.

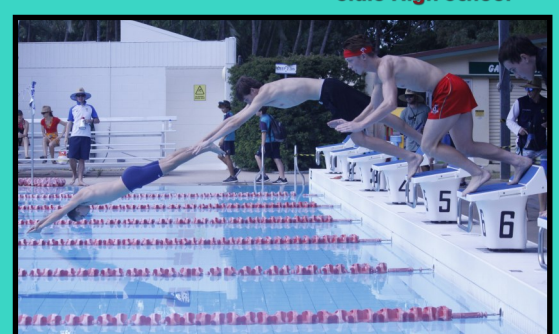
The school has achieved various sporting triumphs across the Townsville district in Block Sport, Interschool carnivals, and individual regional and state representations. The 2019 Open and Junior Boys' Basketball team took out both championships in the Townsville A and B school divisions whilst maintaining their undefeated streak. Netball is also very popular at NBSHS, having success in the Block Sport Championships with individual students being selected in the NQ teams.

Students with demonstrated physical ability are invited to apply for the iXL Sporting Excellence Academy Program which will foster the development of each student in their particular sport or fitness background. Once accepted, students will commit to a program which will:

- Heighten their personal excellence in sports
- Develop a higher level of team morale and social skills related to competition environments
- Achieve high academic and quality outcomes linked directly to Queensland Department of Education and the Queensland Curriculum.

The iXL Sporting Program will be facilitated by a General Manager, JCU Sports and Exercise Science 3rd Year students and support teachers, all of whom currently coach and manage regional and state level competitions in their chosen sports. Each teacher will facilitate a fitness profile for each student and maintain a strong mentor role to heighten the personal excellence of the student.

iXL positions are awarded annually, with successful applicants being offered a position for one year. Current iXL program participants will be continually reviewed throughout the year. Recipients may be withdrawn if students do not meet the high expectations of the Excellence Program.



# Sports Excellence Program

## Phase 1 – Foundation Academy (Years 7 and 8)

- 1 Semester of 3 lessons per week
- Strength and Conditioning Focus
- 1 day iXL Sport Workshop per term
- Morning Gym/Fitness Programs

## Phase 2 – Development Academy (Year 9 and 10)

- 1 lesson per week Year Long Program
- Morning Gym/Fitness Programs
- 1 day iXL Sport Workshop per term
- HPE can be selected as a Speciality Subject

## Phase 3 – Advanced Academy (Years 11 and 12)

- HPE can be selected as Specialty Subjects (ATAR and Non-ATAR Pathway)
- Multiple morning Gym/Fitness Programs
- 1 day iXL Sport Workshop per term
- JCU Sports and Exercise Science facilitated program.

Excellence students are required to role model, peer coach and facilitate all sporting growth through Northern Beaches State High School and the wider community.

They are expected to take opportunities to represent themselves and the school through the platforms of HPE Classes, Inter-House Carnivals, Inter-School Carnivals and Townsville Secondary School Sport.

iXL Sporting Excellence students are required to sign a contract, ensure all current and outstanding Resource Hire Scheme payments are paid, uphold a high standard of effort and behaviour, as well as purchase the Sports Exercise shirt for practical lessons.



**Student Name:**

**Current Year Level:**

What sports are you currently involved in the **wider community**? Please indicate the name of your club/s.  
*(this is not school sport)*

Identify your different levels of current representation.

	Level 1	Level 2	Level 3
Sport	School Represented + Comp Details	City/Town Club Represented + Comp Details	Regional Represented + Comp Details

**Student to complete:** What are your sporting goals?

Immediate:

Long Term:



**Student to complete:** Why do you think iXL Sporting Excellence program will be good for you? What are your expectations of the program?

**Student to complete:** How will/have you contribute to the school sporting community?

**Parent/Guardian Name:**

**Parent/Guardian Signature:**

**Date:**

iXL Academic Excellence Co-Ordinator approval Yes / No  
Principal approval Yes / No

Letter sent: