
25 October 2022

Dear Parents/Caregivers,

My name is Trent Worrall and I am the Director of Sport at Central Coast Sports College. As we move closer to 2023, it is important that you are made aware of some key updates occurring within the Sport Department. I hope you share the sense of excitement that exists within the department about the possibilities and opportunities that await.

Our College has attracted a lot of attention in the media and throughout the community this year. I believe this is partly due to the unprecedented sporting success we have had. This is a testament to the prolonged hard work of our student athletes and all staff at the College. As a result, student athlete numbers have grown considerably and look likely to continue on this trajectory. Coinciding with this, we have expanded our academy offerings adding Basketball and Dance programs in 2023. As a department, we have had to evolve and improve our structures and practices to cater to this. Whilst we anticipate further growth, all full-time sports coaches in 2023 are committed to delivering high quality student centred sports programs whilst building and maintaining valued relationships that are the cornerstone of what it means to be a part of the CCSC community.

There are four key changes that you will see outlined in some detail below.

1. Three session Model

Sport sessions will be run over three sessions in 2023. This means students will train in 3 different time slots as outlined below.

Session 1 - Year 10 -12 (9am - 10:45am)

Session 2 - Year 7 - 9 (11:15am - 1pm)

Session 3 - Year K - 6 (2pm - 4pm) *

(*Early pick up times remain in place for K-2)

2. Connected Curriculum

Strategically we are continuing to reinforce our 'Student Centred' approach to programming and session delivery. Placing the needs and aspirations of our student athletes central to all that we do. This allows us to truly connect our curriculum and align with the unique offerings that are in place in the academic programs across the College. Regular student surveys to determine individual aspirations and goals will assist our coaches in programming sessions utilising their expertise to facilitate the students in their aspirations. Students are driving their curriculum and our coaches will use this to maintain motivation whilst maintaining high standards.

3. Academy Groups

I would like to reaffirm our resolute commitment to the following academy areas in 2023. Student athletes are asked to identify the most suitable academy they wish to pursue and within that program they will be held accountable to their identified aspirations (student centred approach).

Our Academy offerings in 2023 include:

Basketball
Dance
Football
Netball
Rugby League
Rugby League / Union (girls)
*Sport (see below for more details)
Tennis

Year 3-4 Pre-Academy

Students in Years 3-4 will select a Pre-academy to participate in 3 days a week. Within this one day will be designated totally to game play (free to express themselves). Students in this age will be exposed to a variety of sports two days a week.

Year 5-6 Academy

Students move into their selected Academy 4 sessions per week. One of these sessions will be completely game based with minimal structured drills or coaching.

Year 7-12

Specialisation and student centred programming becomes central to the program that is offered 4 days a week.

Sport Academy

Our Sport Academy will consist of highly motivated student athletes whose aspirations do not fit into the traditional sport academies on offer. This is in no way of any less value than the other academies and the highest of expectations will be maintained regarding engagement as well as identifying and pursuing aspirations.

Research indicates that specialising in sports before the age of 12 increases the risk of injury, burnout and fatigue. Sport sampling therefore is best practice when designing a comprehensive sports program and we are implementing the following progressions to cater to this.

4. Complete Athlete Project (CAP Thursdays) - Year 3-12

In 2023 we will launch CAP Thursdays. All students will participate in CAP activities from 2-4pm. The activities on offer will differ according to age suitability. The purpose behind this is to encourage students to develop a range of skills and attributes that come from engaging in a variety of movement contexts. Offering our student athletes the opportunity to engage in different activities that may stimulate or spark passions and interests to pursue movement and fitness outside of their current comfort levels whilst broadening their social connections beyond academy groups.

Examples of offerings we are pursuing include - skateboarding, surfing, beach games, AFL, Cricket and recreation tennis to name a few.

5. PDHPE

The delivery of PDHPE will be split across the academic and sport departments respectively in 2023. The sport department will take on the Physical Education outcomes and address them within sport sessions, whilst the advisory teachers will address the personal development and health outcomes. I want to reassure you that all student athletes at the College will be exposed to the age appropriate, health and wellbeing learning experiences that are vital to their development.

6. CCSC Performance Lab

2022 has seen the development of a team of allied health professionals who offer a more holistic approach to our offerings. Kevin Mantell (Physiotherapist), Matt Shanahan (Podiatrist) and Clare Marcangelo (Nutritionist) make up the team so far and we are in negotiations with a sports psychologist to complete the offerings. We are excited to offer these services in the hope to further support our aspiring student athletes. Please see the Performance Lab link on our website for more details.

<https://ccsc.nsw.edu.au/sport/ccsc-performance-lab/>

In summary, we are very excited to be communicating these updates as they have been deliberated over for some time. The best interests of the student athletes have been guiding these deliberations. Unfortunately, this has impacted staffing and we will continue to work through these changes with respect and consideration. If you have any questions please do not hesitate to contact me at the College for clarification.

Warmest regards,

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