
CCSC Sport

Three session Model

Sport sessions will be run over three sessions in 2023. This means student athletes 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)

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 athlete surveys to determine individual aspirations and goals will assist our coaches in programming sessions utilising their expertise to facilitate the student athletes in their aspirations. Student athletes are driving their curriculum and our coaches will use this to maintain motivation whilst maintaining high standards.

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:

1. Basketball
2. Dance
3. Football
4. Netball
5. Rugby League
6. Rugby League / Union (girls)
7. *Sport (details below)
8. Tennis

Year 3-4 Pre-Academy

Student athletes 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). Student athletes in this age will be exposed to a variety of sports two days a week.

Year 5-6 Academy

Student athletes 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.

Complete Athlete Project (CAP Thursdays) - Year 3-8

In 2023 we will launch CAP Thursdays. All student athletes 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.

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.

CCSC Performance Lab

We have a team of allied health professionals who offer a holistic approach to our student athletes. 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/>

Warmest regards,

Trent Worrall
Director of Sport tworrall@ccsc.nsw.edu.au