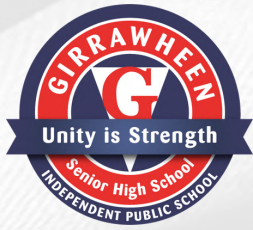




ELITE SPORTS PROGRAM
GIRRAWHEEN SENIOR HIGH SCHOOL



ELITE SPORTS PROGRAM





“ You don't need to be the best sportsperson, you just need to be the best version of you. ”



PROGRAM PHILOSOPHY

Develop students' competitive spirit and passion for self-improvement focusing on three pillars:

Fitness
&
Training

Growth
Mindset

Personal
Best

PROGRAM GOALS

To embed and measure Personal Best Goals in:

- Academic (engagement, effort and improvement)
- Fitness & Conditioning (athletics focused)
- Engage in a variety of sports and develop a range of physical skills
- Sports Coaching & Umpiring
- Provide mentors to motivate, reinforce positive mindset and self-discipline
- Participate in school excursions, sporting competitions and carnivals

THE PROGRAM

Girrawheen Senior High School

Elite Sports Program (ESP)

For students with an interest in becoming faster, stronger, fitter and smarter by focusing on Fitness & Training, Growth Mindset and Personal Best

across sport and academic areas.

Develop strategy and gameplay skills and participate in sporting competitions and events.



Curtin University Athletic Club



Coached by Curtin University Athletics Club, Warwick Senators Basketball & Badminton WA

Partnering with industry leading organisations to learn technique and skills backed by science to improve performance



With Program Patron, Duop Reath

Duop Reath is a graduate of Girrawheen SHS who learnt the fundamentals of basketball at school, before winning a scholarship to study at University the USA. Fast forward a few years and Duop wins an Olympic Bronze Medal playing with the Boomers in Tokyo 2021, played for the Illawarra Hawks and currently plays in the Chinese and Lebanese Leagues. Duop is a source of motivation and invaluable advice.



Practical Sessions Twice a Week

Students attend timetabled practical sessions two times a week, one of which is coached by Curtin University Athletics Club, Warwick Senators or Badminton WA. Students can put their improved skills to good use by participating in competitive sporting teams and interschool carnivals.



Personal Growth and Performance Tracking

Students track their growth and performance daily in areas including attendance, effort, academic achievement and improvement as well as personal bests achieved in the practical sessions.



HOW DO I JOIN THE ESP?

Simply complete the ***Specialty Programs Expression of Interest Form*** and submit to Girrawheen Senior High School Administration with your Enrolment Application by Week 2 of Term 3.

The ***Specialty Programs Expression of Interest Form*** can be obtained from Girrawheen Senior High School's Administration as part of the Enrolment Pack.

If you require a form or pack, you can request one by phoning 9247 0555 or emailing girrawheen.shs@education.wa.edu.au

**placements are limited*





Contact us for more information

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GirrawheenSeniorHighSchool



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