TALENTED ATHLETE PROGRAM 2015

The Banora Point High School Talented Athlete Program is a sports excellence program aimed at elite students in the Tweed district. It is a program that has been established by Mr Phil Whitehead since the inception of the school in 2004.

The program is designed to enhance the sporting performance of the students selected by developing a holistic approach to their athletic development. A successful athlete needs to focus not only on skill development but nutrition, goal setting, motivation, correct recovery and injury rehabilitation, team work, cross training and tactics strategy.

The BPHS program is able to develop the whole athlete through a series of sessions that run each week throughout the year. Sessions include:

- Training run in each athlete's selected field
- Coaching from the Gold Coast professional teams (Titans, Suns)
- Tours of Metricon Stadium and the Centre of Excellence
- Beach surf carnival
- Surfing
- Gymnastics
- Fitness centre weight instruction and training
- Rock climbing
The program also runs a three day excursion at the end of the year to the Sunshine Coast to reward students for the dedication they have shown to the program.

Success has thrived in this program, over the last 24 months we have seen these results:

- Laura Coulter in the Australian U20 softball side
- Zac Spring NSWCHS rugby union side, Titans U20 team
- Rachel Pressor an Australian and Oceanic champion in synchronised swimming
- Luke Russell Under 15 CHS Northern NSW rugby league squad
- Koen Sleba selected in North Coast touch, rugby league, AFL teams
- Tristan McLaughlin North Coast gymnastics champion

Students are expected to fulfill a number of requirements while in this very successful and rewarding program. The community, staff, parents and students look to the squad to set examples around the school. Students behaviour at BPHS is to be exceptional, they need to run or help run a coaching session in their sport, they need to compete in all three BPHS sporting carnivals and then are required to compete at the Far North Coast carnivals when selected and compete in the Tweed Valley competition for BPHS.

Applications for the Talented Athlete Program close in September each year.

Any further enquiries can be directed to Terry Simpson at Banora Point High School on 0755131960.

Yours sincerely,

Terry Simpson

Nathan Williams

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The Talented Athlete Squad is proudly sponsored by

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