



Roma Mitchell
Secondary College

Specialist Sport Program - Soccer, Hockey, Cycling

Introduction

The Specialist Sport Program (SSP) provides both elite and talented players the opportunity to further develop their skills with the aim of playing to the highest level while providing a balanced high quality education.

Criteria for Selection

The SSP is aimed at students with demonstrated skills and commitment to particular sports who wish to spend further time in development and aim to compete at a higher level than that of the average student. This may include competition at a regional, state or national level.

Students will be selected on the basis of:

- Their most recent school report
- A letter of recommendation from their teacher or Principal
- Achievement in the sport and / or the skills test organised by Roma Mitchell Secondary College
- An interview organised by Roma Mitchell Secondary College
- Demonstrated potential for further development in the sport
- A stated commitment to continue in the program during your enrolment at the school
- A positive attitude
- High level of coachability
- Play or compete for a community club

Students will be required to attend a skills test and / or an interview once the application form has been received. Students will be notified by letter if they are required to attend a skills test and / or interview. The letter will provide details of the dates, times and venue.

Ask your teacher or the Principal of your current school to write a letter of recommendation for you, outlining your academic and sporting abilities achievements. You will be required to bring this letter of recommendation and a copy of your most recent school report with you to the interview.

Partnerships with Sports Associations

Roma Mitchell Secondary College has formed partnerships with Cycling SA, Hockey SA and Football Federation SA to deliver the program. Students will work under the coaching guidance of the relevant Sports Association's Development Officers and/or Coaches. Cycling sessions will be held in the State Sports Park Superdrome, Hockey at The Pines 'water – based synthetic' pitch and indoor sessions in the school's gymnasium. Soccer sessions will be held on the school's full sized pitch and indoor sessions will be held in the school's gymnasium.

Students will gain sound technical and support in all facets of the sport. In addition to this, students will further develop their practical awareness and understanding of the game. The facilities provide opportunities for skill development and the use of video analysis software to help students analyse skills.



Government
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and Child Development

Program Details

The Specialist Sport Program is a Year 8-12 subject and will be gender inclusive. It will be offered for a full year at each year level and be delivered in mixed groups with the option of single sex groups if the numbers are viable.

The program will provide a range of accreditation that students within the program can achieve. These accredited courses are nationally recognised and provide a range of leadership opportunities. Students will complete their sport specific coaching and officiating accreditation, including completing SACE and achieving an ATAR.

Skills

Students will be taught to perform skills with efficiency, accuracy, speed and consistency. An individual's technique will be analysed, refined and practiced under varying amounts of pressure until they are highly efficient. They will then put them in competitive situations. Students will develop a greater range of skills complimentary to their sport and new skills will be subjected to the same rigorous procedures. The group will hone their skills in the use of space in competition/performance and develop theory and practice in the application of tactics.

Fitness

Students will develop and maintain a high level of fitness. They will:

- Analyse the fitness demands of their sport
- Identify the variety of methods to improve and maintain appropriate levels of fitness.
- Complete a variety of activities to improve and maintain appropriate levels of fitness and conditioning.

Methods of conditioning may include:

- Aerobics
- Cardiovascular Activities
- Cross Training
- Circuit Training/Weights Circuits
- Minor Games
- Plyometrics
- Visits to Fitness Centres

The South Australian Sports Institute will test students on a regular basis as part of the Talent Search Program.

Theory

Theory will be sport specific and students will develop skills and knowledge to:

- Enhance their playing career
- Have a more sophisticated understanding of their sport and the role of sport and sports people in Australia for the 21st century.
- Have a wider choice of non-playing careers

Elite athletes

Students competing at the elite level in their chosen sport (national representative, nationally ranked or member of a national squad or AIS/SASI development squad) can negotiate to be supported by the school through the development of an individual Personal Learning Plan. This plan will be developed to support the student's further development, enhance their future achievements in sport and meet their educational needs and aspirations.

Program Costs

Successful Specialist Sport students will be expected to pay a levy to participate in the program. This levy will be set by the Roma Mitchell Governing Council. The levy will contribute towards the costs of:

- transport and use of facilities
- the employment of specialist coaches

- on-going purchase of quality equipment
- coaching and officiating accreditation

All students accepted into the Specialist Sport Program will not be required to pay any additional costs for activities that are a part of the SSP curriculum.

Activities outside of the SSP curriculum (for example excursions, camps, knockout matches, viewing of international teams etc.) will be run as user-pays. Involvement in these activities is optional and students involved in these activities will pay the designated cost to be involved in the activity.

Students / families who are not able to financially afford participation in extra-curricula activities will be able to organise alternative payment options.

Uniform

SSP students will be expected to purchase the sport specific Specialist Sport Uniform. Details of the uniform requirements will be sent to successful applicants.

Expectations

The Specialist Sport Program will be a demanding course that requires students to be motivated and capable academically and physically. They will be expected to be role models for the remainder of the school community and actively participate in athletic carnivals, zone sport, State-wide Knockout and other SASSSA activities.

All students in the course are expected to maintain appropriate behavioural standards and commit to their studies in all subject areas. Students who do not satisfy these requirements will be required to leave the program and return to their zoned school. This is in line with DECS Policy.

Students from within the local zone who do not comply with the program and/or school's expectations will be asked to leave from the Specialist Sport Program and will enrol in mainstream school subjects.

For further information please contact Adam Carter, Assistant Principal, Specialist Sport, Roma Mitchell Secondary College.

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