

Taieri College Sports Academy



Dream

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What is the Sports Academy?

The Sports Academy is one of the first initiatives that the Sports Council has implemented.

The Sports Council was established in 2010 with the idea 'to promote and encourage sport at Taieri and on the Taieri'.

The Sports Academy is a selected group of students who will be given the opportunity to excel in sport.



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What is the purpose?

To recognise and further develop proven and potential sporting excellence at Taieri College.



Sports Academy Ambassador

Adam Hall an ex-Taieri College student and
2010 Paralympics Gold Medallist



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Three Tier System

11-13 Senior Academy

9-10 Academy (Sports Pro)

7-8 Junior Academy

Each level has the same purpose to promote and develop sporting excellence.

Content is moulded to suit each age group.

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Senior Academy

- Meet every 2 weeks
- Hour long sessions
 - Physical conditioning
 - Nutrition
 - Goal setting and mental skills
 - Injury prevention
- Receive guidance to help athletes achieve their potential

These are run by staff from the New Zealand Academy of Sport, Industry Professionals and Taieri College staff.

Sports Pro – Year 9 Academy

- This is a subject option class that runs for 1 Term for 3 periods a week. There will also be events held throughout the year.
- Hour long sessions
- Will look at 4 different units loosely based around:
 - PHYSICAL (fitness, nutrition, injuries)
 - PSYCH (goal setting, motivation, self talk)
 - TECHNICAL (video analysis)
 - TACTICAL (game sense)



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Sports Pro – Year 10 Academy

- Will meet once every three weeks before College starts (7:45 – 8:45am).
- This group will be mainly looking at setting fitness related goals and then with the guidance of staff/facilitators will be shown how to go about improving aspects of their personal profile.
- There will also be events held throughout the year with the other tiers of the Academy.

7/8 Junior Academy

- This will happen fortnightly before school
- Hour long sessions
- Objectives at this level:
 - ➔ increase spatial awareness
 - ➔ introduction to invasion games
 - ➔ hand-eye co-ordination
 - ➔ striking skills (hand, foot, implement)
 - ➔ reaction time
- How to apply these skills in their own sporting areas.

Applications

- Students will apply every year to get into or remain in the academy.
- The Senior Academy is open to all students in Years 11, 12 and 13 – closes week 2 2012.
- 9/10 Academy – applications for 2012 will be available on Open Day and close on 30 September.
- 7/8 Junior Academy – applications for 2012 will be available on Open Day and close on 30 September.
- The selection process for both Junior Academy's will take place in Term 4.

What have you got to lose!

Apply NOW

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