

TRINITY SPORTING EXCELLENCE PROGRAM



We are excited to be teaming up with the Regional Institute of Sport (RIS) to launch the Trinity Sporting Excellence Program and now invite expressions of interest from students wanting to participate, commencing in Term 4.

For nearly a decade RIS Director Stuart Canavan has developed and assisted a team of exercise professionals to work alongside many of Australia's best junior coaches from the AFL, AIS, PGA, Soccer Australia and Netball Australia.

Stuart is a physiotherapist with 25 years of experience and has a unique combination of academic qualifications in physiotherapy, sports physiotherapy, high-performance sport (Masters), and pain science.

He now resides and practices in the Western District and through the RIS has assisted schools such as Mercy College Camperdown (Sport4Life) and Colac Secondary College (Sporting Pathway Program) to offer similar programs for their students.

Stuart believes our 'regional' athletes should not feel they have to travel to larger cities for proven, world-class sports performance programs.

Stuart is passionate about the important part that sport plays in a young person's life and truly believes that 'exercise improves life'.

The program will be offered after school on a week night and each session will run for 90 minutes. Highly qualified and experienced staff will be running the program.

It is important to note that the Sporting Excellence Program is not just suited to those students who are considered to be elite or high achieving, it is suitable for every student who has a desire to improve their physical performance and is prepared to work hard.

Additionally, the program is not specific to any particular sport – it will assist with all sporting endeavors.

If you would like to improve your sporting performance, fitness and learn healthy skills for life then I encourage you to complete this application and return it to reception.

If you have any questions please speak with Mr Tomkins or myself.

- Paul Clohesy, Principal



**PLEASE COMPLETE THE APPLICATION ON THE REVERSE SIDE OF THIS FORM
AND RETURN TO STUDENT RECEPTION BY WEDNESDAY, SEPTEMBER 8**

EXPRESSION OF INTEREST FORM

TRINITY SPORTING EXCELLENCE PROGRAM

STUDENT: _____ HOMEROOM: _____

Why do you think you will benefit from the Sporting Excellence Program?

PLEASE NOTE - Parents/Carers and students need to understand some of the parameters involved with the Trinity Sporting Excellence Program. By Signing this form you:

- understand that there will be a nominal fee (approx. \$10) per session to participate in the program (Trinity has subsidized a portion of the total cost).
- understand that successful applicants need to maintain a satisfactory work attitude in subjects at school or they may be removed from the program and their place will be offered to another student.
- understand that should attendance to the Trinity Sporting Excellence Program be inconsistent then the student may be removed from the program and their place will be offered to another student.

If the possibility of 2 groups occurred, please indicate your availability for the following sessions by circling your preferred option:

3:30pm – 5pm 5pm – 6.30pm I could attend either time

Please circle which day/s of the week best suit you:

Monday Tuesday Wednesday Thursday Friday

Parent/Carer – Are there any comments you would like to make as to why your child would benefit from the Trinity Sporting Excellence Program?

SIGNED: Student _____ Parent/Carer _____

PLEASE RETURN TO STUDENT RECEPTION BY WEDNESDAY, SEPTEMBER 8