

2023 Sport Excellence

Excellence is not something that you turn off and on like a tap. It's not situational. Excellence is an all-day, every day thing.

We are what we repeatedly do, therefore excellence is not an act but a habit (Aristotle)



Expo Night

- School Vision
- How do we measure success?
- What is Sports Excellence?
- The Sports Excellence Contract
- General expectations (injuries, effort and behaviour, carnivals, organised sport, diary)



Vision & Mission

*Many Pathways,
No Limits*





This is an
Excellence Program.

Some honesty to start our journey ...



You have enrolled your child because you trust that we have the staff and the formula to get the best out of your child.

We have a great track record. Please trust us to do our job.

Some honesty to start our journey ...



This is not a hostage situation. You and your child are not trapped. You can get out.

Some honesty to start our journey ...



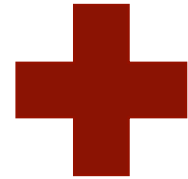
Every child has a wobble at some stage.

P.S. These end up being our favourite stories.

How does Sports Excellence measure success?



**Great
Human
Being**



*The knowledge,
tools and skills to
build a holistically
healthy lifestyle with
physical activity at
the centre of it*



*The drive,
determination and
work ethic to
chase their
passion*

How do we measure success? We play the long game...





Sports Excellence

Hard work beats talent when talent doesn't work hard.



Sports Excellence

We want your child to fail

- Resilience
- Grit
- The capacity to overcome failure

These are all learnt skills that are best developed through experiencing failure.



What is Sport Excellence?

Some Reminders

- Non sport specific
- Supplementary to our students chosen sport
- Big Fish, Small Pond to Massive Pond
- Being a kid in 2023 is a tough job
- We want the best for your child and our program



How do we achieve success?

“It takes a village to raise a child”

Sports Excellence is a community. Do not underestimate the effect that the people around you have on your life.



The Sport Excellence Contract

What needs to be done to maintain a position in the program?

- Reach the minimum benchmark on the Beep Test and then demonstrate consistent forward progress
- Demonstrate forward progress in strength and speed benchmarks (push ups, chin ups, vertical jump, seated med ball throw, 20m sprint).
- Meaningful participation in all three House Carnivals.
- Participate in at least one form of organised, competitive sport with a structured program of training and competition. This might be outside of school or it could be within the Benowa Redbacks Volleyball or Touch programs.
- Keep the Sports Excellence Diary up to date and to a high standard. The diary must be brought to school each day.



The Sport Excellence Contract cont'd

- Wear perfect school uniform every day. Socks that completely cover the ankles (preferably finish between the ankle and calf), dedicated sports shoes and a SPX hat are all compulsory.
- Effort and behaviour in all classes are at an Excellent or Very Good standard. We will regularly check in with all staff to ensure that students are doing everything they can to maximise their chances of academic success in their core classes.
- Be sensitive to the differences, strengths and weaknesses of others and consistently demonstrate an ability to show genuine concern and empathy. Appreciating that “Everybody is good at something, nobody is good at everything!”.
- Represent our program at all stages in a manner that befits an excellence program (on the way to and from school, at lunchtimes, on excursions etc). The school values of Integrity, Diligence, Compassion and Respect should be displayed at all times.



The Sport Excellence Contract cont'd

Reach the minimum benchmark on the Beep Test and then demonstrate consistent forward progress.

	BOYS				GIRLS		
	C (Minimum Benchmark)	B	A		C (Minimum Benchmark)	B	A
9	9	9.7	10.5	9	8	8.7	9.5
8	8.5	9.3	10	8	7.5	8.3	9
7	8	8.7	9.5	7	7	7.7	8.5

The Sport Excellence Contract cont'd



Meaningful participation in all three House Carnivals.

The Sport Excellence Contract cont'd



Participate in at least one form of organised, competitive sport with a structured program of training and competition.

This might be outside of school or it could be within the Benowa Redbacks Volleyball or Touch programs.

The Sport Excellence Contract cont'd



Keep the School Diary up to date and to a high standard.

The Sport Excellence Contract cont'd



Wear perfect school uniform every day. Socks that completely cover the ankles (preferably finish between the ankle and calf), dedicated sports shoes and a SPX hat are all compulsory.

The Sport Excellence Contract cont'd



Effort and behaviour in all classes are at an Excellent or Very Good standard.



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Be sensitive to the differences, strengths and weaknesses of others and consistently demonstrate an ability to show genuine concern and empathy. Appreciating that “Everybody is good at something, nobody is good at everything!”.



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The Sport Excellence Contract – Consequences

- Failure to meet one or more criteria will lead to communication home. Outlining the area(s) that need to be addressed and the steps that need to be taken.
- Failure to address the shortfall will lead to a Parent/Teacher/Student meeting. A “Warning of Cancellation” will be issued within which an improvement plan will be stated.
- Failure to meet the improvement plan will lead to cancellation from the program



The Sport Excellence Contract - Consequences

Major breaches of the contract that lead to long term suspensions may lead to immediate removal from the program



House Keeping - Uniform

- Day 1 – Wear your red school polo, school sport shorts, dedicated running shoes, socks over your ankles and your hat.
- Future uniform days will be advised on Day 1 2023
- **Every** Wednesday is the White Sports Shirt day
- Order your SPX Shirt(s) ASAP to ensure it is ready Day 1, 2023



House Keeping - Injuries

- From our experience it is very rare that a student is so injured that there is nothing they can do
- We have experience and the equipment to aid in the rehab of most minor injuries and general soreness
- We have experience working within physio/surgeons rehab plans to provide students with the opportunity to rehab themselves following major injuries and/or surgery
- Please keep us informed and where necessary we will try to get further information



Steps to Success

- Work hard
- Respect yourself
- Respect your “teammates”
- Respect the program
- Be grateful for your opportunities



**Thank
you and
see you
in 2023**

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