



Mullumbimby High School

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Mullumbimby High School Sports Excellence Program 2025

Dear Parent / Guardian,

In 2025, Mullumbimby High School will once again conduct a Sports Excellence Program for selected Year 7 students.

The program has been developed in response to the needs of students who have a passion for sport and wish to achieve excellence in their sporting endeavours. The aim of the program is to project students' learning experiences beyond what is possible in normal timetabled PDHPE and Sport lessons.

The program will be conducted during a variety of times during the school timetable, to avoid students repeatedly missing the same classes. The program will involve training sessions or seminars approximately every two weeks and will include the following:

- Media Presentation, Sports Injuries, Nutrition and Sport Psychology (including goal setting, Mindfulness and mental rehearsal) seminars
- Exercise classes (Boot camp, circuit training, weight training, speed and power training, High Intensity Interval Training (HIIT), flexibility)
- Excursions to professional sports facilities, such as Metricon Stadium and Surfing Australia's High-Performance Centre.

Please note each student will need to contribute to cover the cost of specific excursions.

Interested students can collect an application form from Mr McKenzie in the PDHPE Staffroom. There are limited positions allocated to the program.

Applications will close **Friday 14th March 2025**. Application forms need to be returned to the box in the Student Services.

Lachlan McKenzie
Sports Excellence Program Coordinator
HEAD TEACHER PDHPE

03/03/2025