

Elite Sports Program

Learning in the spheres of
sports performance, coaching and officiating.

reach your personal best



Elite preparation of the physical and psychological leads to elite performance.



BUNBURY
CATHOLIC COLLEGE



Elite Sports Program

The Elite Sports Program at Bunbury Catholic College is designed to support students who have a particular athletic interest, talent or capability.

The program provides learning opportunities in sports performance, coaching and officiating that are not easily accessible in junior sport. We are mindful of our students' having a high level of participation in local community sport.

This program does not specialise in one particular sport but is designed to maximise students' physical conditioning and skills in a way that is mindful of their growth and development stages.

This is achieved utilising sport science principles, imparted by experienced Health and Physical Education staff. While the program is age appropriate, many sessions will be physically challenging, and those with a good work ethic and a love of sport will thrive.

Application and Selection Process

The selection process considers a student's significant sports achievements, work ethic, athletic ability, behaviour and leadership skills.

The selection process is competitive.

The selection process requires:

- Completion of the online application at the specified time of year. The form can be accessed from the College website.
- All new applicants to the program, Years 7-12, will be required to attend a fitness evaluation during Term 2. Applicants must be available for fitness evaluations on a Saturday in late May.

Applications from students enrolling from primary school are open from late in Term 1 and are finalised by the end of Term 2, in the year before starting secondary school.

A small number of vacancies may arise in Years 8-12. Applications are requested late in Term 1 and are finalised by the end of Term 3 for the next year.

Applications from renewing Elite Sports Program students are requested and finalised during Term 3.

All year groups must apply annually for selection into the Elite Sports Program.



Delivery of the Elite Sports Program

The Year 7-8 program is offered through Physical Education (PE) classes.

The Years 9-10 program is offered as a 3-period elective, in addition to two periods of PE per week.

The Years 11-12 program is delivered as a mentor program on an individualised basis. In Upper School, additional pathways are available in PE Studies that can lead directly to university entry. Courses such as Certificate III in Sport & Recreation are also offered at the College which can lead to immediate employment options post school.

A training calendar provides opportunities to attend sessions outside school hours, such as Pilates, strength & conditioning, water recovery sessions, running technique, and running & swimming sessions. These sessions are not compulsory; although attending would be of great value.

Incursions and excursions are offered as part of the Elite Sport Program. We have previously heard from professional athletes such as a Wildcats coach talk about the importance of a junior athlete's coachability and AFLW West Coast Eagles players talk about goal setting.



Year 7 & 8 Pathway

Students will engage through a modified PE program. They will cover topics such as fitness testing, goal setting, sports nutrition, introduction to training load monitoring, training principles & methods, recovery and skill development.

They will be able to access regular strength and conditioning, Pilates and water recovery sessions in our before-school Training Calendar. Most early morning sessions include complimentary breakfast before starting school.



Year 9 & 10 Pathway

The Year 9 & 10 programs are offered as three period electives — in addition to two periods of PE per week.

The program offers:

- Detailed fitness testing.
- Exposure to fitness training methods.
- Specialised resistance training programs.
- Introduction to sports psychology strategies.
- Training load planning and sport, study and work balance.
- Sports nutrition principles including cooking classes.
- Introduction to coaching and officiating pathways.
- Guest speaker incursions and excursions.
- Training towards come-and-try distance biathlon and triathlon.



Year 11 & 12 Pathway

In Upper School the Elite Sport Program is offered as a mentor program. The aim is to personalise each student's experience by providing them with their own mentor from our experienced PE educators.

Students will be allocated periods in their school timetable which can be dedicated to training or study.

Mentors will discuss and implement strategies including:

- Goal setting
- Life balance and study skills
- Load management
- Strength & conditioning progression
- Skill development
- Referral to appropriate outside industry experts
- Nutrition plan
- Specialist guest speakers



Frequently Asked Questions

Who can apply?

Any motivated student passionate about learning what it takes to succeed in their area of interest as a player, coach or umpire should apply.

Are there any additional costs apart from College school fees?

Elite Sports Program polos and socks are available for purchase.

What are the benefits?

- Extra PE classes at school with like-minded students.
- A higher level of physical conditioning.
- Greater chance of sport success depending on adherence.
- The opportunity to acquire knowledge and experience to understand what it takes to be an elite sports performer.
- Upper school students can earn WACE accreditation and may become job ready by studying certain Year 11 & 12 courses.
- Specialist coaching and mentoring from experienced and qualified staff.



Frequently Asked Questions

Are there any commitments outside school hours?

To ensure students gain the full benefit of the program, some students may be required to attend incursions or excursions, training sessions, or access to facilities outside of school hours.

Will this program impact my current sporting commitments?

No, this program is intended to be complementary to students' community sporting commitments.

Will I need to apply each year?

Yes, you will.

Can I lose my position in the program?

Yes. Parents/students commit to the Elite Sports Program Athlete Agreement on commencing each year. If students are not maintaining the expected academic and behavioural standards, they may lose their position in the program.



Invitation to apply for the Elite Sports Program at Bunbury Catholic College

Applications for the Elite Sports Program are invited from students currently enrolled at the College and from those intending to enrol.

Please find application forms in the Elite Sports Program section of our website: bunburycatholic.wa.edu.au



For more information please contact:

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Elite Sport Coordinator

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E: admin@bccwa.wa.edu.au



How fast, how strong, how high can you go?

Former Bunbury Catholic College students
who took their sporting careers to the top level.

Lauren Reynolds - Cyclist

*Represented Australia in
the individual BMX at the
2012, 2016 & 2020
Olympic Games.*



Jake Harvie – Hockey Player

*Defender for the Australian national team
and gold medallist from the 2018 and 2022
Commonwealth Games.*

“The will to win is worthless if
you do not have the will to prepare”

Thane Yost



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