



# Targeted Surfing Program

# 2023



Address: Captain Cook Dr, Cronulla NSW 2230

Phone: (02) 9523 4017

Kash Brown 2022



# RATIONALE

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There are many talented athletes at Cronulla High School and with the schools' geographic location bordering the southern beaches of Sydney many of our students participate in the sport of surfing. Surfing is now recognised as an Olympic sport and at Cronulla High School we see this program as a vital component in the identification and development of surfing talent that will contribute to building a high-performance pathway for our students. The TSP is a training and coaching program for talented sporting students which will empower them to pursue their sporting dreams. Students will be supported through mentoring, training and education from Nationally accredited and industry experienced coaches. We see a huge benefit for a pedagogical model that combines a high-quality education and sports coaching in a nurturing and supportive environment. The program will provide a comprehensive curriculum that includes skill and technique development, strength and conditioning as well as strategies to enable students to build the mental capabilities required to be successful in the competitive world of surfing and beyond.



# TSP

- Expert coaching
- Industry Links with Surfing NSW
- Personalised, surf specific fitness training
- Technical and competitive skill development
- Bio-mechanical and video analysis
- Sports physiology and mental health

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# SELECTION PROCESS

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Cronulla High Schools Targeted Surfing Program is available to year 8–10 students. Each year, interested athletes are asked to complete the application form and gain nomination approval from their local boardriders club representative and a CHS staff member prior to submission of their application.

The CHS surfing selection panel (School Principal, School Deputy Principal and TSP Manager) assesses each applicant on their ability, performance, and potential as well as their personal attributes such as attitude and coachability. Suitable Cronulla High School students will be invited to take up a position in the squad. The squad will consist of a maximum 15 students. Athletes will be notified on the outcome of their application via the email address supplied.



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## STUDENT EXPERIENCE

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The TSP will enhance and develop individual student learning through the following:

- Expert coaching Industry Links with Surfing NSW
- Personalised, surf specific fitness training
- Technical and competitive skill development
- Biomechanical and video analysis
- Sports physiology and mental health

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# ELIGIBILITY

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**To be eligible for a position on the CHS Targeted Surfing program, athletes must:**

- Currently in Years 8-10 enrolled at Cronulla High School. If positions are available applicants will be considered from years 7 and 11.
- Be a current registered member of Surfing NSW.
- Be a current financial member of a local boardriders club.
- Be prepared to progressing to higher representation within surfing.
- Have the nomination form endorsed by your local boardriders club.
- Athletes will be accepted into the program upon signing an athlete agreement to attend compulsory training / education sessions as scheduled.

Only eligible athletes that can fulfill these commitments are encouraged to apply. By accepting a position in TSP you acknowledge that fees for the program must be paid on time and in full.

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# ATHLETE BENEFITS

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**In addition to regular scheduled beach/in water training, skill and personal development sessions athletes will receive:**

- Video analysis and skill development
- Competition strategies and workshops
- Guest coaching and education sessions
- Specialised performance and fitness testing
- Identification and training methods to correct techniques
- Assistance with wave usage and wave count
- Equipment advice
- Opportunities to represent CHS at various surfing events is not guaranteed. Students will need to trial as necessary.

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# INFORMATION FOR PROSPECTIVE STUDENTS

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1. The application must be accompanied by copies of the most recent school report.
2. The application must be endorsed by your local boardriders club.
3. The application must be endorsed by a CHS staff member.
4. Willingness to apply relevant sponsor advertising of TSP on your surfboards.
5. Where the student is unknown to CHS staff a trial may take place to demonstrate;
  - a. High level of fitness
  - b. Positive attitude and coach-ability
6. To gain a position in the TSP, students must demonstrate the following in their school record –
  - a. Demonstrate excellent attendance
  - b. Minimal negative behaviour incidents
  - c. Demonstrate respect for staff and students
  - d. Demonstrate the ability to follow school rules
  - e. Outstanding sporting record
  - f. Keen to improve sporting ability/coachable positive attitude to training
  - g. A positive attitude towards school and a positive welfare record

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## CODE OF CONDUCT

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**All students enrolled in TSP must have signed an athlete's agreement. Parents must also sign the agreement.**

**As a member of TSP, you are expected to:**

- Have an outstanding surfing record and or ability, interest and potential.
- A sound academic record with a commitment to school studies
- A positive attitude towards school with an excellent record of student behaviour and attendance
- Attend all representative events
- Work hard for yourself, your coach and fellow team members
- Show good attitude at all times.
- Cooperate with and show appreciation of your coaches at training sessions and events.





## MAINTAINING A POSITION IN THE PROGRAM

Student performance is monitored regularly. Ongoing participation in the TSP is determined through continued high performance, exemplary effort and behaviour. To maintain their position in the program, student's must meet the expectations set out in the Student Code of Conduct and consistently demonstrate a high commitment to all aspects of school life.

In the event of students misbehaving or not performing in the program an official warning letter of exclusion will be issued. If the student does not demonstrate a change in behaviour and/or effort after 3 weeks from the date of the letter, their position in the program will be declared vacant. There will be no refund in fees up to the end of that school term.







CRONULLA HIGH SCHOOL

# ATHLETE AGREEMENT & APPLICATION FORM

TARGETED SURFING PROGRAM

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# ATHLETE AGREEMENT

## AS A MEMBER OF TSP, I AGREE TO:

- Maintain an outstanding surfing record and or ability, interest and potential.
- Maintain a sound academic record with a commitment to school studies.
- Maintain a positive attitude towards school with an excellent record of student behavior and attendance.
- Attend all representative events, if required.
- Work hard for myself, my coaches, teachers and fellow team members.
- Show a positive attitude and appropriate behavior at all times.
- Cooperate with and show appreciation and respect for your coaches and teachers at all training sessions and events.
- Uphold Cronulla High School rules and expectations at all times.

\*\*\*\* Your position in this program is conditional. If any of the above terms are not met, the CHS selection panel has the right to revoke your position in the program. \*\*\*\*

Parent Name: \_\_\_\_\_

Student Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_





## PARENT / CAREGIVER DECLARATION

**PLEASE READ AND SIGN THE BELOW DECLARATION IF YOU WISH FOR YOUR CHILD TO PARTICIPATE IN THE CRONULLA HIGH SCHOOL TARGETED SURFING PROGRAM.**

- I give permission for the school/department to publish information about my child in publicly accessible communications. This permission remains effective until I advise otherwise.
- I understand that my child may at times be under the direct supervision of an external coach.
- I understand that TSP is an optional program and as such, I agree to pay the fees on time.
- I understand that no refunds can be issued.
- I give permission for my child to travel to an alternate training venue on occasion. This may be either by their own means, the school bus or coaches and teacher's private vehicle.
- I give permission for my child to take part in water activities as a part of TSP training.
- I have read the below information about medical insurance.
- I understand that surf training, surfing and water activities can be hazardous and whilst all care will be taken students participate in these activities at their own risk.

### \*\*\*MEDICAL INSURANCE\*\*\*

Medical insurance: Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to access the level and extent of their child's involvement in the sport program offered by the school, school zone, area and state school sport association when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets. The NSW Supplementary Sporting Injuries Benefits Scheme, funded by the NSW Government, covers any injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body. Please note that ambulance cover for accidents is not provided in states other than NSW.

**Please return this signed declaration with your student application forms.**

Declaration Parent/Caregiver (print name) \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# TSP

## TARGETED SURFING PROGRAM

### APPLICATION FORM

NAME:		GENDER: M/F
DATE OF BIRTH:		
BOARDRIDERS CLUB:		
STUDENT'S MOBILE NO.		
STUDENT'S YEAR GROUP 2021	8 9 1 0	

Surfing NSW Ranking: (if applicable)	Number of years surfing:
Parent/Guardian Name:	Relationship:
Parent/Guardian Signature:	
Parent/Guardian Mobile:	
Parent/Guardian Email:	
<b>Current/Past Performance:</b> Please provide the surfing program staff with a summary of the nominated athlete's achievements to date in surfing, and an indication of athlete's ability (eg. Tournaments/Boardriders, Beginner, Intermediate, Advanced)	

**\*\* PLEASE ATTACH A COPY OF YOUR MOST RECENT SCHOOL REPORT\*\***

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

**CHS STAFF  
ENDORSEMENT AND  
SIGNATURE**

**BOARDRIDERS CLUB  
ENDORSEMENT AND  
SIGNATURE**





CRONULLA HIGH SCHOOL

# TARGETED SURFING PROGRAM

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# SURF SPECIFIC PROGRAM

**Surf Coaching** before school – options- Mon, Tue, Wed, Fri Students not required to attend Roll Call – Must be at school to start period 1 at 9.10am). All footage from each sessions available to surfers for review, Individualised surfer feedback - Blake Johnson

**Gym Sessions** – Lean Performance Gym – Surf Specific Strength and Conditioning Training – Thursday Afternoons Sport Time - Dean Jamieson

**NSW Surfing Sessions** – NSW surfing

**Surf Specific Training Sessions** - Qualified Provider

**Guest Presentations** – Shapers / Judges etc.

**Bio mechanics testing**

**Sport psychology sessions**

**Goal setting:** Training log books for surfers so they can track strength and weakness as well as events evaluation and tracker.

**Team building** within our group to provide a supportive network at events Social media discussion and media work around building profile. Exposure to media interview/training and importance of appropriate use of online media/socials for building a 'brand'.

**Competition strategy** : priority, tactical approach, judging, preparation, warm ups, surfing to Judging criteria, wave selection.

**Water based fitness** – paddle speed, swimming and drills

**Equipment analysis**, boards + fins



# ACADEMIC OVERVIEW

**Welfare support and monitoring**

**Continued evaluation and ongoing academic support.**

**Academic goal setting, evaluation and monitoring**

**Personalised assistance** with workload planning and creating study plans

**Poor academic performance results in loss of surfing privileges.**

Owed school work = no surfing!

**Parent communication** of student progress and performance

**Access to school homework centre**

**Supportive staff** that understand talented athletes needs and are able to support them and modified content delivery where needed – work supplied via email, moodle, ediyary, etc

## **Alternative HSC pathways**

Traditional:

- ATAR based aiming for University studies

Vocation based:

- Trade and school based apprenticeships



# TSP PROGRAM DURATION:

The TSP is designed as a three term program.

The TSP will officially commence in term 2 at the completion of regular summer school sport. This allows students to complete their commitment to teams for the summer school sport program.

-The TSP will run term 2, term 3 and term 4, 2023.

-Whilst the program will not officially run in term 1 2024, students will remain together as a group and participate in regular school surfing on a Thursday afternoon as part of regular school sport program until sport change over into the winter program. This time in term 1 allows for new applications into the program for 2024.

## COURSE COSTS

Through the support of our external coaches and sponsors we have kept course costs to a minimum.

The program will cost each student **\$1100**. Please see the below payment schedule and strictly adhere to payment dates.

Payment Instalment	Amount	Date Due
Term 1	\$300	Monday 3rd April, 2023 Payment due on acceptance into the program.
Term 2	\$300	Thursday 15th June, 2023
Term 3	\$250	Thursday 7th September, 2023
Term 4	\$250	Thursday 23rd November, 2023
		Total: \$1100

\* Students who do not pay fees will be removed from the TSP.

\* If after starting a program a student chooses to leave the program, is injured or is asked to leave because of breach of agreement, fees are non-refundable.