

## Application:

Students must meet the following criteria:

- Applicants must be of an acceptable playing/physical standard and be prepared to work hard to reach their full potential
- A proven excellent record in attitude effort and behaviour in a school community
- The ability to work in a team and a willingness to accept constructive feedback to improve performance
- A willingness to promote and exemplify the values of the FAST program
- Compete in all competitions during the year at the discretion of the coordinator
- The financial ability to meet the costs of the FAST program

Final selection will be made using information gathered from application, physical trials and an interview.

1.) All applicants will complete initial written application for expression of interest

- Initial application forms in writing
- Appropriate references (primary teachers, club coaches etc.)

2.) Physical screening

<u>Fitness testing</u>	<u>Game Play</u>
- Glycolytic Agility	- Skill
- Speed (20/40/60m)	- Teamwork
- Beep Test	- Leadership
	- Gameplay & awareness

3.) Interview

Successful applicants will be given written confirmation of acceptance into the program.

Applicants need to be aware that there is a **cost** for this program.

### **\$200 per year. This cost covers:**

- Playing/training shirt
- Entrance to at least one competition as part of the FAST program
- Discounted entrance into the ARANA Touch Football competition when participating as a member of FAST program teams
- Subsidised refereeing and coaching qualifications
- Access to qualified personal trainers
- Regular external coaching sessions conducted by Gary Madders ( former Australian Touch Football coach)
- Use of sport science and technologies such as fit bits, GPS trackers and filming equipment for performance analysis.
- Regular visits from elite athletes.



**Julia Robinson**  
- FAST Ambassador  
Former FGSHS student  
and now Brisbane  
Broncos, Queensland and  
Australian rugby league  
representative.

# FAST

Head of Department  
Mr Neil Poplewell  
npopp1@eq.edu.au  
Ph 3550 5745



## FERNY GROVE State High School

An Independent Public School

[www.fernygroveshs.eq.edu.au](http://www.fernygroveshs.eq.edu.au)

Ferny Grove State High School  
McGinn Road, Ferny Grove Qld 4055  
Ph 3550 5777 Fax 3550 5700



[www.fernygroveshs.eq.edu.au](http://www.fernygroveshs.eq.edu.au)  
[info@fernycgroveshs.eq.edu.au](mailto:info@fernycgroveshs.eq.edu.au)  
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Great state. Great opportunity.



# Ferny Advanced Sporting Teams

Ferny Grove state High School is proud to be continuing our FAST program in 2021 and beyond. This innovative program is available for students entering Year 7 in 2021 and will continue through Years 8 and 9 with identified pathways into Years 10-12.

This program will give students the opportunity to select **FAST** as a subject, with a specific focus on **TOUCH FOOTBALL**. The **FAST** subject will focus on developing our region's elite junior sports people with a skill and knowledge platform from which they can maximise performance.

**AIMS:** To build a culture of character, integrity and the importance of being an outstanding student, both physically and mentally, through:

- providing students with opportunities to build advanced skills, technical and

strategic awareness, strength and conditioning in an environment that consistently sets high expectations.

- nurturing a culture that values and enacts self-discipline, goal setting, personal development, leadership, time management and teamwork.
- developing the well-rounded athlete who values both physical and mental performance in order to become the best possible athlete.
- providing pathways for gifted students in the field of sports through partnerships with expert facilitators in real world settings.
- providing all aspiring incoming athletes with a sound platform for high levels of competency of skills for all sports, fitness, strength, psychology, nutrition and leadership.

## Core Values - FAST Four

Value	Team	Self
<b>Respect</b>	<ul style="list-style-type: none"> <li>• For team mate</li> <li>• For coaches, referees</li> <li>• For opponents</li> </ul>	<ul style="list-style-type: none"> <li>• For yourself by being honest about effort.</li> <li>• Self-discipline in everything you do</li> <li>• Acknowledging and developing strengths and weaknesses</li> </ul>
<b>Community</b>	<ul style="list-style-type: none"> <li>• Promoting FAST program in the school and wider</li> <li>• Community</li> </ul>	<ul style="list-style-type: none"> <li>• Being an athlete that is a role model for others</li> </ul>
<b>Learning</b>	<ul style="list-style-type: none"> <li>• How to get the best out of your team</li> <li>• How to improve your ability to work within the team</li> </ul>	<ul style="list-style-type: none"> <li>• Skills.</li> <li>• How to be the best athlete you can be</li> </ul>
<b>Creativity</b>	<ul style="list-style-type: none"> <li>• Working with all members of the FAST program to develop the most dynamic and creative team environment</li> </ul>	<ul style="list-style-type: none"> <li>• Developing your own ability to adjust to new and different experiences</li> <li>• To continually challenge yourself to be better</li> </ul>

## Program Overview

- Students will commit to being part of the FAST program for the whole year, as opposed to HPE that runs for 6 months each year.
- Foundation focus on complimentary skills for all sports – which allows the FAST program to be relevant for all athletes.
- Three sessions per week.
- Weekly strength and conditioning sessions with qualified personal trainers.
- Embedded sports psychology and sports nutrition sessions.
- Expert coaching in touch football.

- Students have the opportunity to acquire refereeing and coaching qualification.
- Expectation that students will be available to represent FGSHS and the FAST program at all competitions.
- A commitment to high levels of effort and behaviour in ALL subjects to ensure their continuation in the FAST program.
- Review of performance at the end of each term – students not meeting expectations will not be able to continue in the program, with participation reviewed at the end of each semester.

## Three Year Outline (Comparison of FAST and HPE)

	FAST ( runs for whole year – 3 lessons per week) All aspects will have a TOUCH FOOTBALL focus	Mainstream HPE ( runs for 6 months only – 3 lessons per week)
<b>Year 6</b>	Application process including: <ul style="list-style-type: none"> <li>• Written Application, Physical Screening</li> <li>• Interview Process</li> </ul>	
<b>Year 7</b>	<ul style="list-style-type: none"> <li>• Nutrition for athletes</li> <li>• Fitness</li> <li>• Team building</li> <li>• Touch Football skill development</li> <li>• Rehab/ Prehab</li> <li>• Leadership &amp; Culture</li> </ul>	Theory (1 lesson per week) <ul style="list-style-type: none"> <li>• Nutrition/Positive choices for adolescence.</li> </ul> Practical (2 lesson per week) <ul style="list-style-type: none"> <li>• Dance</li> <li>• Soccer</li> <li>• Sem. 1 Athletics/ Sem. 2 Netball</li> </ul>
<b>Year 8</b>	<ul style="list-style-type: none"> <li>• Strength and conditioning</li> <li>• Leadership and culture</li> <li>• Exercise physiology</li> <li>• Specific touch football skill development</li> <li>• Tactical awareness</li> <li>• Rehab/Prehab</li> <li>• Leadership and Culture</li> </ul>	Theory (1 lesson per week) <ul style="list-style-type: none"> <li>• Culture, Kinship and Family/ I can make good decisions.</li> </ul> Practical (2 lesson per week) <ul style="list-style-type: none"> <li>• AFL / Indigenous games</li> <li>• European Handball / Ultimate Disc</li> <li>• Hockey</li> </ul>
<b>Year 9</b>	<ul style="list-style-type: none"> <li>• Sports Medicine and Psychology</li> <li>• Specific touch football skill development</li> <li>• Strength and conditioning</li> <li>• Level 1 coaching and Level 1 refereeing</li> <li>• Rehab/ Prehab</li> <li>• Leadership &amp; Culture</li> </ul>	Theory (1 lesson per week) <ul style="list-style-type: none"> <li>• Australian Physical /Active Aussies</li> </ul> Practical (2 lesson per week) <ul style="list-style-type: none"> <li>• Touch football / Oz tag / TRL,</li> <li>• Basketball / Netball</li> <li>• Yoga / Pilates</li> </ul>

*“You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.”* Arthur Ashe