



## Secondary Sport Overview

The Secondary Sports Program is successful across a wide variety of disciplines. In order to better explain our program, we will look at a number of frequently asked questions.

- **Does Citipointe Christian College do well at sport?**

Yes, we are successful in a large cross section of disciplines. We are currently the South district Champions in Cross Country and 2<sup>nd</sup> in Swimming and Track & Field

In our focus sports we have a National championship winning Volleyball team, District championship Volleyball Teams, as well as successful Football (soccer) and Netball squads.

- **What is a focus sport?**

Quite simply, our philosophy is that we prefer to devote the time, resources and staffing to a small number of identified sports and excel at them rather than spread resources across 12-15 sports as is normally the case. By utilising the most experienced teachers and coaches as well as the outstanding facilities here at Citipointe Christian College we are able to provide a much better level of competition and coaching than would normally be the case. Our focus sports are football (soccer), Netball and Volleyball. Rugby does not have a competition to play in for 2017 so will be placed on hold.

We have chosen these sports based on our facilities, coaching staff experience and the interest of the students. We still offer a large range of other sports in our Wednesday sport program however these sports are not generally played in extracurricular time or have designated training squads.

- **Are Carnival sports important?**

Very much so. Our three carnival sports of Swimming, Cross Country and Athletics (Track & Field) are also run as focus sports with designated squad training available for each. These squads are all run by either specialist coaches or teachers with experience in coaching that event. We have a proud tradition in all three carnival sports and hope to further improve our standards of coaching and performance in these areas. For 2017, we will be offering Acceleration Speed based training for the first time. This program has been run successfully in the primary school for over 8 years and will now be even more effective as it will run across both primary and secondary and provide an important link between training in both sports departments.

- **What other services does the Secondary Sports Department provide?**

Our Secondary Sports Assistant is a Qualified Personal Trainer & Strength & Conditioning coach and as such is able to use this background to help all our athletes with preseason fitness work, injury prevention and training programs.

In addition, several of our Staff are Metropolitan East and South District coaches and this gives them valuable experience in dealing with not only our students but those from all schools in the area.

- **How do Year 7s fit in to the sports program?**

Since 2015 Year 7 students have competed in Secondary District sport on Tuesdays as well as the Secondary carnivals. South District provides the management of Tuesday sport. The main difference between primary sport and secondary sport is the number of teams allowed. South District only allows one team per age group which does result in some Year 7 students being unable to play their chosen sport. Since this is out of our control, we attempt to provide a range of on campus options as well to ensure all students are active.

Currently students in Year 7 who are turning 13 are considered 13-year-old competitors and can compete in the secondary District school carnivals, swimming, cross country and athletics. These

13-year-old competitors may also trial for district sports at a secondary level in a range of team sports however many of these are U15 only and not specific to U13. This information is located in Blackboard, under the sports section.

Students who are turning 12 will still need to attend primary trials and this information is communicated via the Primary Head of Sport, Mr Jay Pearson.

- **Will my student be better off at a School which offers an Excellence program (for example Cavendish Road SHS for Football)?**

We do not believe so. We feel that our coaching staff have as much experience and qualifications as any Brisbane College/School (one staff member has an international youth coaching license while another is a current NPL player for Olympic FC) and as such we are confident that our programs give our students an excellent opportunity to achieve their goals in a caring Christian environment that will provide a balance of challenge and support.

- **How can I find out more?**

The College website contains a range of information regarding sports in secondary. We use Blackboard to communicate dates of trials and team selections with students and parents are encouraged to utilise this as well in order to stay abreast of trial dates. Please see the section titled "Sport" in order to access the relevant information.

If there are other specific questions please feel free to email Mr Daniel Wolfik via [secondary@brisbane.coc.edu.au](mailto:secondary@brisbane.coc.edu.au)