

## Murwillumbah High School Sports Excellence Program (SEP)

The Murwillumbah High School Sports Excellence Program has been implemented to support talented sports persons at school who are competing and training for sports at a representative level. Murwillumbah High School has recognised that life is about balance and we see the need to support students who compete at these elite levels so that they have every opportunity to attain both their sporting and academic goals.

Students who qualify for the program are provided with, but not limited to, the following:

- Supported through mentoring, training and education from nationally accredited and industry experienced coaches.
- Strength and conditioning training sessions at Murwillumbah Fitness Centre, led by highly accredited coaches.
- Ongoing athlete education, for example: self-regulation, time management, performance psychology skills etc.
- Ongoing support provided by the Sports Excellence Mentor who will assist student athletes to balance high demanding training schedules and achieve success at school as well as in their personal and sporting lives.
- The opportunity to complete a number of coaching and officiating qualifications.

### Strength and Conditioning

Our strength and conditioning coaches are Gad Rubenstein and Guy Williams. Together they possess a wealth of experience, here are their qualifications:



#### **Gad Rubenstein** **Gym Manager / PT / Trainer**

- Certificate 3 + 4 in Fitness
- OPEX Total Coaching certification
- Kyokushin Karate Shodan (black belt)
- Formal training in
  - Kinetic Fighting Level 1
  - CrossFit Level 2 Coach



**Guy Williams**  
**Gym Manager / PT / Trainer**

- Certificate 3 & 4 in Fitness
- Formal training in
  - CrossFit,
  - Powerlifting,
  - Boot camp and
  - OPEX.

## Selection Criteria

The selection criteria for entry into Murwillumbah High Schools Sports Excellence Program is designed to identify students that are both talented in sport and committed to the academic demands of high school. The success of an application is dependent on:

- Level of representation, time commitment and potential in a nominated sports
- Evidence of commitment and effort toward academic areas and chosen sport
- Positive role model with regards to behaviour and attitude
- High level of coachability that enables all individuals to seek and accept a variety of feedback
- Excellent attendance records

Student performance is monitored regularly and the school holds high expectations around work ethic, fitness application and behaviour. Students must display appropriate behaviour and effort across all subjects whilst in this program and enter into a contract outlining their responsibilities. The school, in consultation with families, reserves the right to withdraw students from this program at any time

**To apply** please go to the link to print an application form for Murwillumbah High School Sports Excellence Program (SEP).

