



Wednesday September 26 2018

## **2018 After School Sports Program – Term 4**

### **Dear Parents,**

The After School Sports Program (ASSP) has been a huge hit during its first three terms this year. The players have been developing and growing in their sporting ability under guidance of our Sports Coach, Joel Chapman-Mortimer.

### **Athlete Development Record,**

Over the course of this year the ASSP team have been developing a system of recording the progress of athletes called the Athlete Development Record. The Athlete Development Record assesses the relevant skills of those who participated in 5 or more sessions of a particular sport throughout the semester. Each athlete is assessed against relevant training / skills criteria with the aim to assist athletes to improve and develop their ability specific to the sports in which they participate.

For Term 4 of 2018 we are excited to be continuing the following sports programs for students who wish to be involved from Yr3-12.

<b><i>Touch Football</i></b>	<b><i>Cricket Training</i></b>	<b><i>Ultimate Frisbee</i></b>	<b><i>Beach Volleyball Development</i></b>
All Students Yr3-12	All Students Yr3-12	All Students Yr3-12	All Students Yr3-12
Tuesday Afternoon 3:20-4:30pm	Wednesday Afternoon 3:20-4:30pm	Thursday Afternoon 3:20-4:30pm	Friday Afternoon 3:20-4:30pm
<ul style="list-style-type: none"> <li>Based on Touch Football Australia's foundational skill development</li> <li>Providing a fun environment and games to apply learned skills</li> <li>Developing teamwork skills</li> </ul>	<ul style="list-style-type: none"> <li>Based on Cricket Australia coaching programs</li> <li>Fun games and player development of cricketing skills</li> <li>Developing teamwork skills</li> </ul>	<ul style="list-style-type: none"> <li>Frisbee throwing and catching skills for the game of Ultimate</li> <li>Providing a fun environment with high quality coaching</li> <li>Attentive player development and teamwork skills</li> </ul>	<ul style="list-style-type: none"> <li>Age specific volleyball / Newcomb ball sessions</li> <li>Providing a fun environment with high quality coaching</li> <li>Attentive player development and teamwork skills</li> </ul>
<b>OCS Sports Grounds</b>	<b>OCS Sports Grounds</b>	<b>OCS Sports Grounds</b>	<b>OCS Sports Grounds</b>

Participation in physical activity is a vital part of a healthy lifestyle. Students who find success and/or skill development in sport can also find success in other areas of their lives such as academic pursuits. Developing a child's confidence and self-esteem on the sporting field can have a positive impact on their confidence in the classroom as well giving them the skills to excel in their future career choices.



*"To raise up effective leaders of godly character who will blend academic achievement and biblical truth, to influence society for the glory of God."*

To enable these sessions to be run smoothly, we would like to know how many athletes to expect to the sessions. Please return the attached form to indicate participation and preferences in Term 4. The skills taught for each sport will build up through the course of the term, so we encourage regular attendance and participation.

## ***Please return this note to School Reception***

My child will participate in the After School Sports training sessions from 3:20pm to 4:30pm.

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

2018 Class / Year: \_\_\_\_\_ Age: \_\_\_\_\_

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

Sports I will attend for the Term 4 After School Sports Program (Please circle)

- Touch Football (Tuesday)
- Cricket (Wednesday)
- Ultimate Frisbee (Thursday)
- Beach Volleyball/Newcomb Ball development (Friday)

Please return to the school office before the end of office hours by the close of business on Monday October 14 2018 (first day of Term 4).

Thank you

Adrian Lee  
Middle School Coordinator