

TFHS SPORTS ACADEMY



AS A MEMBER OF THE PROGRAM, STUDENTS WILL BE OFFERED THE FOLLOWING:

- ✓ **One fitness session per week** - coordinated by the PDHPE department
- ✓ **One educational workshop per fortnight** - from TFHS staff and guest presenters
- ✓ **Training programs** to help students work towards individual sporting goals, for example, qualify for zone, regional, and/or state competitions
- ✓ **Use of fitness equipment:** such as the fitness studio, cardio boxing, and circuit training
- ✓ **Feedback and evaluation** regarding individual performances and progress



There is a fee associated with the program, and this will be issued on acceptance into the program. These fees are required for resourcing this extra-curricular initiative. Students are also required to seek sponsorship from a business in the local community.