



WHO IS THE PROGRAM FOR?

For students in years 7-11 who demonstrate sporting ability (higher than club or school level) in particular sport/sports.

These students should also demonstrate positive attitudes, motivated work habits and commitment to improvement of their athletic performance. Students will be expected to have a set attendance at all program events and maintain a high level of school behaviour.

Dubbo College Talented Athlete Program

THE DCTAP ENABLES STUDENTS TO:

- Experience elite sporting environments and events.
- Develop time management and organisational skills in sport and school.
- Enhance their technical and tactical skills within the sporting environment.
- Work with professionals in the areas of nutrition, sports injury and recovery, pilates, exercise and sport science, aquatics, hand eye coordination, strength and conditioning, yoga, running technique, game sense, power for athletes, athletic endurance, balance and stability.
- Access and take part in ongoing flexibility, power, strength, speed and endurance programs.
- Develop own officiating and coaching skills working with students from Dubbo College feeder primary schools.



WHO DELIVERS THE PROGRAM?

The program is conducted by industry professionals in their chosen fields and qualified teachers with various areas of expertise.

All student members of the program will be also allocated a teacher mentor to help them with their studies , athletic and academic progress.



HOW DO STUDENTS APPLY?

Students from Dubbo College South Campus, Dubbo College Delroy Campus and Dubbo College Senior Campus will complete an application form and return it to their College Sport Coordinator by the set date. Students not from Dubbo College must email their application to Craig May or return it to A Block at Dubbo College Senior Campus. The three Dubbo College sport coordinators will then select the candidates for the program depending on suitability.

WHEN IS THE PROGRAM RUN?

The program will be run on Wednesday mornings between 7.15am - 8.15am during the school term. Students in Term 1 will undertake comprehensive fitness analysis with Dubbo's Precision Health, take part in two residential day sessions in Term 2 and 3 between 9am - 3pm and undertake further fitness analysis in Term 4 and elite training perspectives. Successful students will be provided with a full calendar of events at the commencement of Term 1, 2024.



Dubbo College Talented Athlete Program

COST

The program will be heavily subsidised by Dubbo College. Each student will pay a course fee of \$70, before the course starts. This will cover costs for transport and entry into some venues.



FURTHER INQUIRIES

Craig May (DCTAP coordinator 2023)
Email: craig.may@det.nsw.edu.au
School phone: 0268824655
Mobile: 0478 608 882