



WHAKATĀNE HIGH SCHOOL

Athlete Development
Programme



Athlete Development Programme - Why?

- To build on the growth and success of our sports program
- Increased Participation across the school over the last 3-4 years
- Highest Sports Participation in the Eastern Bay of Plenty
- A school community that want further opportunities in sport for students
- To support students who compete at regional and national level
- To support trips overseas e.g. Sports Tour, Volleyball trips
- To support students that want to have a focus on sport after school
- The EBOP region has a strong sporting background but not all students have access to transport, facilities and support



Athlete Development Programme - Objectives

- To provide students with the tools and knowledge needed for success in sport
- To provide students with a sporting pathway after they leave school (playing, coaching, officiating, careers)
- Use a holistic approach to nurture students and ensure that all aspects of their lives are improved.
- To foster a lifelong love of sport that extends past the student's time at school



Athlete Development Programme - Outcomes

- To create resilient, well-rounded, and successful athletes.
- To improve the sporting performance of the individuals
- To improve the achievement of WHS teams at regional and national events
- To increase the number of students making regional and national sports teams

BONUS OUTCOMES

Regional and National titles for individuals and teams

Regional and National representatives

Students become Professional Athletes / Olympians



Athlete Development Programme Philosophy

Our athlete-centric approach fosters excellence in body, mind, and character. Through dedication, perseverance, and a growth mindset, we will develop champions on and off the field, fostering a culture of excellence, integrity, and lifelong success.



Athlete Development Programme - Hauora/Wellbeing

Te Whare Tapa Whā

This model, developed by Sir Mason Durie emphasizes four key dimensions of health: Taha Tinana (Physical Wellbeing), Taha Hinengaro (Mental Wellbeing), Taha Whānau (Family/Social Wellbeing), and Taha Wairua (Spiritual Well Being).



Athlete Development Programme - Values

1. Whanaungatanga (Relationships and Connection)
2. Manaakitanga (Hospitality and Care)
3. Kaitiakitanga (Guardianship and Stewardship)



Athlete Development Programme - Sports

Students selected must be competing in their chosen sport/s for either the school or for a local club.

All athletes and sports will be considered for this programme.



Athlete Development Programme - Athlete Factory

Whakatāne High School has partnered with the Athlete Factory in Tauranga to provide strength and conditioning programs for our students.

- They currently have working relationships with schools and clubs
- They are providing a discounted rate for their staff and programmes.
- They will travel to Whakatāne High School to deliver regular sessions
- They will write and manage training programmes for students - general and sports specific programmes
- WHS will send classes to their facility in Tauranga
- They can provide access to other programmes - mental health, sport psychology, nutrition etc.



Athlete Development Programme - The Learning

Students will be exposed to a range of learning opportunities in the classroom at each year level

- Anatomy and Physiology
- Strength and Conditioning
- Components of Fitness
- Sports Psychology
- Athlete Wellbeing
- Sports Nutrition
- Recovery and Rehabilitation
- Community Engagement
- Student Leadership



Athlete Development Programme - Year 9

This Introduction to Athlete Development course is designed for Year 9 students who have a strong interest and proven ability in sports. The aim of this course is to provide a basic foundation in physical fitness, skill development, and personal well-being.

All Year 9s will have access to be part of this course.



Athlete Development Programme - Year 10

This course is ideal for aspiring athletes looking to elevate their performance and is designed to enhance the physical, mental, and technical skills of young athletes. Students will be provided with an introduction to strength and conditioning and will continue to build their foundational knowledge of what it takes to be a successful athlete.



Athlete Development Programme - Year 11

The course provides students with a general strength and conditioning programme and aims to equip young athletes with the skills and knowledge needed to excel in their chosen sports.

A range of NCEA standards will be available, targeted around sports, exercise and fitness.

- Fundamental principles of sports science - anatomy, physiology & biomechanics.
- Introduction to strength and conditioning programmes
- Develop skills and techniques in specific sports
- Leadership, teamwork, and communication skills in both individual and group settings.
- Nutrition, Sports Psychology, Injury Prevention and Treatment and Personal Growth



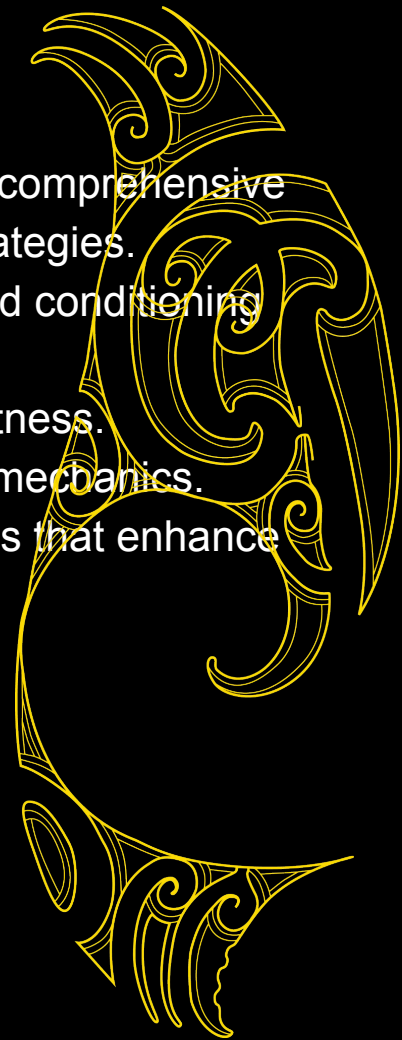
Athlete Development Programme - Year 12 & 13

The Year 12/13 Athlete Development Programme will provide students with a comprehensive foundation in sports science, training methodologies, and personal growth strategies.

All students will be provided with a personalised or sports-specific strength and conditioning programme.

A range of standards will be available, targeted around sports, exercise and fitness.

- Fundamental principles of sports science - anatomy, physiology, and biomechanics.
- Develop and implement personalised/sports-specific training programmes that enhance strength, endurance, speed, and flexibility.
- Refine skills, techniques and strategies in specific sports
- Personal Wellbeing, Goal Setting, Sports Psychology, Sports Leadership



Athlete Development Programme - Class Timetable

Year 9

Session 1 - Practical - Skill Development

Session 2 - Practical - Game Based

Session 3 - Theory

Year 10

Session 1 - Practical - Class Game, Skill Development

Session 2 - Practical - Strength and Conditioning

Session 3 - Theory

Year 11-13

Session 1 - Individual Training - Strength and Conditioning and skill development

Session 2 - Individual Training - Strength and Conditioning and Class Game

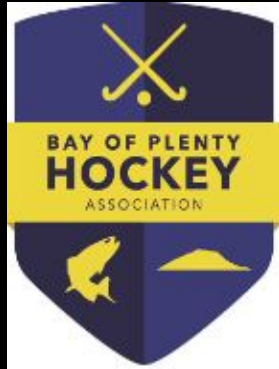
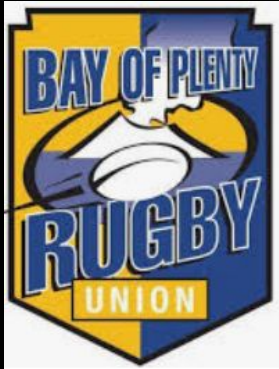
Session 3 - Theory

Students will be provided with access to the school gym before, during and after school.



Athlete Development Programme - Community Relationships

We want to work with regional sports organisations and local clubs to ensure that everything we offer is aligned to best practice for each sport.



Athlete Development Programme - The Cost

The Whakatāne High School BOT has agreed to fully fund this course to allow all students to have access to this course. **This is a zero fee course.**

There is no expectation that students need to purchase a gym membership or to come to school for before or after school sessions.

The only cost for ADP Students will be purchasing their own ADP Shirt/Top to wear as part of this programme. This applies to all Year 10-13 Students.



Athlete Development Programme - Application Process

Year 9s - Select ADP as an option subject upon enrolment

Year 10-13 - Students must complete an application form.

These are due by the end of Week 8 - Friday 13th September

The Sports Committee will meet to discuss applications.

Applicants will be notified of selection or non-selection by the end of term 3.

Link to application form - <https://forms.gle/ZSswQ8vYBzVB4eZ8A>

2025 Curriculum Guides -

<https://www.whakatanehigh.school.nz/course-selection>

Questions??

Please get in touch with Ben Sexton, Director of Sport,

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