

Details:

- *The programme will begin each year in Term 1.*
- *The programme will conclude each year in Term 4.*
- *New participants will be invited to apply in Term 3 of each year; existing participants will be able to continue through to the next year as long as they are meeting the criteria set.*
- *Applications for the programme will be required to send in an application. If short listed they will be invited to attend a morning conditioning session. Final decisions will be made within 1 week of this.*
- *Students must be enrolled at Westburn School to be involved in the programme*
- *Students will be provided with feedback at the end of each year that they are in the programme.*
- *The cost for the programme is \$150 for the year. This can be paid in term instalments or as a one of cost.*

How do I become a WASP member?

Do you love sport?
Do you aspire to be the best?
Do you want to train smarter and harder?

If you answered yes to any of these questions this programme could be for you.

Applications are invited from all interested parties. All sporting codes will be considered.

To apply simply go to our school website where you can download an application form or collect them from the office. These will be available from the start of Term 3.

All applications are due in by the end of week 3 Term 3.

Applicants must attend the Tuesday morning training session in week 4 or 5 of Term 3

Our promotional video can also be viewed online.



Westburn Advanced Sports Programme



What is WASP?

WASP is the Westburn Advanced Sports Programme.

The programme's aim is:

To promote excellence in physical education, encourage and spread good practice within sports, and develop a visible sports ethos throughout the school and local community which will inspire students.

It will cater for children who have demonstrated or have been identified as having a high level of skill in their chosen sport.

The programme will be co-ordinated by Jason Gregory.



Introducing Jason Gregory

Jason has a Bachelor's Degree of Applied Science in Sports Science & Coaching. He has worked with the NZ Women's Olympic Basketball Team, the Christchurch Basketball Sirens, Netball's Silver Ferns, the Canterbury Flames and the Canterbury Tactix.

Jason is currently the Physical Trainer for the Cook Islands National Netball team, Canterbury B Rugby Union team, Canterbury's High Performance Junior Tennis players.

He has recently been a Strength and Conditioning Consultant for the NZ Academy of Sport.

Jason played professional rugby league for the Canberra Raiders.

He has coached rugby in Japan and netball in Australia for 10 years. He won a State League Title in South Australia. His qualifications also include 8 years of coaching netball in New Zealand.

Jason has lectured in a wide range of Sport related subjects at Tertiary level and continues to do so.

We are excited about having Jason on our team and are looking forward to working with him.

Objectives:

The programme will...

- *run as a three year programme*
- *be run as a weekly programme with morning and lunchtime sessions*
- *involve 8 morning conditioning sessions and 4 lunchtime theory / skill sessions per term*
- *involve coaching and tuition in both skills and sports science*
- *be run as both practical and theory based lessons*
- *allow for monitoring of the participants in terms of fitness, skill development and knowledge*
- *provide guidelines and examples of best practice for nutrition sports psychology and physical training*
- *offer extra opportunities to represent the school in a variety of events e.g. fun runs, CPSS,*
- *involve outdoor education experiences that focus on leadership in sport and team building*
- *offer opportunities for the students to organise and run sports events within the school*
- *include the assistance of an experienced strength and conditioning expert*