Urangan SHS
Sports Academy

What’s this about
- A sports academy based at school for all students of all grades
- Offering development and coaching for a range of sports
- There will be no cost, however you will have the option of purchasing a Dingoes training shirt
- You can be a part of and train in multiple sports

Purpose
- Development of individual and team skills, technique and strategies
- Improvement and maintenance of fitness capacities
- Advancing and strengthening the school and sporting culture
- Understanding and actioning the attributes of being successful
- Maximising the use of available coaches with specific abilities in a variety of sports

How it will work:
- Training 2 mornings per week through the year
  - Tues and Thurs 7.15-8.00am USHS GYM
  - 1 session – Fitness, Strength and Conditioning
  - 1 session – Skills and Technical Development for selected sport
- Opt In
  - Opportunity to purchase Academy training gear
  - Opportunity to be a part of the Sports Tour s when offered

Interested???
Where to from here:
If this sounds like something you would like to be a part of, then you need to:
- Talk to your parents
- Come and see teachers in SR 6
- Sign up

Sports:
- Touch Football
- Football/ Futsal
- Basketball
- Netball
- Ultimate Disc
- Adventure Sports (Athletics, Cross Country, Mountain biking)
- Fitness
- Rugby League/Rugby Union
- Golf

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Any questions
please contact: Kayla Worth
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