



### OUR VISION

Our aim at BBSC is to develop the abilities of our sporting athletes to be competitive from school to National level. Extending the practical and academic capabilities of our STEP students will contribute to the promotion of a positive sporting culture within the College. Students will build self-awareness of their individual capabilities as well as develop a strong body and strong mind.

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Sports  
Training  
Extension  
Program

## STEP

### Sports Training Extension Program

Welcome to the Brisbane Bayside State College STEP program. This program is designed to extend students in Years 7 and 10 within a sporting context. It is about providing specialist training and education to students with sporting ability to maximise their potential in their chosen sports. The focus is not just on physically improving their capabilities but also on teaching self belief and providing the skills to become mentally tough.

Students will commence their studies with a focus on general fitness principles and be taught how to set and achieve goals with the support of an expert teaching staff. Studies will reflect the needs of adolescent athletes with access to specialist coaches and professionals to extend their knowledge.



## Opportunities



Access to external sporting carnivals, may include;

- Will Cash Oztag Tournament
- QLD ALL Schools Oztag Tournament
- QLD Schools Volleyball Tournament
- Championship Basketball SQ Tournament
- SEQ Futsal Titles
- Schools Futsal League Tournament

Access to fitness testing and conditioning programs within the curriculum

Utilisation of sporting facilities within the College and Community

Access to quality Interschool sporting competitions

Specific teaching and mentoring for all interhouse carnivals and districts

## Application Process

Collect an application form from the school office or locate the form on our website under signature programs.

Please return with completed enrolment forms to the reception desk of the administration centre at the College or e-mail directly to:

[enrolments@brisbanebaysidesc.eq.edu.au](mailto:enrolments@brisbanebaysidesc.eq.edu.au)

If you have any questions about the program or the application process please call or e-mail

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