



Government of **Western Australia**
School Curriculum and Standards Authority

ELITE SPORTS PERFORMANCE (ADESP)

AUTHORITY-DEVELOPED ENDORSED PROGRAM

PROGRAM OUTLINE



Government of **Western Australia**
School Curriculum and Standards Authority

ELITE SPORTS PERFORMANCE (ADESP)

OVERVIEW

Program Category	Authority Developed
Program Provider	School Curriculum and Standards Authority
Program Code	ADESP
Program Title	Elite Sports Performance
Program Summary	Elite Sports Performance enables students engaged in representative or elite competitive Elite sports activities to be recognised for the significant learning encompassed within such activities. Elite Sports Performance requires that students are provided with opportunities to develop technical skills and knowledge of a specific sport through sports development programs such as those provided by the WA Institute of Sport, sporting associations' elite sports programs and state or national development squads. Typically, students would have been through a selection process and identified as gifted or talented in a particular sport. The elite development program must involve one or a series of state level sports performances or competitions. The program will also develop personal qualities such as commitment and discipline while building on a range of interpersonal skills.
Endorsed To	2019
Achievement Descriptors	Achieved (A); Two programs achieved (2); Not achieved (N); Withdrawn (W)
Unit Equivalents	2
Maximum Programs per Year	1
Maximum Programs in Total	2 (over years 10, 11 and 12)
Open/Limited	Open to all schools
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NOTE TO TEACHERS:

Enrolment deadlines are detailed in the WACE Activities Schedule
Enrolment details are detailed in the SCSA Data Procedures manual.

An electronic copy of the program outline is available from:
http://www.scsa.wa.edu.au/Senior_Secondary/Endorsed_Programs
ADESP: Elite Sports Performance > 'Download program outline'.

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PROGRAM DETAILS

Rationale

Participation in elite level sporting competitions demands many hours of intensive training and significant commitment from a student in senior secondary school. It also provides the opportunity for a student to develop extensive knowledge and understanding of their particular sport and the technical skills and strategies required to be competitive at an elite level.

For the **purposes of this endorsed program**, elite level is considered to be **where a student is playing at a state or national level**.

Description

Elite Sports Performance is an Authority-developed endorsed program that enables a student engaged in representative or competitive elite sports activities to be recognised for the significant learning encompassed within such activities. **The program requires that a student commits a minimum of 110 hours** to the development of technical skills and knowledge of a specific sport through sports development programs such as those provided by the WA Institute of Sport, sporting associations' sports programs and state or national development squads.

Typically, a student would have been through a selection process and identified as gifted or talented in a particular sport. The program **must involve one or a series of sports performances or competitions at a state level or higher**. The program will also develop personal qualities such as commitment and discipline while building on a range of interpersonal skills.

This program must not be part of a WACE course.

Completion requirements

To successfully complete this program, a student must:

1. Commit at least 110 hours to participation and engagement in a specific sport
2. Compete in one or a series of sports performances or competitions at state level or higher
3. Submit to the SSWA officials the completed portfolio of tasks and gain a signature for validation.
4. Submit to the school for assessment the completed portfolio which includes evidence of knowledge and understanding, abilities, skills and/or techniques and participation and engagement

Unit equivalence

Completion of one Elite Sports Performance program contributes the equivalent of two (2) units towards the Western Australian Certificate of Education (WACE) unit completion requirement. A maximum of two Elite Sports Performance programs can be completed over years 10, 11 and 12.

All endorsed programs successfully completed and reported to the Authority are recorded on the student's Western Australian Statement of Student Achievement. See the WACE Manual for details.

Program structure

Elite Sports Performance programs vary according to the kind of activities undertaken. All programs must provide opportunities for students to demonstrate achievement of the learning outcomes.

Learning outcomes

Through actively participating in a sport development program or commitment to an elite level sport, a student will:

- demonstrate knowledge and understanding of the sport in which they are involved
- demonstrate abilities, skills and/or techniques relevant to the sport
- reflect on and evaluate the skills and performance of self and others.

Program delivery

The delivery of Elite Sports Performance varies according to the kind of activity and performance undertaken. It may involve a series of training sessions over an extended period, or more intensive activity. Elite Sports Performance activities can be concentrated into one term or may be delivered over a school semester, a year or more than a year. All programs must include representation at state, national or international level sporting events.

Note: Active participation in a sporting club such as a football team or swimming club that does not prepare students for an elite level competition or performance, may also be recognised through the Authority-developed endorsed program 'Recreational Pursuits'.

Resource requirements

Resource requirements will depend on the activity. Resource requirements to be met by the student should be clearly articulated in the early stages of planning and communicated to all parties. Students are required to provide their own evidence portfolio, reflective journal and other resources as dictated by the activity where activities are undertaken outside of the school.

Personnel

Authority-developed programs can be delivered by a teaching or non-teaching member of staff or a community member who is appropriately skilled to work effectively with students and other staff within the school and the wider community.

Where activities are undertaken outside of the school, the parent/guardian must take full responsibility for determining the suitability of the personnel delivering the program.

If required, personnel working with students must have a current Working with Children Check if they are not registered with the Teachers Registration Board of Western Australia.

Information on the Working with Children Check is available at www.checkwwc.wa.gov.au.

Duty of care, legal liability and insurance

The school's policies and procedures regarding duty of care, legal liability and insurance must be followed for all endorsed program activities. These policies and procedures are based on those of the education sector/system in which the school operates.

Where Elite Sports Performance activities fall outside the direct control of the school, the parent/guardian must determine the degree of risk associated with the activity and must take all reasonable steps to ensure the safety and well-being of the student for the duration of the program.

Portfolio

The student is required to submit to the school a portfolio to be assessed.

The portfolio must contain evidence of:

- knowledge and understanding demonstrated
- abilities, skills and/or techniques demonstrated
- participation and engagement (55 hours)
- performance
- validation checklist completed and signed by the elite sports activity coordinator/s.

The number and type of documents required in the portfolio is determined by SSWA as outlined.

Achievement descriptors

There is no grading of student achievement in any endorsed program. Student achievement in Authority-developed endorsed programs is reported to the Authority as either 'Achieved' (A) or 'Not achieved' (N).

A student who completes more than one Elite Sports Performance program in a year should be enrolled in the program once only and the achievement reported as Two programs achieved (2).

A student may be withdrawn from the program after enrolment by reporting a result of 'Withdrawn' (W).

Endorsed programs are **not** reported on the student's Western Australian Statement of Student Achievement if a result of N or W is recorded.

Record keeping

The student's portfolio must be retained by the school for quality assurance purposes until the end of the student appeals deadlines in the year in which the student achievement of this program is reported to the Authority.

Assessment records, including the '*Elite Sports Performance achievement advice*' provided in Appendix 2, must be retained until the year the student turns 25 years, in accordance with the State Records Act 2000.

Program review

Throughout the period of endorsement, the program will be reviewed by the Authority officer responsible for endorsed programs in consultation with sector/systems representatives.

If minor adjustments or clarifications are required, these will be made during the period of endorsement.

If major changes are required, these will be made at the end of the endorsement period for implementation in 2020.

FREQUENTLY ASKED QUESTIONS

What if I am selected in more than one State team in the same year?

Students may be awarded credit for Elite Sports Performance (ADESP) **only twice** over their time as a year 10, 11 or 12 student. Players involved in two different interstate teams in the one calendar year can therefore use this program for both of their selected teams if they have not used it previously.

What if I am selected in a state team one year and another/same team the following year?

Players selected as a year 10 or year 11 in one year and then gain selection again the following year can use this program again. Students may be awarded credit for Elite Sports Performance (ADESP) **only twice** over their time as a year 10, 11 or 12 student.

Who is eligible?

The Elite Sports Performance (ADESP) program is suitable for all senior secondary students enrolled in years 10, 11 and 12.

Which schools can participate?

Open to all schools private or public. There is no compulsion however for schools to enrol players into the Elite Sports Performance (ADESP) program if approached and therefore they have the final say.

What is the cost involved?

While there should be no costs to register the program with individual schools, parents will need to check. The only costs associated with School Sport WA are for team selection and have no bearing on the registration of this program.

Players that do not complete their financial responsibilities with School Sport WA will not be deemed to have completed the necessary evidence base and the evidence portfolio will be not be validated by School Sport WA officials for completion.

What resources do players need?

Students are required to provide their own evidence portfolio, reflective journal and other resources as dictated by the activity. School Sport WA has however provided some evidence templates for student use in an attempt to help standardise evidence required within activities.

Does it have to state, national or international representation?

Yes. Active participation in a community team such as the local football team competition does not qualify under this program. There is another program called 'Recreational Pursuits' your school can possibly help you with.

What happens to the documents and evidence after I finish it?

The school must retain a record of students who successfully complete the Elite Sports Performance (ADESP) program in accordance with Department of Education policy. Therefore the School Sport WA Interstate event program document and all its evidence will become the property of the school once it is submitted to them.

How long do schools keep my portfolio for?

Schools should look to retain this portfolio until the end of the appeals process and schools can confirm and tell you this date by considering the WACE Activity Schedule.



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The following documents are designed to be read by the relevant bodies in an attempt to streamline the procedure required for registration and completion of the

**Schools Curriculum and Standards Authority
ELITE SPORTS PERFORMANCE PROGRAM
(ADESP)**

Through the use of a School Sport WA Interstate event



Government of **Western Australia**
School Curriculum and Standards Authority

Section A



FOR

Players and Parents

■ Procedures

to support the delivery of

School Curriculum and Standards Authority
ELITE SPORTS PERFORMANCE
(ADESP)

through the
School Sport WA Interstate program

Procedure Requirements for Parents & Players.

As soon as you get the package

1. Contact your related school and ask to speak to the Deputy, Year Coordinator or VET coordinator responsible for enrolling student's subject selections with the Schools Curriculum and Standards Authority.
2. Once you have an appointment bring with you
 - **SHEET 3.1: Elite Sports Performance assessment and reporting request (completed)**
3. Ask the school if they are happy to enrol you into the Schools Curriculum and Standards Authority: Elite Sports Performance (ADESP) program. This needs to be done before mid August of each year.
4. If your sport does not select you before this date you can ask the school to enrol you on the provision that you are selected and if you are not then ask to be withdrawn.
5. In your appointment you will also need to provide the school with
 - **SHEET 3.2: Elite Sports Performance assessment and reporting response.** This form may or may not be used by the school to qualify to you their intent.
 - The section on the Schools procedure requirements found within this booklet will need to be completed to fulfil the registration of the Elite Sports Performance (ADESP) program for you.

During the trials and training season

1. Over the next few weeks/months complete as much of the evidence portfolio requirements of the package as is possible.

Directly after the players Championship

1. When you have completed your interstate trip you will need to have the completed the entire evidence portfolio and submit it
2. Once this is done provide the evidence booklet/tasks and the validation **SHEET 2.1: Elite Sports Performance validation checklist** to be endorsed by one of the players School Sport WA sport specific coaches or managers.
 - To do this you must send them by post or deliver by hand, all your completed evidence and the necessary form within seven (7) days of your return.
3. School Sport WA officials have been asked to validate your portfolio and evidence within five (5) working days. If this has not been returned to you within seven (7) working days, it is your responsibility to chase this up.
4. Once the validation is complete you must then provide the nominated school administrator the evidence portfolio and the completed **SHEET 2.1: Elite Sports Performance validation checklist** by mid-November for yr10+11's and mid-October for yr 12's.
5. Once the school is happy with the portfolio please ask them to now upload your completion of the Elite Sports Performance (ADESP) program [Achievement Descriptor: A] to appear on your statement of results with the School Curriculum and Standards Authority.
6. The completed package will now become the property of the school as evidence and kept until the end of the appeals process and schools can confirm and tell you this date by considering the WACE Activity Schedule. It cannot be collected until after this time.



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School Curriculum and Standards Authority

Section B



FOR

School Sport WA Officials

■ Procedures

to support the delivery of

School Curriculum and Standards Authority
**ELITE SPORTS PERFORMANCE
(ADESP)**

through the
School Sport WA Interstate program

Procedure Requirements for School Sport WA Officials.

Once players have been selected

1. Let students in year 10, 11 or 12 know of the availability of the Elite Sports Performance (ADESP) program. The program can be made available to players from the beginning of trials.
2. Provide a copy of the package to interested students to discuss with their parents.
3. Players should present **SHEET 3.1: Elite Sports Performance assessment and reporting request** to you. **You** are required to complete
 - The players name
 - Brief description of your team; its age group where it will compete and when
 - Contact details so schools have a reference person for validation
 - Your signature.
4. Students will take this completed form to their schools to request that the school can enrol the student in this program with the School Curriculum and Standards Authority, assess the portfolio on completion and report the achievement to the Authority.

During the selection/training/ phase

1. Once players are selected, monitor and provide the players with the following opportunities to help them complete their evidence portfolio:
 - Training schedules
 - Team Photo
 - Competition draws or performance schedules
 - School Sport WA selection letter

After the championship

1. Players will be asked to hand in the completed evidence portfolio to you within seven (7) days of your championship completion.
2. Once received validate the authenticity and total number of assessments provided. You do this by signing off on the form **Sheet 2.1: Elite Sports Performance validation checklist**. This form should be supplied by the player with their evidence. Sign in the section marked 'check' and the section below, comments boxes are optional.
3. You are also asked to sign off on all evidence sheets in the box found on each task similar to the one found opposite if you feel they have completed the task to completion and with depth.
4. Return by post or by hand, the completed evidence portfolio and **Sheet 2.1: Elite Sports Performance validation checklist** back to the player within five working (5) days.

SSWA Staff Use Only
Verified Signature

The player only has until Mid-Oct as a yr 12 or Mid-Nov as a yr10/11 student each year to submit their evidence portfolio and have it registered at school. It is extremely important School Sport WA officials return all documents ASAP.



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School Curriculum and Standards Authority

Section C



FOR

School Administrators

■ Procedures

to support the delivery of

School Curriculum and Standards Authority
**ELITE SPORTS PERFORMANCE
(ADESP)**

through the
School Sport WA Interstate program

Procedure Requirements for Schools

Prior to Competing

1. Parents area asked to request a meeting with school administrators to discuss the option of registering the player within the Schools Curriculum and Standards Authority: Elite Sports Performance (ADESP) program.
2. Schools will need to sight the
 - **Sheet 3.1: Elite Sports Performance assessment and reporting request**
 - Outlining details of the involvement with School Sport WA as an interstate athlete
3. After the interview, the school may choose to use **Sheet 3.2: Elite Sports Performance assessment and reporting response** to qualify to the parent their intent.
4. Students should be enrolled in the program before the endorsed program enrolments deadline. Instructions are detailed in Section 1.11.5 of the SCSA Data Procedures manual. (Enrolment deadlines for students in Years 10 – 12 is usually the start or mid August).
5. The school must let the student know who to take their completed portfolio to and by when. It is not the responsibility of the school to chase up student portfolios.
6. Students will have as part of this package a copy of the program outline and assessment requirements. Schools are asked to check their understanding for submission.

On completion

1. The program should be delivered and **Sheet 2.1: Elite Sports Performance validation checklist** should be completed and signed by School Sport WA officials and included in the student's portfolio and returned as one document to the school.
2. The portfolio of evidence and **Sheet 2.1: Elite Sports Performance validation checklist** should be reviewed by the school administrators and if happy with its completion and depth complete **Sheet 2.2: Elite Sports Achievement Advice** and a copy placed on the student's school records file.
3. Achievement data should be uploaded to the Authority on successful completion of the program. Instructions are detailed in Section 1.11.9 of the SCSA Data Procedures manual. Refer to the WACE Activity Schedule for dates.
4. The achievement will be reported on the student's statement of results and the unit equivalence will contribute to the WACE depth and breadth requirement.
5. Students' portfolios of evidence will be retained by the school until February of the following year for appeal and quality assurance purposes.



2.1 Elite Sports Performance validation checklist

To be completed by the SSWA Officials and included in the student's portfolio

Student's name _____

	Comments	Checked ✓ or ✗
Attendance at coaching or training sessions		
Adherence to time schedules <ul style="list-style-type: none"> • punctual • reliable 		
Skills and techniques relevant to the sport		
Interpersonal skills e.g. <ul style="list-style-type: none"> • communication • cooperation • teamwork 		
Reflective skills e.g. <ul style="list-style-type: none"> • evaluation of own performance • contribution to team • critique of whole performance 		
Performance		

Comment

The player has completed this program and has in our opinion **achieved/not achieved** this program (circle one).

**Signature of School Sport WA
activity coach/manager**

Date



2.2 Elite Sports Performance achievement advice

To be completed by the person nominated by the school to assess the portfolio and kept on the student's school records file.

Student _____

Elite sports performance program

ADESP

I have read the program outline for **School Sport WA Interstate Event Program** and viewed the student's portfolio of evidence.

As required, the student has provided evidence of:

- knowledge and understanding
- ability, skills or techniques
- performance
- participation and engagement (180 hours)
- validation checklist completed by the sports coordinator/coach.

Further evidence of learning is provided by:

Comment:

The student has **achieved/not achieved** this program (circle one)

Signature of school coordinator _____ **Date** _____

Please note that all achievement reported to the School Curriculum and Standards Authority should be verified by the principal and a record of the achievement retained by the school in accordance with Department of Education policy.

Following assessment of the student's portfolio of evidence, the school coordinator should present this signed document to the school administration so the achievement can be noted, placed on the student's file and the Authority advised via the relevant electronic data transfer by the deadline indicated on the WACE Activities Schedule.



3.1 Elite Sports Performance assessment and reporting request

Completed by School Sport WA Officials & Parents prior to meeting with school

Dear Principal

I wish to advise that _____ (student's name)

will be involved in School Sport WA Interstate Team event and request that the school:

- enrolls him/her in the School Curriculum and Standards Authority endorsed program
Elite Sports Performance (ADESP)
- assesses the student's portfolio
- reports achievement of the program to the School Curriculum and Standards Authority.

Brief description of the School Sport WA Interstate Team event: (SSWA official to complete)

Contact details of the person in charge of the School Sport WA Interstate Team event program:

Contact person:
(SSWA coach or manager)

Position/role:

Phone:

Email:

Start date of trials:

Finish date of

competition:

If you would like further information please contact me on _____

Yours sincerely

Parent/guardian:

(Signature)

Date:



3.2 Elite Sports Performance assessment and reporting response

Completed by Players School

To be completed by the school Principal in response to an Elite Sports Performance assessment and reporting request.

This is an example only. The school may provide this information in an alternative format.

Dear _____ (parent/guardian/provider)

Thank you for advising the school that _____ (student's name) will be involved in an Elite Sports Performance program.

We agree to enrol this student, assess the student's portfolio and report his/her achievement to the School Curriculum and Standards Authority.

Please present the portfolio for assessment by _____ (due date)

to _____ (nominated school personnel)

OR

Unfortunately, we are not able to enrol this student, assess the student's portfolio or report his/her achievement to the School Curriculum and Standards Authority at this time.

Principal: _____ **Date:** _____
(Signature)

Note: Students should be enrolled in endorsed programs by the 14 August most years. Schools should upload student achievement in endorsed programs to the Authority by the 2 November for Year 12 students and by the 4 December for Years 10 and 11 students.



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School Curriculum and Standards Authority

PLAYER EVIDENCE PORTFOLIO

Completed by the Player

ELITE SPORTS PERFORMANCE (ADESP)

AUTHORITY-DEVELOPED ENDORSED PROGRAM

**through the
School Sport WA Interstate program**





Task & Evidence Outline

Portfolio requirements



To be awarded credit for this endorsed program, you must compile a portfolio to demonstrate what you have learned.

Your portfolio must include all the listed tasks below:

TASKS

Approximate Timeframe

1.	Evidence to display your Knowledge and Understandings	Completed before Championship	Completed during the Championship	Completed after the Championship
1.1	Self evaluation of training and competition performance – 2 x 4 sessions each	√		√
1.2	Reflective journal – at least 10 entries			√
1.3	Goal setting worksheet	√		

2.	Evidence to display your Ability, Skills and Techniques	Completed before Championship	Completed during the Championship	Completed after the Championship
2.1	Competition/performance results		√	
2.2	Action photos of playing or performing (small collage 3-4 pictures)			√
2.3.	School Sport Australia or WA Certificates (Issued by related body). If these are not available then scanned photos of the competition badges provided by each state.			√

3.	Evidence to display your Participation and Engagement	Completed before Championship	Completed during the Championship	Completed after the Championship
3.1	Competition draw or performance schedule.	√		
3.2	Team photo			√
3.3	Confirmation letter from School Sport WA of acceptance into squad	√		

4.	Training and Playing attendance record	√		√
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5.	Signed validation checklist from School Sport WA officials [coach or manager] [Sheet 2.1]			√
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6.	.A Cover Page for your portfolio with your Name and Sport included. You construct this.	√		
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You may also include but is not compulsory

- Media articles from newspapers or school newsletters
- Letter/s of commendation or individual accomplishments e.g. Aust selection, performance awards etc
- Fitness reports
- Physiotherapist feedback
- Anything else that will provide evidence of your capabilities, commitment and achievement.

Your signed portfolio (by SSWA officials) must be handed in to YOUR SCHOOL by Mid-Oct as a yr 12 or Mid-Nov as a yr 10 or 11 student for assessment and reporting to the Schools Standards and Curriculum Authority by the school.



EVIDENCE 1.1 Self Evaluation of Training and Performance

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: Select any four training sessions and rate yourself using a number from 1 – 5.

Training 1

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Training 2

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Training 3

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Training 4

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							



EVIDENCE 1.1 Self Evaluation of Training and Performance

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: Select any four competition days and rate yourself using a number from 1 – 5.

Competition Day 1

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
<i>Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable</i>							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Competition Day 2

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
<i>Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable</i>							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Competition Day 3

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
<i>Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable</i>							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							

Competition Day 4

Day/Date		Venue		Type of Training <i>Match play / Skills& Fitness / Tactics / Info</i>			
<i>Rate your Session traits from 1 – 5 e.g. 1 being really poor, 3 = Ok, 5 = really good. N/A: Not applicable</i>							
Enthusiasm		Performance		Enjoyment		Skill Level	
Comment [Compulsory: add in here why you selected some of the ratings you did]							



EVIDENCE 1.2 Reflective Journal

SSWA Staff Use Only
Verified Signature

To be completed by the student and verified by SSWA Officials.

TASK: Give a brief outline on your experiences and personal thoughts about things that related to your team/yourself, training and the championship. It may include any of the following:

- sportsmanship;
- loyalty
- behaving appropriately
- time management
- self-confidence
- peer tutoring / mentoring
- teamwork & collaboration
- roles & responsibilities
- commitment to the task & the team
- communication
- being accountable
- pursuit of excellence

Team/yourself

Training

Championship



EVIDENCE 1.3 Goal Setting

SSWA Staff Use Only
Verified Signature

To be completed by the student and verified by SSWA Officials.

TASK: Complete the questions below



Setting Effective goals

A multiple goal approach is recommended and has been shown to be the most effective means of improving both physical and mental skills/performance.

1. **Short** : Can be achieved in a limited period of time
2. **Long** : Can be achieved only over a long period of time

Generally they can be classified as

Goal Type	Poor Example	Effectively Written Goal
Outcomes	Win more games than last season	Win 8/10 matches and finish in top 4
Performance	Improve the number of passes	Pass accurately over 10m 80% of the time in first 4 games
Process	Improve my skills	Follow through in a straight line

What is that you want you really want from this experience, your main goal?

Your main short or long term goal:

What are you going to do to achieve this goal?

-
-

Give me a personal performance or process short term goal you can strive for in this championship:

What are you going to do to achieve this goal?

-
-



EVIDENCE 2.1 Competition or performance results

SSWA Staff Use Only
Verified Signature

To be completed by the student and verified by SSWA Officials.

TASK: List your teams or your performance results while you were away

Day 1 e.g. WA 5 def Vic 0 with major goal scorers or performers

Day 2

Day 3

Day 4

Day 5

Day 6

Final Overall Results Table

List all States in finishing order with points



EVIDENCE 2.2 Action photos of playing or performing

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: This is a sample of photos taken while you were away. You must look to provide at least 4-5 playing/performing photos of yourself within the championship or lead up events while in the State uniform.

For example they can come from presentation events, the educational excursion while away, as well as your own match play or performance

These photos **MUST** be scanned electronically and pasted onto one page. You can use the space below or create your own page.



EVIDENCE 2.3 Participation Certificates

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: You are asked to supply a copy of either:

1. The Australian Schools Sport certificate of Participation
- or
2. The School Sport WA letter of selection.

If these are not available to you then you will need to provide a scanned photo of the competition badges supplied by each state from your event.



EVIDENCE 3

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

Complete all three tasks below

3.1 Competition draw or performance schedule

3.2 Team Photo

3.3 Confirmation letter from School Sport WA stating you are a state player.

TASK: You are asked to provide a copy of the following items:

[provided]

Student Checklist; Have I provided:

1. Competition draw or performance schedule for each day.

2. Team Photo

3. Confirmation letter from School Sport WA stating you are a state player.



EVIDENCE 4: Sample Training and Playing attendance record

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: You are asked to provide an outline of how you are accumulating your hours. It does not have to show the complete 180 hrs but should give an idea of how your time is being proportioned in completing the program.

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)			
Training	0-30 mins	<input type="checkbox"/>	30-60 mins	<input type="checkbox"/>
Competition	1 -1-5 hrs	<input type="checkbox"/>	1.5 -2 hrs	<input type="checkbox"/>
Reflection : Task activities	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)			
Training	0-30 mins	<input type="checkbox"/>	30-60 mins	<input type="checkbox"/>
Competition	1 -1-5 hrs	<input type="checkbox"/>	1.5 -2 hrs	<input type="checkbox"/>
Reflection : Task activities	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)			
Training	0-30 mins	<input type="checkbox"/>	30-60 mins	<input type="checkbox"/>
Competition	1 -1-5 hrs	<input type="checkbox"/>	1.5 -2 hrs	<input type="checkbox"/>
Reflection : Task activities	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>

Date: _____

Tick the appropriate box

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Reflection : Task activities	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>



EVIDENCE 4: Sample Training and Playing attendance record

To be completed by the student and verified by SSWA Officials.

SSWA Staff Use Only
Verified Signature

TASK: You are asked to provide an outline of how you are accumulating your hours. It does not have to show the complete 110 hrs but should give an idea of how your time is being proportioned in completing the program.

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)				
Training	<input type="checkbox"/>	0-30 mins	<input type="checkbox"/>	30-60 mins	<input type="checkbox"/>
Competition	<input type="checkbox"/>	1 -1-5 hrs	<input type="checkbox"/>	1.5 -2 hrs	<input type="checkbox"/>
Reflection : Task activities	<input type="checkbox"/>	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	<input type="checkbox"/>	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)				
Training	<input type="checkbox"/>	0-30 mins	<input type="checkbox"/>	30-60 mins	<input type="checkbox"/>
Competition	<input type="checkbox"/>	1 -1-5 hrs	<input type="checkbox"/>	1.5 -2 hrs	<input type="checkbox"/>
Reflection : Task activities	<input type="checkbox"/>	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
Presentations or meetings	<input type="checkbox"/>	3-3.5 Hrs	<input type="checkbox"/>	3.5 hrs +	<input type="checkbox"/>

Date: _____

Tick the appropriate box

What was the activity you performed	How long did you do this activity for (round off)				
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Reflection : Task activities	<input type="checkbox"/>	2-2.5 Hrs	<input type="checkbox"/>	2.5 hrs-3hrs	<input type="checkbox"/>
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