

## TRIAL INFORMATION

Sports Development trials will take place at  
Palmerston North Boys' High School  
from 9:00am - 2:30pm:

**Rugby and Football** - Wednesday 15th  
November 2023

**Basketball, Cricket and Hockey** - Friday 17th  
November 2023

**9:00am** - Assemble at the PNBHS New Gym. Senior students will meet and direct students to the gym.

**9:45am** - Fitness Testing: Students will undertake four tests:

- Power (Standing Long Jump)
- Speed (10, 20, 40m Sprint)
- Aerobic (2.4km Run)
- Max Pushups and situps

**11:30am** - Lunch (students provide their own)

**12:00pm** - Individual sports trials. Students must bring correct equipment for trial, see details below.

## WHAT TO BRING WITH YOU

- Lunch and drink bottle
- Sunscreen and hat
- **Fitness Testing:** suitable clothing for exercise (t-shirt, shorts, running shoes)
- **Cricket:** personal cricket gear (bat, gloves etc), white shirt, shorts, suitable footwear
- **Basketball:** t-shirt, shorts, suitable footwear
- **Hockey:** t-shirt, shorts, suitable footwear, hockey stick, mouth guard, shin pads
- **Football:** t-shirt, shorts, boots, shin pads
- **Rugby:** rugby jersey, shorts, boots, mouth guard

## FURTHER INFORMATION

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Sports Development Programme Coordinator



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# PALMERSTON NORTH BOYS' HIGH SCHOOL

ESTABLISHED 1902

## SPORTS DEVELOPMENT PROGRAMME 2024



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## OVERVIEW OF THE PROGRAMME

In 2024 Palmerston North Boys' High School is offering Year 9 students the opportunity to take part in our Sports Development Programme. The purpose of the programme is to provide promising Year 9 sportsmen with the opportunity to develop as athletes.

The programme includes five specialised classes in basketball, cricket, football, hockey and rugby. Students will be required to apply and trial for selection into the programme in up to three sports.

## OBJECTIVES OF THE PROGRAMME

To instil and enhance the school values in each student (Integrity, Courage, Pride, Respect, Industry, and Humility).

Develop lifelong learning opportunities through a challenging and stimulating environment.

To promote ideals in our young athletes that will enable them to make informed decisions about furthering their involvement in sport.

To develop a greater understanding in our junior athletes of current methods in sport, in areas such as:

- Sports Nutrition
- Goal Setting
- Time Management
- Fitness Testing and Programmes
- Training Methods
- Skill Development
- Measuring Improvement
- Sports Psychology
- Team and Individual Philosophy
- Dealing with Success and Failure
- Coaching
- Sports Leadership

## COST

The cost for the programme will be \$50 which will cover course-related costs.



## EXPECTATION OF STUDENTS

Students involved in the programme will be expected to:

- Have a passion for their selected sport
- Demonstrate the school values to a high standard
- Have a positive attitude across all curriculum areas
- Have a willingness to seek and act on feedback given
- Have high personal standards of behaviour and meet all expectations
- Regularly attend school and meet all school and co-curricular commitments

## HOW TO APPLY

Complete the online PNBHS Year 9 2024 Enrolment form AND the Sports Development Programme Online Application form by 4:00pm Monday 28 August 2023. These can be found on the PNBHS Website from 8:00am Monday 17 July 2023.

Your son will then be expected to trial for his selected sport/s (see trial information over the page).

Letters will be sent in December 2023 to all students who have applied which will inform whether they have been accepted into the Sports Development Programme for 2024.

