



# High Performance Sport

## 2026 Application Package

Student Name: \_\_\_\_\_

Year Level in 2026: \_\_\_\_\_



## What is the High Performance Sport program?

High Performance Sport aims to provide young people who demonstrate excellence across various sports with the opportunity to further refine skills and represent the College at high levels with other likeminded athletic and talented students. A key focus of the program is the provision of quality coaching and training sessions delivered to students from both highly qualified teaching staff and outside sporting professionals.

The program is based around not only sporting performance but the development and evolution of the whole athlete. Students will focus on strength and conditioning, nutrition, skill acquisition and development as well as fitness testing and overall wellbeing. Students will also learn extra-curricular skills such as time management, communication, and leadership.

All students in the program will satisfy the curriculum requirements for their stage of schooling as well as upholding the College values. Students will only retain their position in the program by continuing to meet the requirements of their chosen sport and school subjects.

## Pre-requisites for the program

To be accepted into the High Performance Sport program, students must demonstrate qualities of high standards of sporting performance. They must exhibit the following:

- Commitment to training and improving performance;
- Participation in all seasonal inter-school and external sporting competitions for their chosen sport. This may include All Schools Basketball or QLD Volleyball Schools Cup competitions;
- Be positive members of the school community;
- Have previously demonstrated excellence in sport;
- Ability to work as a team and support others around you;
- Exemplary behaviour upholding the College values. This means only 0-3 major incidents on OneSchool throughout the year. A warning of cancellation will occur after 3 major incidents or a single suspension. If a student breaches the warning, the student will then be removed for at least 5 weeks and cannot participate in competitions. For longer suspensions, students will be completely removed without a warning.

## Who should apply for the High Performance Sport Program?

Students who are committed to building skills, training, improving sporting performance, and modelling the College's behaviour expectations at all times.



# High Performance Sport – Application Form

## Sport Preference (Select one):

Volleyball	Basketball
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## Sporting Aspirations:

Please write a short paragraph in the space provided addressing the following:

- What do you wish to achieve by being a member of this program?
- What are your goals in the field of sport you have chosen?
- What makes you an excellent candidate for this program?

## Achievements (Optional):

Please list your experience/achievement relating to sport at a school and club. You may wish to include any leadership roles for example, house captain, school captain, club/team captain.



## Annual Payment:

The HPS Program Fee is an annual payment of \$275.00 for new members and \$160.00 for current members\* which supports the compulsory program including the HPS excursions. This payment is non-refundable.

## Play On! Vouchers:

Capalaba State College is a registered provider for Play On! Sports Vouchers. These vouchers allow parents/carers to claim the value of \$200.00 to subsidise the cost of eligible sporting activities. Please refer to the Play On! Webpage on the Queensland Government's website for more information about eligibility and how to apply:

<https://www.qld.gov.au/recreation/sports/funding/playon>

If you are successful in applying for a voucher and intend to use this for payment of the High Performance Sport program, please email your voucher to [info@capalabasc.eq.edu.au](mailto:info@capalabasc.eq.edu.au) with attention to Accounts Receivable or present this to the Senior Campus reception.

The current round for these vouchers closes on the 17<sup>th</sup> of December 2025 or until allocation has been fully exhausted. It is the parent/carer's responsibility to apply for these vouchers.

*\*Please note this cost is reflective of the invoices issued in 2026 for the program.  
Price is subject to change.*

## Compulsory program excursion:

Included in our High Performing Sport program fee students are required to attend a day camp held at the Commonwealth Games training venue, the Runaway Bay Sports and Leadership Excellence Centre. The aims of the camp are for students to build teamwork skills essential to the High Performing Sports Program and participate in essential training sessions. Students will take part in team building activities, fitness testing and fitness training in world-class training facilities.



## High Performance Sport – Inclusions

Included in the \$275.00 Program Fee	Not included in the program fee
<ul style="list-style-type: none"> <li>Interschool Sport excursion costs of chosen sport (Basketball OR Volleyball) (N.B. one season only)</li> <li>HPS Jersey (To be worn in training and competitions. No jersey, no play)*</li> <li>CSC Water bottle*</li> <li>CSC Sports bag*</li> <li>CSC Socks*</li> <li>Recovery Centre Excursion (Term 3)</li> <li>Metropolitan Finals court fees and transport</li> <li>Possible guest speakers and clinics</li> <li>Volleyball - Knee Pads</li> <li>Incidentals - Competition game balls</li> </ul>	<ul style="list-style-type: none"> <li>If your child chooses to participate in an additional interschool sport season other than their basketball or volleyball season</li> <li>Transport, team entry or accommodation for Qld Intermediate Schools Cup in Toowoomba.</li> <li>Team entry into QLD Junior or Senior Volleyball Schools Cup.</li> <li>Australian Volleyball Schools Cup.</li> <li>Australian Basketball Schools Cup</li> <li>CBSQ Senior Basketball Tournament (Term 3)</li> <li>CBSQ Junior Basketball Tournament (Term 4)</li> <li>Basketball playing strip (To be worn in competitions)</li> <li>HPB Southern Premier League Basketball Competition (Term 2, 3)</li> </ul>

*\*N.B. The continuing member program fee of \$160.00 does not include these items*



## Confirmation:

In submitting this form, I declare that the information I supplied is complete and accurate to the best of my knowledge. Continuation in the program is dependent on the student demonstrating exemplary College behaviour.

**Applicant Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Parent/Carer Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

### Students applying for the High Performance Sport Program must:

1. Complete the attached application form including the parent/carers section
2. Return the completed application form to:

**Senior Campus Administration Reception  
ATTN: Lachlan Thatcher College Principal  
Capalaba State College**

Completed forms can be sent via email to [info@capalabasc.eq.edu.au](mailto:info@capalabasc.eq.edu.au) with the subject line High Performance Sport Application 2026 – Student's Name or can be submitted in person to the Senior Campus Administration Reception.

Applicants will be notified by mail during early Term 4.

OFFICE USE ONLY	
Accepted:	Declined:
Timetabled	Date:
Letter of Acceptance	Date:
Invoiced	Date:

