

BEST

BUNBURY ELITE SPORTS TRAINING

BUNBURY SHS

TERM 1 2016

Volume 7 #1



Welcome to our Year 7 BEST class of 2016

Year 7 class of 2016 with their Teacher Ms Winwood and Tayla Hadden from 'Maximum Results - Exercise Physiology'

This year has begun in earnest with many of our students competing in regional sporting programs over the summer. Several of these programs have resulted in WA State selection and/ or national selection for a couple of our students.

You may have noticed several new faces in the HPE Department. We welcome to our BEST teaching team, Mr Kyle Smith who has taken on our Year 11 BEST class for 2016. Mr Ian Lockhart has moved up into the Vice Principal's role for Semester 1 and we welcome back Ms Toni Jones from her year away as HOLA HPE at Perth Modern School.

We look forward to another action-packed year with many events rapidly approaching. These include the Year 7 BEST Camp, Interschool Athletics, Interschool Cross Country and Country Week during Term 2.



Chris Andrew - demonstrating the correct deadlift technique

Earlier this year, the Year 11 BEST class had the benefit of Exercise Physiologist Chris Andrew's expertise in developing personal strength programs.

Chris spent time with all of our Year 11 BEST students assisting them with 'best practice' whilst using weights and weight equipment during their training sessions. To prevent injury, this is a vital component of our program.

Eboni Wyatt - learning the 'correct' deadlift technique



**Year 7 BEST
'Getting the basics right'...**

Good running technique is too often overlooked because we think that running comes naturally. Unfortunately, running is not just a fast walk. It is in fact a totally different set of movements, and having proper technique will help you to:

Be more efficient:

Correct technique maximises the economy of running by eliminating unnecessary movement, such as side-to-side and up-and-down motions, therefore transferring all of your energy into propulsion (moving you forward).

Minimise the chance of injury:

During running, the foot strikes the ground with a force greater than twice your bodyweight. With poor running technique, this force can be multiplied tenfold. A combination of correct running technique and using appropriate running equipment can help reduce these landing forces and therefore the stress on your bones and muscles, minimising the chance of injury.

**Year 7 BEST students
practicing the 'fundamentals
of running'**



**Year 8 BEST
Pre-season training...."OUCH!"**

No matter which winter sport you play, pre-season training is an essential phase of an annual training plan. Conditioning training methods including, fartlek, interval, continuous training and specific circuits are often implemented into our BEST pre season phase, in order to adequately prepare our students for the upcoming season.

It is often the most 'dreaded' part of any athlete's training program. However, a balanced training program will improve an athlete's strength so that their muscles and joints can handle sudden or large forces. It will also enhance their endurance so they can play for longer at a higher intensity. Their speed will also improve so they can move quickly, and finally their flexibility (so they will have a greater range of motion) and will therefore be less likely to injure themselves.

**Year 8 BEST students
demonstrating 'variety' in
their pre-season program**



Our BEST students.... 'donning' the green and gold around the world!



Jarrad with one of the locals he coached in South Africa



Australian 15's team at Domain Stadium in Perth prior to departure to Johannesburg in South Africa



Jarrad completing the vertical jump fitness test

Jarrad Fazioli (above)

In 2015 Jarrad earned 'All Australian' status at the national schoolboys AFL 15's carnival in Geelong. As a result of his selection, Jarrad travelled to South Africa with the 15's Australian team in January 2016. Prior to leaving, the team came together in Perth for a few days where they were subjected to fitness testing and intense training drills as a cohesive unit.

During the tour, the Australian team played in several exhibition matches as well as conducted coaching clinics with school children in various parts of the country.

Jarrad was quoted in saying "it was the trip of a lifetime!"

Billie Knell (below)

In February 2016, Billie competed in the C1 women's canoe slalom qualifying titles in NSW. Billie's outstanding performances earned her the opportunity to wear the green and gold at the International Canoe Federation's 2016 junior and the U23 canoe slalom world championships.

The world championships will be held in Krakow, Poland from July 14 to 17. Billie's achievement is made even more special as she has clinched the first of three sports for C1 women.

Billie is excited about taking the next step up in her chosen sport.



Billie with her competitors. Billie won GOLD!



Billie with her awards for gaining a place in the World Junior Team



Billie mid-competition - check out those rapids!

So... when should you get 'specific'?

What are you ultimately training for?

The term 'specificity' by its very nature, implies that something is 'specific', 'tailored' or definitive. In sport science terminology, *specificity* is a key training principle within a training program. It states that sports training should be relevant and appropriate to the sport for which the individual is training in order to produce a positive training effect.

The specificity principle simply states that training must go from highly general training to highly specific training. This principle infers that the human body will adapt specifically to the demands placed upon it. The principle of *specificity* also implies that to become better at a particular exercise or skill, you must perform that exercise or skill. For example, to be a good cyclist, you must cycle. The point to take away is that a runner should train by running and a swimmer should train by swimming.

Biomechanical Specificity: refers to how the body adapts to various strength and/ or resistance training.

Our *BEST* Program in senior school offers our students the opportunity to 'tailor' their strength training programs specifically to their individual sport in which they play either within our school, or within the community.

During the early stages of Term 1, Marg Rhodes and Chris Andrew from Maximum Results Exercise Physiology in Bunbury, spent time with our Year 11 and 12 *BEST* classes working individually with each student in order to develop explicit individual strength programs. These are subsequently developed to suit each individual student and their particular sport based on an initial analysis of each student whilst considering their specific sporting goals and requirements.

This sets the foundation for their training program. As the students 'adapt' to their current training load, they are required to progressively increase their load to ensure they obtain positive training gains.

Ms Toni Jones

Year 12 *BEST* students completing
their individual training programs
during a conditioning session



Dylan Heasman Yr 12

AFL player

'Quadriceps, gluteals & hamstrings' - speed & power'

Zarley Clark Yr 12

Swimmer

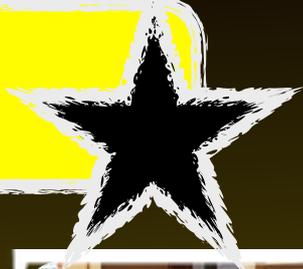
'Shoulder girdle, triceps, lats & quadriceps, hamstrings and core'

Hannah Kurek Yr 12

Basketball player

'Quadriceps, gluteals & hamstrings' - power'

Our WA State Representatives in 2016!



Hockey Stars...

Far Right: Georgina Dowd
(*Captain*) WA State U15
Girls Hockey

Middle: Phoenix Green
WA U15 State Girls
Hockey

Right: Ky Fisher (*Captain*)
U15 WA state boys hockey
All students travelled to
Wollongong NSW in April.



Basketball Stars...

Far Right: Brody England
U18 WA State Boys
Basketball

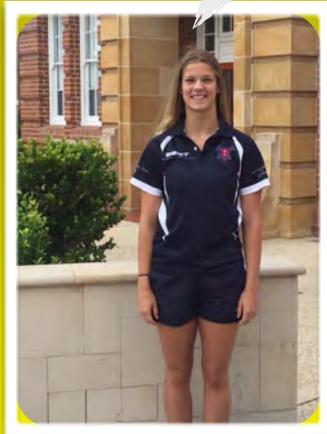
Middle: Hannah Kurek
U18 WA State Girls
Basketball

Right: Tom Harper U18
WA State Boys Basketball
All students travelled to
Adelaide SA in the April
school holidays.



Swimming Star...

Right: Zarly Clark National
U18 Swimming
Championships (Adelaide)

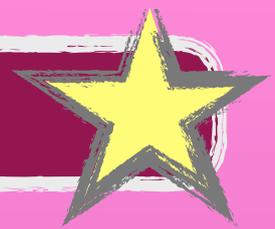


Cricket Star...

Far Right: Jayden
Goodwin U15 WA
State Schoolboys
Cricket team
(Brisbane)



2016 Interschool Swimming Stars



Our BEST students once again stood tall and represented Bunbury SHS with outstanding tenacity and pride at the recent SWSSA Interschool Swimming carnival. Several students produced exceptional personal performances assisting our school to achieve excellent results.

Bunbury SHS finished second overall in the Champion School race beaten only by a much bigger Bunbury Catholic College. We were the recipients of the Meritorious Shield which indicates that despite our small numbers as a school, we had many swimmers performing at a very high level.

Of particular note, Zarly Clark Year 12 (pictured top right) broke the senior girls 50m backstroke record with a time of 33.02 seconds. This record has been standing in excess of 15

years. Zarly was also the runner up senior girls champion coming second by just one point.

Several other BEST students who performed exceptionally were:

- **Max Coulter** Year 8 (3rd overall)
- **Daniel Coleman** Year 9 Runner up Champion Boy
- **Amber Ramage** Year 9 (3rd overall)
- **Ronan Hall** Year 10 (3rd overall)
- **Bailey Hill** Year 11 (3rd overall)
- **Zarly Clark** Year 12 Runner Up Senior School Girls

Congratulations to all of our swimmers who competed. A special thank you to Mrs Edwards for her work in running our trials and subsequently our team. An outstanding effort.



Above:
Zarly Clark &
Bailey Hill



Left:
Megan Bain &
Lexie Edwards
Year 7



Left:
Ronan Hall &
Zeke Tinley
Year 10

**HARD WORK
BEATS TALENT
WHEN TALENT
DOESN'T WORK
HARD.**

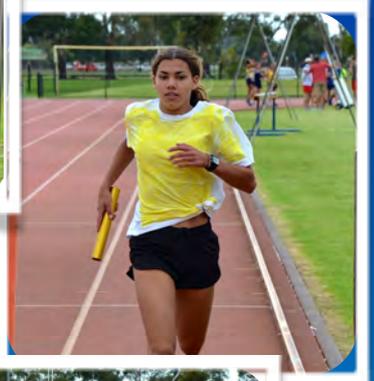
BEST House Athletics Champions 2016

Individual Award Winners

Year 7 Girls:	Megan Bain (R/Up) Tess Hogan (Champion)
Year 7 Boys:	Brandt Dau (R/Up) Kade Szyzka (Champion)
Year 8 Girls:	Hayley Troode (R/Up) Kailah Bury (Champion)
Year 8 Boys:	Blair Stuart (R/Up) Liam O'Connell (Champion)
Year 9 Girls:	Indiana Palmer (R/Up) Courtney Butlion (Champion)
Year 9 Boys:	Bailey Reimers (Champion) Kade Giankoulos (R/Up)
Year 10 Girls:	Asha Reid (R/Up) Kloe Bassett (Champion)
Senior School Girls:	Lauryn Caffrey (Champion) Jessie Willsher (R/Up)
Senior School Boys:	Fraser Healey (R/Up) Jarrad Fazioli (Champion)



Lachlan Riley
(Left)



Courtney Butlion
(Right)



Fraser Healey, Jarrad Fazioli
& Dylan Heasman (L-R)



2016 BEST Students 'Leading' the way at BSHS.....

Student leadership is arguably one of the most beneficial extracurricular activities a person can perform while in secondary school. Though there are no grades and zero graduation points to earn, the experience gained from a leadership role will be valuable for a lifetime. A student leader is thrown into a learning environment that encourages hands-on experience. Planning, decision making, communicating, and working as a team are all skills that you will build as a student leader. Trust me, you don't build these portable leadership skills when studying for an exam or sitting in a lecture.

As a student leader, you are in the unique position to make a difference at your school. This is the moment to think big and to exert your voice from a position of influence. Think about it, right now you can put into action changes that will impact the entire school community and improve the student organisation in which you are part. It is now up to you to grasp some of the various opportunities that are within your reach.

To our student 'Prefect' leaders who are also a part of our *BEST* program, congratulations!

Ms Toni Jones

2017 APPLICATION TIME!

BEST 'PREFECTS' 2016

Zarly Clark (Top Left)
Hannah Kurek (Bottom left)
Fraser Healey (Below)



Applications for 2017 are opening soon! If you know of any student who you think may be suitable for our program, please encourage them to contact Ms Toni Jones, BEST Coordinator

toni.jones@education.wa.edu.au or alternatively call the school on 9781 2500. The application dates are advertised on the BSHS website!

Year 7 CAMP

Information regarding the specifics of the camp will be with all Year 7 BEST students by the end of the first week of Term 2. The camp will be held in Busselton from 18 - 20 May inclusive.

Year 10 AIS/ Ski Tour

Planning is well underway for the 2016 BEST Year 10 AIS/ Ski Tour. This year the 'Tour' will occur between 31 July to 6 August. For parents of current Year 9 students, our aim is to re-book for a similar time next year. If you are thinking of sending your child, this year's cost is \$2450.

CONTACT US

**BEST Staff can be contacted on:
9781 2500**

Toni Jones - BEST Coordinator
Michelle Winwood - Year 7 Teacher
Cameron Allan - Year 8/10 Teacher
Adam McGill - Year 9 Teacher
Kyle Smith - Year 11 Teacher
Toni Jones - Year 12 Teacher