

NAYLAND COLLEGE INSTITUTE OF SPORT



The Nayland College Institute of Sport aims to build all-round successful people, not just successful athletes.



BEING A PART OF THE INSTITUTE OF SPORT GIVES YOU ACCESS TO:

- Methods of improving own sporting performance
- NCEA academic pathway
- Specific mentoring for both sport and academic pathways
- Nayland College Institute of Sport training t-shirt, drink bottle and training bag
- Team and individual coaches
- Local facilities, e.g. Nayland Pool, City Fitness
- School facilities e.g. fitness centre
- Event information
- Sport Performance camp



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HOW DO I BECOME PART OF IT?

- ✔ Nominations from contributing schools
- ✔ Application forms available from the school website and from jane.townsend@nayland.school.nz

WHO DOES IT INVOLVE?

- Qualified passionate staff
- Experienced coaches
- Opportunities to gain academic and sporting scholarships
- Support from Principal and the Board of Trustees

WHERE DOES IT HAPPEN?

- Heated swimming pool
- Local gyms
- School Gymnasium
- Weights Training Room
- Sports fields and natural environments
- Classroom

YEAR 9 PROGRAMME

- Goal setting
- Team Building
- Specific Sport Development
- Event Preparation
- Fitness Components
- Principles of Training
- Time Management
- Sports Nutrition
- Basic Functional Anatomy
- Active Participation
- Adventure Race

YEAR 10 PROGRAMME

- Leadership
- Physical Conditioning
- Specific Sports Development
- Hydration
- Nutrition for Competition
- Performance Profiling
- Sports Injury Prevention
- Rehabilitation
- Time Management
- Goal Setting
- Training Principles and Methods

CLEAR BEHAVIOURAL EXPECTATIONS

Membership of the Sport Institute is a privilege, and carries responsibilities in training and performing within sports codes, as well as maintaining academic learning. Students within the Sport Institute who behave inappropriately will be withdrawn from the programme. Behaviour in and around school will have a bearing on their continuation within the Sport Institute.

All students will be expected to behave with maturity and responsibility, displaying a positive attitude towards all aspects of their programme and towards school life in general. Performance, achievement and behaviour will be evaluated at the end of each year. This evaluation will be used to determine continued selection for the following year's Institute programme. A waiting list of students will be maintained for the replacement of members who do not meet the required standards.

NAYLAND COLLEGE

p 03 547 9769

w nayland.school.nz

a 166 Nayland Road
Stoke, Nelson

e xtend@nayland.school.nz

