



TKIS graduate, Gold Medal Olympian - Cathy Freeman

## TKIS ATHLETICS MASTERY PROGRAM

The Kooralbyn International School Athletics Mastery program is offered to students who are gifted, talented and enthusiastic about bettering themselves as an athlete at all levels of competition.

The Kooralbyn International School's unique timetable enables students to access at least six "in school" hours per week of practical athletics and athletic education. The Full Athletics Mastery Program is available to students from years 8-12 and a modified version to suit the Primary timetable is available to students from Year 4 onwards.

Mastery Programs at TKIS are taken very seriously and the programs are integrated directly into the school timetable, with 1.5 days per week of school time, dedicated to the student's Athletics Mastery practice and studies. Students are also expected to devote additional personal time (after school and weekends) to the pursuit of excellence in their chosen field and their academic studies. A wide range of professional development activities... fitness, diet, career guidance, sports psychology, etc, are also added to the practical aspects of the program.

### Weekly Athletics Mastery School Schedule

All students are expected to have...

- their own FULL TKIS Tracksuit and Cap.
- their own event specific footwear (spikes) and
- appropriate training shoes (flats).

- Program runs for 36 weeks per year.

	MON	TUE	WED	THU	FRI
9:00 - 12:30	School	School	School	School	Mastery
13:30 - 15:00	School	School	Mastery	School	Mastery
After SCHOOL		Mastery		Mastery	

(After-School sessions are optional)

### INCLUSIONS ::

PROGRAM COSTS refer to >>>

	Full Program (Yrs 8-12)	Modified Program (Yrs 4-7)
PROGRAM COSTS refer to >>>	<a href="http://www.tkis.qld.edu.au/TKIS_fees.PDF">www.tkis.qld.edu.au/TKIS_fees.PDF</a>	Refer to school website
Small Group Coaching Level II	Included	Included
Private Coaching	(Optional @ \$48 per session)	(Optional @ \$48 per session)
Track Sessions	Included	Included
Tuesday After School Sessions	Included	Included
Thursday After School Sessions	Included	Included
Gym Sessions (Strength/Agility)	Included	Included
Video Analysis	Included	Included
Diet & Nutrition	Assessments included as required.	Assessments included as required.
Sports Psychology Sessions	2 Assessments per Year included	Not included
Mentoring	Included	Included
Sports Physio Sessions	1 Group Session per Year included	1 Group Session per Year included
Competition Scheduling *	Included	Included
TKIS Athletics Singlet	Included	Included

\* Subject to approval by Principal, weather permitting , student eligibility and normal club/competition rules.