

Term Overview 'Example'

- WEEK 1 - Expectation Session and Fitness Testing
- WEEK 2 - Specific Coaching Session
- WEEK 3 - Strength and Conditioning Session *
- WEEK 4 - Specific Coaching Session
- WEEK 5 - Strength and Conditioning Session *
- WEEK 6 - Specific Coaching Session
- WEEK 7 - Strength and Conditioning Session *
- WEEK 8 - Specific Coaching Session
- WEEK 9 - Strength and Conditioning Session *
- WEEK 10 - College Gala Day or Team Building Excursion

* External Venues



Tuggerah Lakes Secondary College Tumbi Umbi Campus

150 Bellevue Road, Tumbi Umbi NSW 2261

Phone: (02) 4385 6802

Website: tumbiumbi-h.school.nsw.gov.au

Facebook: www.facebook.com/tumbiumbicampus

Instagram: @tlstumbiumbicampus

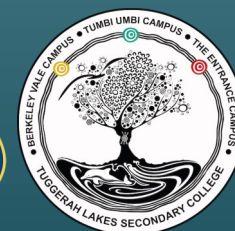
For further information please contact:

Mr Trent Davis - TEAP Co-ordinator

Principal - Ms Elizabeth Bate



Introducing TUGGERAH LAKES ELITE ATHLETE PROGRAM (TEAP)



About the Program

Tuggerah Lakes Secondary College's middle campuses are proud to introduce a new Targeted Sports Program designed to identify and nurture high-potential students across a range of focus sports. This program will be tailored to meet the unique needs of each campus, ensuring that every student receives the best possible support to excel in their chosen sport.

Focus Sports

- Netball
- Basketball
- Football Codes (Girls Only)
- Football Codes (Boys Only)
- Soccer
- Surfing 2026 (TBC)

TEAP Uniform

Students can purchase the uniform at a cost. Students are expected to wear this uniform on Wednesdays for all TEAP sessions. Please note that TEAP uniforms are not permitted on any other school day.

TEAP Cost

The TEAP program will be fully student-funded, with each participant contributing approximately \$400 per year.

This fee is divided into approximately \$100 per term, with payment for each term due by Week 5 of the preceding term. Pricing may vary.



Overview of Program

Students will participate in TEAP every Wednesday during periods 1,2 and Roll Call. Students will follow a dynamic fortnightly rotation.

- **Week A:** Students will train in their specific sport groups, focusing on developing skills and techniques under the guidance of an external development officer.
- **Week B:** Students will visit external venues to explore various training methods, recovery techniques, nutrition and physiotherapy. These sessions, led by industry professionals, will take place at local gyms, fitness centres and specialist recovery facilities within the area.

Selection Process

Students interested in joining TEAP will be required to attend and complete a trial, conducted by the development officers for each sport, alongside the school coach.

Key Dates

- TEAP Trials - Term3, Week 10- Details to be confirmed
- TEAP Offers - Emailed out in Term 4, Week 2
- TEAP Acceptance and \$100 Deposit - Due by Term 4, Week 7



Student Expectations

In every session, TEAP sessions athletes are expected to:

- Arrive on time with all required equipment
- Engage fully in all activities, giving their best effort
- Listen carefully to instructions and follow them promptly
- Ask questions if unsure about the aim or purpose of any activity
- Show appreciation by thanking all instructors, coaches, and teachers after each session.

Behaviour and Learning Agreement

TEAP athletes are expected to:

- Follow the TUC Behaviour Code
- Uphold TUC Core Values
- Complete all teaching and learning activities in class
- Submit all assessment tasks by the due date
- Maintain a positive behaviour profile in 2025, with more positive incidents than negative ones
- Achieve a minimum of 90% attendance (excluding explained absences)
- Participate in all school sporting carnivals
- Adhere to the TEAP Code of Conduct