



TRINITY COLLEGE

*#jointeamtrinity*

[www.trinity.sa.edu.au](http://www.trinity.sa.edu.au)



# Trinity College Sport



Sport at Trinity provides an opportunity for our students to:

- Develop the graduate qualities of Wellbeing and Community Engagement.
- Discover their sporting passion.
- Experience world class sporting facilities:
  - Ovals are flood lit and include soccer, athletics, football, cricket.
  - STARplex with heated swimming pools, air-conditioned courts x 4 and fitness centre including Pilates.
  - A synthetic hockey pitch and tennis courts.
  - Equestrian Centre.
  - Netball courts indoors and outdoors.
  - Indoor cricket facility.
  - Multi-purpose halls and change rooms.
- Face challenges, build and enjoy team spirit, achieve personal and team goals and experience competition.
- Engage in programmes which support the development of the student at all levels.

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## *Playing Sport for Trinity College Policy*

The College encourages and supports students to play sport at school and in the community. Students who elect to play a sport outside the College that the College also offers are also required to play for the College. In this circumstance the intent is to create a mutually beneficial arrangement between club and school where both parties co-exist to provide the student with an enriched sporting experience.

For further information, please refer to the [Playing Sport for Trinity College Policy](#).

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## *Trinity College Sport*

Director of Sport	Rupert Sapwell
Sports Administrator	Amehlia Schmidt
Co-Ordinator of Athletics	Jessica Ryswyk
Co-Ordinator of Basketball	Jye Watson
Co-Ordinator of Cricket	Bradley Schaper
Co-Ordinator of Equestrian	Helen Barnes
Co-Ordinator of Football	George Gregory
Co-Ordinator of Hockey	Justin Simmonds & Cassandra Kotsoglous

Co-Ordinator of Netball	Amehlia Schmidt & Sue Norris
Co-Ordinator of Soccer	John Mundy
Co-Ordinator of Softball	Sue Norris
Co-Ordinator of Swimming	Keith Heinrich
Co-Ordinator of Tennis	Rod Sellick
STARplex Manager	Brad Wenske

# FTEM Framework



The FTEM framework was developed by the Australian Institute of Sport to provide a practical tool to assist sporting stakeholders (National Sporting Organisations (NSOs) and their personnel, coaches, teachers, parents etc.) in reviewing, planning and supporting athlete pathways. The framework consists of four macro phases of athlete development (Foundation, Talent, Elite and Mastery), which are further differentiated into 10 micro phases.

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## Foundations Phase

In the FTEM framework, the Foundations phases are associated with the early development, refinement, and expression of the foundations of movement, leading to life-long physical literacy. Physical literacy is deemed to be a critical pre-cursor for the three key outcomes of sport, active lifestyle, recreation, and high performance, and has been recognised as a key strategic pillar and 'platform' for enduring success of sporting systems.

### F1: LEARNING ACQUISITION OF BASIC MOVEMENT

The focus of the first foundational level (F1) of the FTEM development framework is on learning or re-learning a repertoire of basic or fundamental movement skills.

### F2: EXTENSION AND REFINEMENT OF MOVEMENT

The focus of this second FTEM level is to extend and expose a child to greater movement challenges in order to progress and refine their fundamental movement skills. (Deliberate Play) or age-appropriate organised activities (e.g. Sporting Schools, AusKick, Hookin2Hockey, Aussie Hoops, NetSetGo etc).

### F3: SPORT SPECIFIC COMMITMENT AND/OR COMPETITION

In the final foundational level (F3) sport-specific skills are being refined and progressed. This level commonly is the beginning of most club-based sporting experiences.

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## Talent Phase

Talent identification and development (TID) describes the process of an athlete moving into, and/or progressing up, the high performance pathway to an elite or mastery status.

### T1: DEMONSTRATION OF POTENTIAL

T1 represents an initial assessment of potential for certain sports

### T2: VERIFICATION OF POTENTIAL

During the T2 phase, athletic potential is verified according to traits such as Psychological skills and character; Sport-specific skill potential; Physicality and adaption to training loads, and Coachability, commitment and motivation.

### T3: PRACTISING AND ACHIEVING

After being confirmed as potential elite athletes (T2), athletes are now committed to sport specific practice and investment in high training volumes, striving for continual performance improvements.

### T4: BREAKTHROUGH AND REWARD

Athletes may earn an athletic scholarship at a university or an institute/academy of sport. Similarly, they may be drafted into a professional team or an elite training squad greatly enhancing their chances of becoming an 'elite' athlete.

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## Elite Phase

### E1: ACHIEVING AND MAINTAINING ELITE PERFORMANCE

Elite performance within the FTEM framework is represented by clear performance benchmarks and achievable planning outcomes. However, the characterisations of elite performers are dependent on whether the athlete is predominantly engaged in an Olympic sport or a professional sport.

### E2: SENIOR ELITE SUCCESS

An E2 phase athlete in an Olympic or Paralympic sport has achieved a medal winning performance at a major senior international competition such as the World Championships, Olympic or Paralympic Games. An E2 athlete in a professional sport has achieved recognition within that sport (eg in the AFL a national premiership, winning the Brownlow Medal or a club's best and fairest player).

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## Mastery

### M1: SUSTAINED ELITE SUCCESS

For Olympic and Paralympic sports, mastery athletes are those that achieve sustained success at an E2 phase over multiple high performance cycles (ie a typical eight year period based on two high performance cycles of four years). Similarly, professional mastery phase athletes are those who achieve repeated and sustained success at E2 over an enduring period or era (ie eight to 10 years).



# Athletics

## College Operations

Affiliations	SSSA, SAAS, IGSSA, Athletics SA
Contact:	Jess Ryswyk
Contact Email:	Jessica.Ryswyk@starplex.com.au
Training:	Mon/Wed Term 1,3. Term 2 Academy and Cross Country
Games:	Annual events including SSSA A-Grade, Achilles Cup, IGSSA Championships, Co-Ed Cup, SSSA Cross Country and Orienteering events, State teams knockout.

## Foundations Phase

F1	
F2	Gawler Little Athletics
F3	Gawler Little Athletics, Athletics trials, School Sports Days, SAPSASA & SSSA events

## Talent Phase

T1, T2, (T3)	SAPSASA District teams, Athletics, Cross Country and Orienteering teams
T3	

## Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	Mentorship, Individual training
Hall of Fame (T4, M1)	Chelsea Jaench, Paul Benz, Jess Wedd





# Basketball

## College Operations

Affiliations	Central District Lions; State development programs, SAAS, STARplex
Contact:	Jye Watson
Contact Email:	watsonjy@trinity.sa.edu.au
Training:	STARplex Social (Winter): Mon/Tues; Aussie Hoops/Little Lions: Thurs; SAAS: Mon/Wed/Fri
Games:	STARplex Social: Mon/Tues; SAAS Saturdays

## Foundations Phase

F1	
F2	Aussie Hoops, Little Lions, STARplex Social
F3	Winter STARplex Mondays afternoons, SAAS lower-level teams

## Talent Phase

T1, T2, (T3)	SAAS A/B Teams, Morning Academies, School KO teams, Australian Schools Championships (Open A)
T3	

## Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	Mentorship, Individual training, US College and NBL1 affiliation, BSA Pathways.
Hall of Fame (T4, M1)	Brad McKinnon, Tammy Hoare, Michael Zorich, Daniel Carlin, Demi Skinner, Koen Sapwell



## College Operations

Affiliations	SSSA, SAAS
Contact:	Brad Schaper
Contact Email:	<a href="mailto:schapebr@trinity.sa.edu.au">schapebr@trinity.sa.edu.au</a>
Training:	Weekdays after school during Terms 1 & 4, Tuesday AM Senior Cricket, Winter Academy
Games:	SAAS Saturday morning, Internal Cricket Friday afternoons (TBC)

### Foundations Phase

F1	
F2	Blast Cricket R-3, Junior Internal Cricket 3/4, 5/6
F3	Internal Cricket 5/6, SAAS Cricket Yr 6/7, 8/9B

### Talent Phase

T1, T2, (T3)	SAAS 8/9A, Senior cricket, Winter Academy, Statewide Knockout teams
T3	

### Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	Mentorship through winter academy
Hall of Fame (T4, M1)	Ryan Harris, Mark Cosgrove, Travis Head, Brittany Perry





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## *College Operations*

Contact:	Mrs Helen Barnes, Equestrian Co-Ordinator/Coach 0408 834 143
Competition:	Trinity College hosts an annual Interschool Gymkhana in Term 1. The team comprising of students from Reception – Year 12 participate in this event and events throughout the year.
Training:	Horsemanship runs each weekday after school. Riding Sessions (small groups) are run on a Wednesday after school.
Cost:	\$45 per session (approx. \$360 per term). Added to school fees.
Uniform:	Equestrian Polo Top (optional), beige jodhpurs, flat-soled, elastic-sided riding boots, an approved riding helmet.
Registration:	Enrolments to Mrs Tripa: <a href="mailto:tripale@trinity.sa.edu.au">tripale@trinity.sa.edu.au</a>



# Football

## College Operations

Affiliations	Central District Football Club, SANFL, SAAS, SSSA
Contact:	George Gregory
Contact Email:	gregorge@trinity.sa.edu.au
Training:	Afternoons after school, Senior football Tuesday AM
Games:	Girls football Wednesday afternoons term 2, SAAS Football Saturday morning, Senior football Saturday afternoon, SANFL School football Saturday morning

## Foundations Phase

F1	
F2	Auskick R-4, Junior football Yr 2-6 SANFL Schools Comp,
F3	SAAS Yr 6/7, 8/9B. Girls football year 8/9, Senior.

## Talent Phase

T1, T2, (T3)	SAAS 8/9A, Senior football, Statewide knockout competitions, Junior and Middle Academies T1, 4
T3	

## Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	SANFL pathway facilitation
Hall of Fame (T4, M1)	Ben Kinnear, Daniel Schell, Ben Walton, Brad Symes, Brittany Perry, Jackson Hately, Wayne Milera





## College Operations

Affiliations	Gawler Hockey Club, IGSSA, SAAS, GDHA
Contact:	Cass Kotsoglous
Contact Email:	kotsogca@trinity.sa.edu.au
Training:	Monday PM (Open Boys), Wednesday PM (BVHA), Thursday PM Open Girls
Games:	Saturday morning

### Foundations Phase

F1	
F2	Hook in2 Hockey, BVHA U7 Mixed
F3	BVHA U9, U11, U13, SAAS Open B (Boys), IGSSA Open B (Girls), Junior Academy, Term 1, 4

### Talent Phase

T1, T2, (T3)	SAAS Open A, IGSSA Open A, Statewise Knockout competitions, Middle Academy, Term 1, 4
T3	

### Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	
Hall of Fame (T4, M1)	Sarah Harrison, Brenton Carle



# Netball

## College Operations

Affiliations	NetballSA Specialist School, SSSA, STARplex, SADNA
Contact:	Amehlia Schmidt, Sue Norris
Contact Email:	<a href="mailto:schmidam@trinity.sa.edu.au">schmidam@trinity.sa.edu.au</a>
Training:	Weekday afternoons after school
Games:	Monday or Tuesday Nights at Golden Grove (Academies), Wednesday afternoon/evening STARplex

### Foundations Phase

F1	
F2	NetSetGo! *Need age divisions
F3	STARplex netball, Yr 6/7 Academies

### Talent Phase

T1, T2, (T3)	Year 8/9, Open Academies, Statewide Knockout competitions, Gold Coast, Mount Gambier and Kadina Invitationals
T3	

### Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	NetballSA pathways, Mentorship
Hall of Fame (T4, M1)	Jaime McKinnon, Leigh Waddington, Amehlia Schmidt





# Softball

## College Operations

Affiliations	GDSA, SSSA
Contact:	Sue Norris
Contact Email:	norrissu@trinity.sa.edu.au
Training:	Monday afternoons, including Teeball
Games:	Tee-Ball Friday evenings, U14, U17 GDSA Saturday mornings

### Foundations Phase

F1	
F2	Tee-Ball
F3	Tee-Ball, Gawler & District competition

### Talent Phase

T1, T2, (T3)	Gawler & District competition, Statewide Knockout competitions
T3	

### Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	
Hall of Fame (T4, M1)	Hayley Norris



# Soccer

## College Operations

Affiliations	SAAS, SSSA
Contact:	John Mundy
Contact Email:	mundyj1@trinity.sa.edu.au
Training:	Monday AM (1st XI/2nd XI), Wednesday afternoons, Thursday afternoons
Games:	Wednesday afternoons 1st/2nd XI, Open Girls, Saturday morning all other teams.

### Foundations Phase

F1	
F2	Miniroos R-4
F3	SAAS Soccer Yr 6/7, 8/9B, 3rd XI, Girls Development Academy, Junior Academy, Term 1, 4

### Talent Phase

T1, T2, (T3)	SAAS 8/9A, 1st XI, 2nd XI, Open Girls, Statewide Knockout competitions
T3	

### Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	Premier League facilitation
Hall of Fame (T4, M1)	Kristy Moore, Kristian Rees, Scott Tunbridge, Stacey Day, Kristi Harvey, Ben Warland, Lachlan Brook





## College Operations

Affiliations	STARplex Swim Club, Playford, Barossa. SSSA, SAAS
Contact:	Keith Heinrich
Contact Email:	heinrike@trinity.sa.edu.au
Training:	No training. Teams are compiled from event times for club swimmers.
Games:	SAAS Competition Wednesdays Term 1, SSSA A-Grade and Teams Championships are single events in term 1.

## Foundations Phase

F1	
F2	STARplex Learn 2 Swim
F3	STARplex Introductory Squads (afternoons), Primary Schools Championships

## Talent Phase

T1, T2, (T3)	STARplex morning squads, SAAS Competition, SSSA A-Grade and Teams Swimming Championships.
T3	

## Elite Phase

Support talented Athletes identified by state bodies as elite players (state teams, etc)	
Hall of Fame (T4, M1)	James McKechnie



## *College Operations*

Affiliations	GDTA, NETA, SAAS Drive, SSSA
Contact:	Rod Sellick
Contact Email:	sellicro@trinity.sa.edu.au
Training:	Mondays and Thursdays at various venues (summer). Winter tennis also available
Games:	Friday night NETA, Saturday morning SAAS Drive and GDTA

### *Foundations Phase*

F1	
F2	Hot Shots
F3	Hot Shots Red, Orange, Green ball at GDTA, NETA

### *Talent Phase*

T1, T2, (T3)	Drive Tennis, SSSA teams and individual knockout events
T3	

### *Elite Phase*

Support talented Athletes identified by state bodies as elite players (state teams, etc)	
Hall of Fame (T4, M1)	



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# Academy Programs

## ATHLETICS

- Running technique – Terms 2&3, Specialist training upon negotiation

## BASKETBALL

- Girls Basketball Academy Junior School, Middle School, Tuesday AM, Thursday PM
- General Basketball Academy (Middle School) Tuesday, Thursday AM

## CRICKET

- Cricket Academy Terms 1,4, Big Shed (Indoor Cricket facility)

## FOOTBALL

- Junior School and Middle School Academies Terms 1, 4

## HOCKEY

- Junior Academy Term 1, 4

## NETBALL

- Junior, Middle and Senior Academies year-round. Trials conducted in Term 1

## SOFTBALL

- None

## SOCCER

- Terms 1, 4

## SWIMMING

- None

## TENNIS

- None



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# Athlete Development

- Injury prevention and range of movement group sessions each Tuesday and Thursday mornings on STARplex courts (Max 15 people)
- Physical Education (Athlete Development) – STAGE 1 subject led by ex-Olympian Sean Carlin. Introduction to strength training – both practical and theoretical



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## Scholarships

Trinity College offers a number of scholarships open to current and external students. The scholarship program exists to foster diversity by ensuring that an education at Trinity College is available to as wide a range of students as possible. Our scholarship program seeks to offer places to students who will contribute to the richness and diversity of the College's community. Scholarships are provided through the generosity of donors to the College Foundation and existing corporate relationships.

All scholarship deadlines and application forms can be found on the College website:

<https://www.trinity.sa.edu.au/contact/enrolments/scholarships>

Further information is available from the Trinity College Foundation Office.



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## Sport Offerings

Trinity College prides its self on offering many opportunities for students to explore new skills and develop their talents throughout the school year. Trinity seeks to offer affordable and convenient arrangements for its students to enjoy a variety of activities external to the classroom.

Offerings include:

- Sporting exchanges in cricket and netball.
- Tournament programs.
- Annual Ski Trip.
- Knockout competitions.

STARplex offers gymnastics for the beginners including Babygym & Kindergym, with all year-round recreational gymnastics. STARplex also offer dance programs including jazz, funk, salsa, modern and hip hop and an Active kids program. During school holidays there are swim clinics, and specialist Basketball programs.



TRINITY COLLEGE

### Trinity College Enquiries

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