



SEAVIEW
HIGH SCHOOL



HIGH PERFORMANCE TENNIS

INFORMATION BROCHURE



**Government
of South Australia**
Department for Education



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USEFUL LINKS:



<https://www.facebook.com/seaviewhigh>



<https://www.seaviewhs.sa.edu.au/learning/>



<https://www.seaviewhs.sa.edu.au/seaview-sport/>



WHAT IS HP TENNIS?

High Performance Tennis (HPT) is a Special Interest Program on offer at Seaview High School.

The class currently caters for selected students in Years 7-10.

The program has two HP Tennis classes (A and B), both classes will utilise an external tennis coach, qualified through Tennis SA, for practical training sessions.

The program has a strong focus on individual skill development and preparing players for competing at the elite level.

The program is delivered by qualified coaches, with the support of specialist staff.

Students study elements of Nutrition, Biomechanics, Exercise Physiology and have opportunities for SASI talent discovery.

Tournaments and competitions at school, interschool, club and state level are an integral part of the course.

Students blend practical lessons with theoretical 'strands' including:

- Sports Nutrition
- Exercise Science
- Sports Psychology
- Sports Science (biomechanics)

Students have opportunities to:

- Participate in State and National level sporting competitions
- Visit elite sporting facilities
- Learn from professional athletes
- Collaborate with professionals in the Human Performance field
- Link with local sporting clubs
- Work in conjunction with specific community organisations, leading to specific pathway programs

The curriculum is designed to provide a direct pathway to Stage 1 and 2 Physical Education and or Scientific Studies in the SACE.



SELECTION CRITERIA & APPLYING FOR HP TENNIS

Applicants who are considering applying for the High Performance Tennis Program must complete a HP Tennis Program Application Form and provide a Confidential Referee Statement (CRS).

These forms can be found on the [Seaview High School website](#).

Applicants must also complete and return the below paperwork as part of their application:

- Applicants must provide their two most recent school reports
- Applicants must provide written responses to the questions outlined on Page 5

Applicants will be required to attend a trial day in order for coaches to gauge game skills and fitness ability. Applicants will be advised of the date and time of this day after applications have closed.

The High Performance Tennis program accepts applications from both in-zone and out-of-zone students.

Please note that limited positions are available in the program each year.

HP TENNIS APPLICATION DUE DATES CAN BE FOUND ON OUR [WEBSITE](#).

As the High Performance Tennis program is a specialist program, students will incur a subject levy to cover specialist coaching, travel and equipment.

Students accepted into the High Performance Tennis Program are required to remain as an active member for a minimum 3-year period (unless exited due to not meeting the requirements of the probation process).

For more information about the HP Tennis Program, please visit the Seaview High School website under the [Learning tab](#).

Alternatively, you can email the school at dl.0893.info@schools.sa.edu.au



WRITTEN RESPONSES

(CHILD/ YOUNG PERSON TO
COMPLETE)

Applicants are to provide written responses to the below questions:

- What personal qualities will you bring to both the SHS and HP Tennis program?
- How would you describe yourself as a learner? For example how do you prefer to learn? How would your teachers describe you as a learner?
- What are you hoping to achieve as a member of the HP Tennis program during Years 7-12?
- What strategies will you use if you do not master a skill or a concept immediately?
- Any other information you would like the HP Tennis faculty to know about you.

These responses will be reviewed prior to the trial day.

On the trial day, applicants will meet in small groups with the HP Tennis Coordinator and HP Tennis coaches in an interview setting, to further discuss their responses and ask additional questions.

Please email your child/young person's written responses, along with your child's HP Tennis application form, CRS and two most recent school reports to dl.0893.info@schools.sa.edu.au

FACILITIES

AT SEAVIEW HIGH SCHOOL



GYMNASIUM

We are fortunate to have two Gymnasiums at Seaview High School.

PE1 is our larger Gym, which offers at any one time a full size Basketball/Netball court, x3 Volleyball courts or x6 Badminton courts.

PE2 is our small Gym which has a sprung floor and offers the function of a full size Volleyball court or x3 Badminton courts.



WEIGHTS ROOM

Our newly upgraded Weights Room is equipped with new, state-of-the-art cardio and weights equipment, purpose built floor, and recumbent exercise trainers.

The Weights Room is exclusively accessible to Special Interest Sports, HP Tennis and Seaview HPV Racing (Pedal Prix) students.



OUTDOOR COURTS

In 2023 we were delighted to open our new outdoor courts. This space offers at one time x4 Tennis courts or x2 Basketball/Netball courts.



OVAL

Our school oval is one of the largest school ovals in Adelaide.

We have a full size AFL Football Oval (same size field as Adelaide Oval) with new goal posts, x2 Touch Football fields and ample space for other activities/sports. We also have a fixed outdoor volleyball net for recreational use.



COMMUNITY LINKS

The High Performance Tennis program works in collaboration with a number of community organisations to support student learning. Some of these organisations include:



EXTRA-CURRICULAR SPORTING ACTIVITIES

STATEWIDE SCHOOLS COMPETITIONS (SSC)

Formally known as Knockout Sport. Any Seaview High School student can nominate to be considered for selection in a Statewide Schools Competition team.

Depending on the specific sport and expressed interest, a trial process may be required to select teams.

It is an expectation that HP Tennis students trial to represent Seaview High School in all Statewide Tennis competitions.

SOUTHERN ZONE SPORT (SZS)

Any Seaview High School student can participate in Southern Zone Sport.

The after school competition promotes participation and playing sport with friends.

SZS is a great opportunity to try a new sport, improve current skills and meet new people.

AND MORE...

In addition to the Statewide Schools Competitions and Southern Zone Sport, Seaview High School offers a wide range of Extracurricular Sporting Activities including the Glazbrook Shield (Staff vs Students Competition) and Seaview Carnivals (Volleyball, Touch Football and more).

For more information, please visit the [Seaview Sports Hub](#).

CONTACT DETAILS

SEAVIEW HIGH SCHOOL

Front Office

EMAIL ADDRESS

dl.0893.info@schools.sa.edu.au

PHONE NUMBER

(08) 8377 8000

PHOEBE ROBERTS

HPE, SIS & HP Tennis Coordinator

EMAIL ADDRESS

Phoebe.roberts282@schools.sa.edu.au

PHONE NUMBER

(08) 8377 8000

CLAYTON BLACKMORE-WELLS

Specialised Learning Programs Officer

EMAIL ADDRESS

Clayton.blackmorewells345@schools.sa.edu.au

PHONE NUMBER

(08) 8377 8000



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