

The *Reds* Rave

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HOD Report

Welcome to the 2021 edition of the "Reds Rave" newsletter. The Reds Rave allows us to connect with parents about the program's projects that underpin our core purpose of assisting students to **Rise Every Day Stronger**. I would like to take this opportunity to welcome Belinda McCormack (junior touch), Tia Kimber (girls soccer) and Nick Alidenes (boys soccer) to our REDS sports excellence program in 2021.

By now parents should have received a Development Report regarding their child's progress during Term 1. Please contact the Sports Excellence office if you did not receive this report. I encourage all parents to discuss the feedback contained in the reports with your child.

Upcoming Events:

- 2022 Year 6 into 7 applications close Friday 14 May
- 2022 Year 6 into 7 trials will be conducted on 8, 9, 11 and 15 June. Please check our website for application forms and the specific times for each sport's trial.

Initiatives:

Athlete Holistic Well Being –
www.pbcreds.com.au

The REDS now have their very own website dedicated to educating our student athletes on how to improve their **whole person Wellbeing**. Wellbeing involves feeling good, functioning well and feeling connected to world around us. Our partners, **Leaders of Evolution**, have developed our new website and digitalised our curriculum to provide students with wellbeing exercises that can assist them with improving their physical, psychological, emotional and social state.

Term 2 will see the launch of our first three modules **Sleep Like a Champion**, **Financial Wellbeing** and **Think Like a Champion – Growth Mindset**. A big shout to **Dan Alexander** from **LJ Hooker Palm Beach and Coolangatta** for their support and sponsorship of our Financial Wellbeing module.

Term 3 will see two more modules (**Think Like a Champion – Self Talk** and **Eat Like a Champion**) added to the website.

The modules have been developed using resources developed by Steve Johnson from the Wellbeing Science Institute. For more information visit wellbeingscienceinstitute.com

Thank you to our alumni in Abi Houston (Netball), Jesse Joyce (AFL), Tom Dearden (Rugby League), Abby King (touch football), Lizzie Forsyth (Surf league), Jye Gillard (Track), David Lonie (NFL) and Karla Gilbert (Surf League) who have shared their experiences as part of the video resources that make up the learning activities within each module. I would also like to publicly thank **Bec Schatz** and **Shiiké Vanderwerff** for all their work in the writing of their respective modules. Great job team.



Full Time Athlete Performance and Development Manager

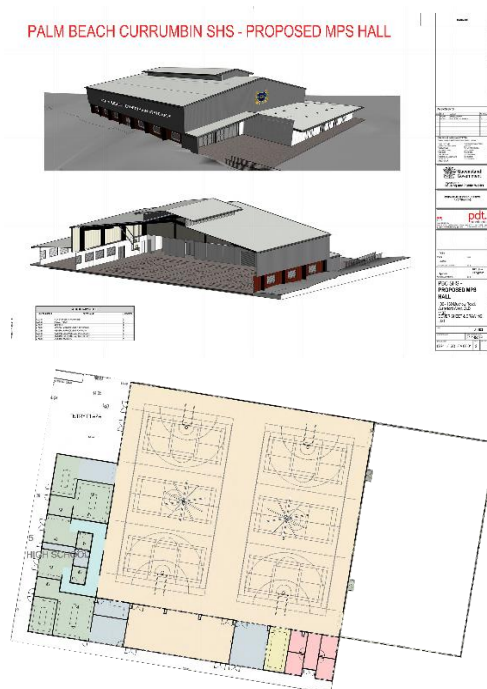
Welcome back after twelve months leave **Aaron Zimmerle** – our new Athlete Performance and Development Manager. Every sports excellence program now has the support of a specialist and highly qualified strength and condition coach.

Working closely with the SPX Head of Department and school physiotherapist, "Zimmo" will review our current practices to develop and implement best practice in the areas of strength and conditioning including long term athlete development (LTAD), sport science practices, student fitness programs and testing. He will liaise with Universities re the use of interns (exercise physiology students) as part of the program to ensure our gym sessions have low student / coach ratios so that proper techniques are prioritised.



New Indoor Sports Facility - \$10 million grant

The Queensland government has committed to the construction of an indoor sports centre at PBC. The centre will incorporate two indoor basketball / netball courts as well as male and female change rooms, a staff room, a medical room, two classrooms and retail office space for allied health services. The centre will be located adjacent to the existing tennis courts on the back oval.



Functional Movement Screenings - Inspire Physiotherapy

As part of the Long-Term Athlete Development (LTAD) program conducted for Year 7 to 9's PBC has once again employed the services of physiotherapist **Matt Fechner** from Inspire physiotherapy. Screening of students is already underway using an updated set of tests. Reports will be sent to parents outlining the results and any tailored exercise and rehab program that students may need to follow. Inspire Physiotherapy is located in our Tennis Club House facility. Bookings can be made at www.inspirephysiocentre.com.au



PBC Business Alliance

The Sports Excellence program would like to acknowledge and thank our new 2021 sponsors.

LJ Hooker Palm Beach and Coolangatta – Gold Partner of our new online Wellbeing Learning portal. www.palmbeachqld.ljhooker.com.au

Grip Star Socks – Silver Partner – providing free sock samples to our senior students and a PBC online discount for purchases.

www.gripstarsocks.com.au

Smile Street Dental and Implant Centre (Coolangatta and Murwillumbah) – Platinum Partner – who provided our sports excellence students with free professionally fitted mouthguards. www.smilestreet.com.au

Neil Mackay – Head of Department