



Sporting Excellence at Lyneham

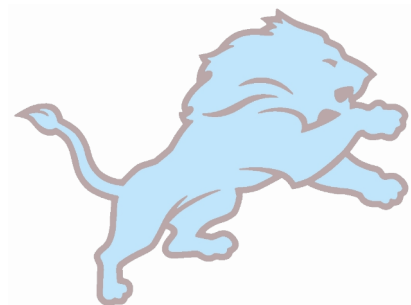
*A program for the development of Gifted & Talented young
sports people*

2019 SEAL Handbook

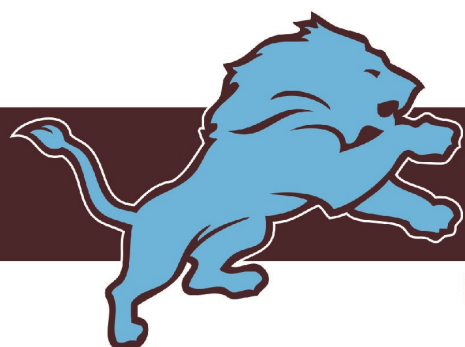


Commitment & Excellence

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S.E.A.L.
SPORTING EXCELLENCE AT LYNEHAM



INTRODUCTION & AIMS OF THE SEAL PROGRAM

Lyneham High School has a proud history of attracting, developing and extending student athletes who go on to realise their sporting goals and potential. The Sporting Excellence at Lyneham (SEAL) program targets students who have demonstrated achievement in their chosen sport through representative teams and the drive to succeed academically. The program provides the opportunity for student athletes to achieve academically while continuing their commitment to their chosen sport pathway. The SEAL program engages with specialist external coaches and agencies, in cooperation with the Physical Education staff, to maximise the development of students in their specialist areas of sport and training. The program is multi-faceted and provides opportunities to develop the whole athlete through the Education and Wellbeing program.



The program aims to:

- Provide a pathway allowing students to pursue their sporting potential. Specialist coaches are sourced to help reduce the gap between the student's abilities and potential in their chosen sport.
- Provide an environment where students can achieve academically whilst also continuing their commitment to their chosen sport by providing academic support and communication between students and teachers
- Equip SEAL students with the knowledge and cognitive ability to be successful throughout their sporting pathway. SEAL students participate in athlete wellbeing workshops including, but not limited to, goal setting, psychology or performance, injury prevention and rehabilitation and nutrition.



SEAL PROGRAM

HOLISTIC APPROACH

The SEAL program recognises student-athletes are in many phases of maturation both individually and in their sporting field during high school. The program provides options for student-athletes to continue to pursue their sporting potential while accessing holistic support. All student-athletes access the same academic support and education and wellbeing program. The three categories of the SEAL program allow flexibility with each student-athletes sporting goals in mind.

Students are placed in year level Health and Physical Education (HPE) classes with other SEAL students on the same line. Within their HPE class students will participate in SEAL Catch Up lessons, providing them the opportunity to catch up on missed class work, assessments or study time under the supervision of their HPE teacher. Students are required to utilise their SEAL diary to keep on top of their academic and school commitments. This is monitored during weekly SEAL Catch Up lessons.

TIMETABLING SEAL

Unless at the discretion of the SEAL Coordinators, all SEAL students are required to select their Health and Physical Education class to be on a predetermined line. In their HPE class, SEAL student athletes access SEAL Catch Up, Education and Wellbeing sessions, and the opportunity to engage in differentiated learning.

Depending on their sport and category, students will miss one to two lessons on their timetable per week for their training session. Due to the two-week nature of the Lyneham High School timetable, students will not miss the same class each week.



EDUCATION AND WELLBEING



The SEAL Education and Wellbeing program plays a pivotal role in the development and success of our student-athletes. Our focus is to develop the whole athlete through the provision of an environment where students can achieve academic excellence whilst also continuing their commitment to their chosen sport.

The SEAL program has a dedicated coordinator for the Education and Wellbeing program who provides opportunities for all student-athletes to participate in a variety of workshops and academic development opportunities.

ACADEMIC SUPPORT

SEAL students access weekly SEAL Catch-Up lessons where they are able to catch up on classwork missed while at SEAL training sessions, work on upcoming assignments or complete study for upcoming tests and exams. SEAL students are encouraged to have an open dialogue with their classroom teachers regarding their training sessions and other sports commitments and how they may affect their assessment schedule.

The SEAL Education and Wellbeing Coordinator is a point of contact for students who feel they are struggling with their academic load and require further assistance. The SEAL program assists all students in developing their time management skills.

WORKSHOPS

SEAL students participate in athlete wellbeing workshops throughout their time in the SEAL program. The SEAL team works really hard to build relationships with the sporting community so that students are exposed to a professional and diverse program that equips them with the knowledge and cognitive ability to be successful throughout their sporting pathway. The focus of these sessions can range from goal setting, training load, motivation, psychology of performance to injury prevention, recovery and rehabilitation.





The majority of SEAL student-athletes are enrolled in this category. Squad student-athletes receive coaching in their specific sport off campus, during school hours, delivered by specialist sourced coaches. Squads consist of students in years 7-10 and in most cases are mixed gender.

The goal of SEAL is to develop students individual skill base, knowledge and understanding of their sport.

They are not a team, however it is expected that all student-athletes represent Lyneham High School in their sport when the opportunity arises. Although SEAL is an individual skills development program, training is in a squad environment.

There are associated costs of being in the SEAL Squad program which covers the cost of coaching and venue hire. These are further discussed in the Associated Costs section.

Students are required to be on a representative pathway where applicable or be demonstrably equivalent to be eligible for the SEAL program. In some squads when trials are not viable, proof of commitment, current training schedule, approved personal bests, level of competition, coaches reference and handicaps are required to be considered for the program. All

SEAL squad coaches have relevant qualifications and up to date Working with Vulnerable People checks.

Sports currently included in the Squad category are:

- AFL
- Athletics (sprints, horizontal jumps and throws)
- Basketball
- Cricket
- Football/Futsal
- Hockey
- Netball
- Rugby League
- Strength and Conditioning
- Swimming
- Volleyball

Applicants to the SEAL Squad category are encouraged to ensure they are aware of the required [intake guidelines](#) for their sport.

SEAL INDIVIDUAL

The SEAL Individual category is designed to cater to students who:

- Fall under sporting areas not covered in our SEAL Squad category,
- Are on an elite pathway where they are achieving at a greater level than the squad coaching caters for
- Have their own private coach outside of school and a SEAL training session during school hours is used to alleviate after school training pressures

The individual category is not designed for student-athletes and coaches to add another training session to an already busy and demanding training schedule.

The Individual training program is organised in consultation between the student and parent/carer and the coach. The training schedule is communicated to the SEAL Coordinator, who coordinates the in-school procedures. Coaches must have relevant coaching qualifications and an up to date Working With Vulnerable People check. Payment for training sessions are arranged between the coach and the student-athlete's family.

In order to gain selection into the Individual category, students must provide documentation regarding level

of achievement, proof of commitment, training schedule, number of hours of training over a typical week, approved personal bests or handicaps, and a coaches reference. Applicants must also attend trials if the sport is catered for in the Squad program.

Some examples of sports represented in the Individual category are:

- Basketball
- Cycling
- Dance
- Diving
- Equestrian
- Golf
- Ice Dancing
- Gymnastics
- Mountain Biking
- Taekwondo
- Tennis

Applicants to the SEAL Individual category are encouraged to ensure they are aware of the required [intake guidelines](#).



SEAL STUDY

The SEAL Study category is designed for students who are:

- Recognised as being highly accomplished athletes,
- Completing all of their sport training outside of school hours
- Training and competing commitments are generally upwards of 18 hours per week.

This category is targeted at those students with a high intensity training and competition schedule who wish to access the academic support provided in the SEAL program and will benefit from the Education and Wellbeing program. Student-athletes who are undergoing serious injury rehabilitation (e.g. ACL Reconstructions) and were enrolled, pre-injury in the

Squad or Individual categories are placed into Study during their rehab period so they are able to access the required rehabilitation support and provide a smooth transition back into training.

In order to gain selection into the Study Category, students must provide documentation regarding level of achievement, training schedule, number of hours of training over a typical week, and a coaches reference.

Some examples of sports students are in the Study category are:

- Baseball
- Canoe Polo
- Cheerleading
- Dance
- Fencing
- Gymnastics
- Rock Climbing
- Taekwondo

Applicants to the SEAL Study category are encouraged to ensure they are aware of the required [intake guidelines](#).



ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Intake Process - Current Students

Current Lyneham High School students wishing to enrol into the SEAL program must ensure they follow the process outlined below.

1. Complete a SEAL Application form. This can be found on the Lyneham High School Sport Google Classroom during the open application phase.
2. Submit this application, along with any necessary documentation including a coach reference, training schedule and any other evidence that may support their application as outlined in the category descriptions.
3. Each application will be processed and students will be required to attend a trial during school hours.
 - For students applying for the Squad category,

they will be required to demonstrate a suitable ability with the expectation that they are of representative level or demonstrably equal to that of their current squad.

- For students applying for the Individual or Study category, they must meet the requirements as outlined in the category descriptions.

4. Students will be notified via email regarding their success and provided with more information regarding their placement in the SEAL program .

All SEAL applicants should note that a position in the SEAL program will impact their elective choices due to SEAL Health and Physical Education being on a predetermined line.



ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Intake Process - New Enrolments

Students who are not currently enrolled at Lyneham High School, but would like to apply to the SEAL program must first gain acceptance to the school. Once they have received their enrolment offer, they will then need to follow the application processes outlined for current students.

For more information on enrolling into Lyneham High School, please visit our website at www.lynehamhs.act.edu.au and follow the enrolment tab. You will find other useful links here with more information regarding enrolment processes and the [Education Directorates website](#).



Intake Process - Year 6

All students wishing to apply for the SEAL program for the following years year 7 intake will be asked to complete a 'Special Programs' application form which will be published on the Lyneham High School Website.

All applicants must ensure the following:

- An application for enrolment to Lyneham High School must be completed
- An application for the Special Programs at Lyneham High School must be completed
- All evidence required for your application must be submitted to the SEAL Coordinator prior to applications closing

Students who are successful in the application phase will progress to the trial phase for applicable sports.

Applicants will attend a trial session during school hours and must demonstrate suitable ability according to intake requirements. Students will be notified of their result during the school enrolment notification period.

ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Sport Intake Criteria - Squads

Sport/Program	Trial Required	Criteria
AFL	Yes	Currently playing in a club team and demonstrate the required AFL skills
Athletics	No	<ul style="list-style-type: none"> Must be an active member of a Little Athletics club or Australia Athletics Club A top 6 spot at Little Athletics ACT Championships, OR participated at Primary Schools National Championships or Primary Schools ACT Championships <p>Personal bests from official meets must be provided during the application process and traceable online.</p>
Basketball	Yes	Demonstrably equivalent to a Southern Junior League Division 1 Player
Cricket	Yes	Demonstrably equivalent to a Division 1 Player
Football & Futsal	Yes	Demonstrably equivalent to a Division 1/National Premier League player
Hockey	Yes	Demonstrably equivalent to a Division 1 player
Netball	Yes	Demonstrably equivalent to a Saturday Intermediate Division 1 player
Rugby League	Yes	Male: Demonstrably equivalent to a Division 1 player
Strength & Conditioning	No	<p><i>Year 9 and 10 only</i></p> <ul style="list-style-type: none"> Representing their sport at ACT level or higher Enhance current training load and representative goals, or Supplement injury recovery
Swimming	No	<ul style="list-style-type: none"> Active member of a swimming club Train more than 3 times per week Must be competing or wanting to compete in the near future <p>Personal bests from official meets must be provided during the application process</p>
Volleyball	Yes	<ul style="list-style-type: none"> Currently play in a club team or, Previous experience in primary school or demonstrably suitable skills and understanding of Volleyball

All squads welcome applicants of any gender and provide equal opportunities at all training sessions.

ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Sport Intake Criteria - Individual & Study

Sport/Program	Trial Required	Criteria
Cycling	No	<ul style="list-style-type: none"> Active member with a Cycling club Competing, or working towards competing at State/Territory or National level <p>Personal bests from official meets must be provided during the application process</p>
Dance & Ballet	No	<ul style="list-style-type: none"> At the discretion and under the consultation of Instructor and SEAL Team
Golf	No	<ul style="list-style-type: none"> Active member of a golf club Hold a Golf Australia Handicap Be playing Pennants for your club
Mountain Biking	No	<ul style="list-style-type: none"> Hold a current Mountain Biking Australia (MTBA) race licence Compete in formally organised competition series such as Rocky Trail, CORC Race Series (XC, Downhill or Enduro), MTBA National Championships Active member with a club or team (CORC, Dynamic Motivation, Ride Techniques or similar). <p>Personal bests from official meets must be provided during the</p>
Tennis	No	<ul style="list-style-type: none"> Participating in the tournament pathway Participating in the Junior Development Series
Individual	TBA	<p>If the sport applied for is listed prior, the requirements must be fulfilled including trialling if applicable. If it is not, please ensure the following are submitted upon application:</p> <ul style="list-style-type: none"> Coach reference letter listing the sporting attributes and achievements Documentation regarding level of achievement, training schedule Approved or official personal bests or handicaps
Study	TBA	<p>If the sport applied for is listed prior, the requirements must be fulfilled including trialling if applicable. If it is not, please ensure the following are submitted upon application:</p> <ul style="list-style-type: none"> Coach reference letter listing the sporting attributes and achievements Documentation regarding level of achievement Explicit documentation of training schedule including training hours over a typical week during season training and in competition preparation, competition hours and commitments Approved or official personal bests or handicaps

UNIFORM

SEAL students are expected to represent the program with pride, and therefore wear the appropriate SEAL uniform when required. All students are required to own a SEAL polo shirt, and all training athletes must own a SEAL training shirt. Swimmers must wear a SEAL swim cap. All student-athletes are expected to be in the correct uniform as they are representing Lyneham High School and the Sporting Excellence program. They must be identifiable in the community during school hours.

TRAINING SESSIONS

SEAL student-athletes must sign out from the school wearing their SEAL polo shirt and/or SEAL Hoodie. Once at training, they students must change into their training shirt. Swimmers must wear their SEAL swim cap.



SEAL EVENTS

SEAL student-athletes are expected to wear their SEAL polo shirt when attending any SEAL events including, but not limited to, induction sessions, excursion and education and wellbeing sessions.

OTHER ITEMS

The SEAL program offers additional, non-compulsory items for SEAL students. These include SEAL shorts, SEAL tracksuit pants and the SEAL Hoodie. All uniform items are available through our school uniform shop. Payments are made through the front office with cash, cheque or EFTPOS. Credit card payments are also accepted over the phone, and the use of the Quickweb internet transfer payment system is also available to make payments.

Please see the [school uniform information sheet](#) for prices.

Uniform Shop opening hours

Tuesday and Thursday: 8:30am - 10:30am (parents & students)

Wednesday: 11:05am - 11:30am (students only)

ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Associated Costs

The Sporting Excellence program requires a one year commitment from student-athletes and the SEAL budget for the year is calculated based on this.

All SEAL students are required to pay a \$20 levy annually to cover the various costs associated with the organisation of the SEAL program. The levy provides the opportunities for the program to run various Education and Wellbeing sessions, update SEAL Equipment, and cover other costs that arise during the year.

SEAL Squad training costs are also required to be paid. These funds are used to employ specialist coaches in each sport and hire quality venues for training sessions.

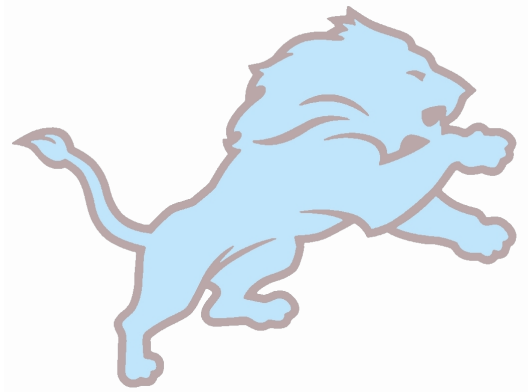
Parents should be aware that the SEAL program operates on a 'user-pays' system, where student-athletes cannot be permitted to commence SEAL until fees are paid. All squad fees are created by dividing the cost of the years sessions by the number of athletes in the squad, therefore are non-refundable should athletes withdraw from the program at any point during the year.

The cost of each squad varies and fluctuates each year depending on the number of students in the squad.

Parents should contact the SEAL Coordinator if they require financial assistance.



SEAL CODE OF CONDUCT



The aim of the SEAL program is to ensure that both sporting and academic excellence become achievable for every student by establishing balance. This is nurtured by providing extra time for study, guidance by elite coaches and teachers, and the flexibility for students to arrange programs to suit their individual needs.

The SEAL program is underpinned by the student-defined values of *Commitment* and *Excellence*. Student-athletes are expected to conduct themselves according to:

- Commitment to the SEAL program for one year, to their weekly training sessions, to their academics including application in class, submission of assignments and completion of any required homework or study,
- Working towards excellence in all actions they take, whether it is as an athlete, student or member of the community.

The program will only be successful, however, if the student takes responsibility for their education, their training and most importantly their behaviour and self-discipline. Just as this is important for students in SEAL, it is also important for all elite sports people. As the competition and training increases, so do the pressures.

As the program is dedicated to commitment and excellence, all SEAL Student athletes are expected to:

- Wear the SEAL uniform when signing in/out and at all training sessions. Failure to do so will result in a uniform breach notice.
- Attend all compulsory SEAL events including the Swimming Carnival, Athletics Carnival and Cross Country Carnival. Participation in events is not mandatory; however students must then assist on events.
- Participate in Lyneham High School Sport for their sport or discipline.
- Give 100% to all coaching sessions and ensure that while out in the community SEAL students are polite and helpful to all members of the public.
- Attend all SEAL training sessions as negotiated as part of the enrolled program. Non-attendance must be accounted for by a parent/guardian before the session.
- Seek out and catch up on all missed work while attending SEAL and/or other sporting commitments.
- Hand in all assessable items of work for all classes on time.
- Use study sessions effectively. Organise the work you need to do in SEAL catch-up prior to the session.
- Utilise the SEAL student-athlete academic diary to keep track of all SEAL sessions, sport trainings and all school work.
- Adhere to school rules at times. Failure to do so may result in a SEAL suspension or strike.

We understand that occasionally injury, illness and other commitments prevent students from attending their session. Students are required to advise the SEAL Coordinator in writing prior to the due session. If students miss sessions and do not provide a suitable explanation, they will be required to provide a note from home, with the possibility of a SEAL Strike being issued. It is the responsibility of the student to give 100% to all sessions as outlined in the SEAL Code of Conduct.

Any breach of the Code will result in disciplinary action by the SEAL Coordinator or SLC Health and Physical Education. Action may range from temporary withdrawal from SEAL coaching sessions to permanent suspension from the SEAL program itself. Actions are determined by the SEAL Coordinator, SLC Health and Physical Education and Coach, in liaison with parents and the Principal.

SPORTING EXCELLENCE APPLICATION TIMELINE



YEAR 7 2020 ENROLMENT

APPLICATIONS OPEN	May, 2019
APPLICATIONS CLOSE	May, 2019
SEAL TRIALS	June, 2019
ACCEPTANCE NOTIFIED	July-August, 2019

CURRENT STUDENTS – SEMESTER 2 INTAKE*

APPLICATIONS OPEN	May, 2019
APPLICATIONS CLOSE	May, 2019
SEAL TRIALS	June, 2019
ACCEPTANCE NOTIFIED	June, 2019
PLACEMENT BEGINS	Term 3, 2019

CURRENT STUDENTS – 2020 INTAKE

APPLICATIONS OPEN	August, 2019
APPLICATIONS CLOSE	September, 2019
SEAL TRIALS	October, 2019
ACCEPTANCE NOTIFIED	October, 2019
PLACEMENT BEGINS	Term 1, 2020

REFERENCE GUIDE AND IMPORTANT CONTACTS

LYNEHAM HIGH SCHOOL

PHONE NUMBER	(02) 6142 1176
WEBSITE	www.lynehamhs.act.edu.au
EMAIL	Lyneham.HS@ed.act.edu.au
PRINCIPAL	Rob Emanuel Rob.Emanuel@ed.act.edu.au
DEPUTY PRINCIPAL (STUDENTS)	Julie Collins Julie.Collins@ed.act.edu.au
EXECUTIVE ASSISTANT TO THE PRINCIPAL	Anthony Burgess Anthony.Burgess@ed.act.edu.au

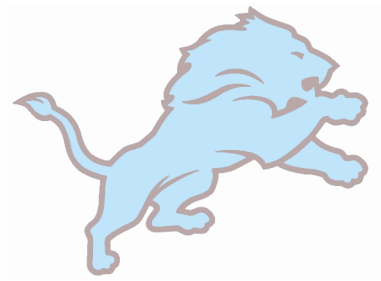


SPORTING EXCELLENCE PROGRAM CONTACTS

SEAL PROGRAM COORDINATOR	Tiahna Junakovic Tiahna.Junakovic@ed.act.edu.au (02) 6142 1184
SEAL EDUCATION & WELLBEING COORDINATOR	Kate Davoren Kate.Davoren@ed.act.edu.au (02) 6142 1184
HEALTH AND PHYSICAL EDUCATION EXECUTIVE	Lisa Price Lisa.Price@ed.act.edu.au (02) 6142 1184



FREQUENTLY ASKED QUESTIONS



Q. My child lives out of the Priority Enrolment Area (PEA), can I still apply to the SEAL program?

A. Yes, you can still apply for the SEAL program. You must ensure you apply for Lyneham High School during the enrolment period. Applicants that have not applied for enrolment at Lyneham High School will not be considered.

Q. My child missed the application due date, can they apply any time during the year?

A. No. Students can only apply for SEAL when applications open. For some Squads there may be an opportunity to apply mid-semester depending on numbers. This will be advertised in the student notices in term 2. Applications open for the following year in term 3.

Q. My child is not in a representative team. Can they still apply?

A. Yes. Any interested students are strongly encouraged to apply. Please refer to the intake guidelines for your sport.

Q. How many sports can my child apply for?

A. A maximum of two sports can be applied for. If applications and trials are successful in both sports, your child will be placed in the sport listed as first preference. Please take this into consideration during your application. You will need to submit one application per sport.

Q. We received an offer to trial, however will be away during the trial period. Can we reschedule?

A. No. Trials are scheduled to fit with our current SEAL timetable, coach availability and the tight enrolment timeline.

Q. My child is a bit nervous about trialling. What would you suggest?

A. Nervousness is a part of life and all children should be encouraged to pursue their dreams and not be put off by feeling uncomfortable. We suggest that you remind your child that their worth as an athlete and person is not determined by the outcome of their trial, and to enjoy the process and utilise it as a learning experience.

Q. What if my child is notified that they did not meet the required standard? Can they reapply in future?

A. It is always disappointing when we do not achieve things that we had hoped we would. Your child is welcome to reapply in the next intake, assuming they are a student at Lyneham High School.

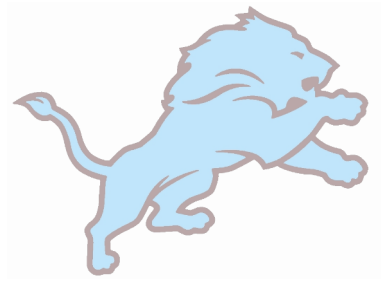
Q. Can I change sports mid-year?

A. No. Due to students committing to the program for one year, they are required to stay in that Squad/ category they have committed to. They can request to change Squads/ categories in term 3 for the following year. However, they will be required to submit specific information regarding their new sport and participate in the trials.

Q. What do we do if my child wishes to withdraw from the program mid-way through the year?

A. It is always disappointing to see SEAL students leave our program. You will contact the SEAL Coordinator who will provide you with a withdrawal form which will need to be returned before your child is exited.

FREQUENTLY ASKED QUESTIONS



Q. If my child withdraws from the program mid-way through the year, am I still required to pay the coaching fee?

A. Yes. The budget for each Squad is created for the full year based on the number of students in the program.

Q. Where do students sign out and in?

A. Students are required to meet at the front office at the time of their sign out. They leave as a squad and return as a squad through the front office. The SEAL Captain is required to let the front office know the squad is signing out. They return from their session via the front office and return to class.

Q. Who do I notify if my child can not attend their training session?

A. You will notify the SEAL Coordinator via email, phone or written note. It is required that this is done, where possible, the day before their training session. Notification of nonattendance is a compulsory requirement according to the school attendance policy. SEAL specialist coaches are experienced in their sports and are able to include injured athletes and/or support them with any short-term injury rehabilitation that is required. We encourage injured students-athletes to still attend SEAL sessions to get the most out of their training opportunity.

Q. Do I get a refund if my child misses a SEAL training session?

A. No, there are no refunds as SEAL is not a pay per session program. The budget for each Squad is created for the full year based on the number of students in the program.

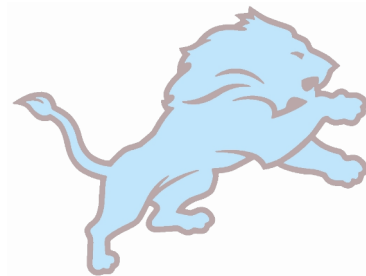
Q. What happens if a student is not wearing their uniform at training sessions?

A. It is a requirement for SEAL students to wear their SEAL training shirts whilst at their training sessions. This applies to Squad and Individual students with the exception of sports who require specialised clothing e.g. swimming, golf, karate. Golfers will be required to wear their SEAL polo shirt. Failure to wear the uniform will result in a breach notice being issued and on the next occasion a SEAL Strike will be issued. Wearing the uniform is a requirement as students are in the community during school hours and must be identified as being Lyneham High School students. For more information on the uniform requirements in ACT Public Schools, please follow this link to the Dress Standards & Colour Codes in Public Schools policy.

Q. How do class room teachers know they have SEAL students in their class? And how do students access their missed class work?

A. A full list of SEAL students and their sports is available to all Lyneham High School staff through the online School Administration System. The System (Sentral) automatically generates into each teachers roll if a student-athlete is on approved leave due to SEAL, or is required to sign out or in mid-way through their lesson. Teachers are encouraged to place class work onto their classes Google Classroom for SEAL students to access. Students are also encouraged to be responsible for the work they have missed and arrange a time with their teacher to discuss the work they need to catch up on. It is important to contact the SEAL Coordinator if your child is going to be away for an extended period of time due to sporting commitments so they can ask teachers to send any work home. This also includes informing the SEAL Coordinator of heavy training blocks where your child may need academic support.

FREQUENTLY ASKED QUESTIONS



Q. How does my child catch up on missed class work?

A. Students are provided with one catch up lesson a week in their HPE class. Students are expected to organise their work and communicate with their teachers to access missed work. Teachers are encouraged to place class work onto their Google Classroom page.

Q. My child is falling behind in their school work, how do I know what they've been catching up on?

A. During each catch up lesson students fill in a log on Google Classroom of work they are completing. You can contact their HPE teacher to find out what work they are completing.

Q. How many lessons will my child miss due to being in SEAL?

A. This will depend on what category and sport they are in. Individual students are able to organise their sessions according to their timetable, so the classes missed are determined by the student-athlete and parent. Most squad training sessions are one hour in length and students walk to and from the venue or catch public transport. In most cases students will miss up to two lessons each training session. Due to the 10 day timetable, it is unlikely students will miss the same classes each week.

Q. My child does not want to be in the SEAL HPE class as it clashes with an elective. Can they choose the elective and still be in SEAL?

A. No. Committing to the SEAL program requires students to be in a specific SEAL HPE class in order to access catch up lessons and to access the wellbeing sessions that occur throughout the year during HPE classes. These classes are on predetermined lines and are advised during the elective selection process.

Q. What happens if a SEAL student's behaviour is not in line with the Code of Conduct?

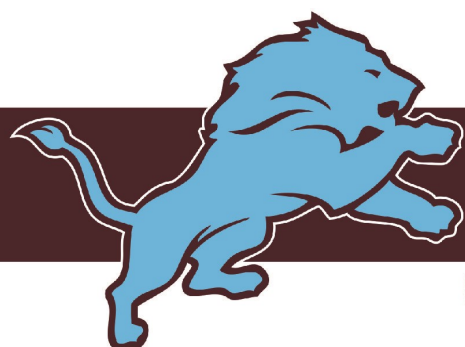
A. The SEAL Coordinator will hold an interview with the student and email their teachers a form to complete which will provide a snap-shot of how the student is progressing in their classes. If the feedback from their teachers is not what is expected they will receive a SEAL Strike. SEAL Strikes are also given to students if they are not behaving to the expected level at their training sessions. Three SEAL Strikes in the year jeopardises the student's placement in the program. Parents/carers will be notified of poor behaviour.

Q. How is SEAL information communicated?

A. Information is communicated to students predominately via the SEAL Google Classroom or through their HPE teacher. Information to parents/carers is communicated predominately via email and phone calls. The school newsletter also contains information about the SEAL program. Student-athletes are to ensure they have notifications for the SEAL Google Classroom enabled so they do not miss important information.

Q. Does the SEAL Squad participate in competitions as a team?

A. No. The goal of the squad program is to develop students' individual skill base, knowledge and understanding of their sport in a squad environment. They are not a team. It is a requirement of SEAL Students to participate in and represent Lyneham High School in School Sport when the opportunity arises.



S.E.A.L.

SPORTING EXCELLENCE AT LYNEHAM



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