



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

2019 SEAL Handbook



Commitment & Excellence

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Care Quality Creativity

1. Quick Reference Guide & Contacts

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SEAL Application Form - New Students To be finalised

SEAL Application Form - Current Students	https://goo.gl/forms/9k0ip6RZXhXbHA7G3
LHS enrolment information	www.lynehamhs.act.edu.au/enrolments2/enrolments
Education Directorate (enrolment information)	www.det.act.gov.au/school_education/enrolling_in_an_act_public_school
Dress Standards & Colour Codes in Public Schools policy	http://www.det.act.gov.au/_data/assets/pdf_file/0009/697752/Dress-Standards-and-Colour-Codes-in-Public-Schools-2010-updated.pdf.pdf





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.

1. Aims of the Program

- ◆ 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 their teachers.
- ◆ To equip SEAL students with the knowledge and cognitive ability to be successful throughout their sporting pathway. SEAL students participate in athlete wellbeing workshops including goal setting, dealing with setbacks, injury prevention and rehabilitation and nutrition.





3. SEAL Program & Categories

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 allow flexibility with each student-athlete's sporting goals in mind.

Students are placed into year level Health & Physical Education (HPE) classes with other SEAL students on the same line. Within their HPE class students will participate in SEAL catch up lessons which provide them with 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 academics. This diary must be brought to all SEAL Catch up sessions and given to their HPE teacher to aid in academic planning.



3.1 Squad

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 from 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 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 [8. Associated Costs](#).

Sports currently included in the Squad category are:

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

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

For more information regarding the [intake guidelines](#), please refer to 4.1— 4.3.



3.2 Individual

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

1. Fall under sporting areas not covered by our list of SEAL squad sessions,
2. Are on an elite pathway where they are achieving at a greater level than the squad coaching is catering for,
3. 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 students 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. Payments of training sessions are arranged between the coach and student and parent/carers.

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/handicaps and a coaches reference.

Some examples of sports the students are in the Individual category for are:

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

For more information regarding the [intake guidelines](#), please refer to 4.1— 4.3.



3.3 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 who require academic support due to their training and competition schedule, and wish to access the education and wellbeing facet of the program. Student-athletes who are undergoing serious injury rehabilitation (e.g. ACL Reconstructions) and were pre-injury enrolled in the Squad or Individual categories are placed into Study during their rehab period so they are able to access required rehabilitation support.

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 the students are in the Study category for are:

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

For more information regarding the [intake guidelines](#), please refer to 4.1— 4.3.



4.1 Intake guidelines—Current LHS students

Current LHS students wishing to enrol into the SEAL program must follow the below process:

1. Complete an application form which is available from the Lyneham High School Sport Google Classroom. Applications open during Term 3 for the following years intake. Applications for some Squad programs, Individual and Study may also open in term 2 for the following semester depending on Squad sizes.
2. Students will submit this application form along with any necessary documentation including a coach reference, training schedule and any other evidence which will support their application as outlined in the category descriptions.
3. Each application will be processed and students will be required to attend a SEAL training session of the sport they have applied for as part of their trial.
 - For students applying for the Squad program, they will be required to demonstrate a suitable ability with the expectation that they are of a representative level or demonstrably equal to that of the current squad.
 - For students applying for Individual or Study, they must meet the requirements as outlined in [3.2](#) and [3.3](#).
4. Students will be notified if they have been successful or unsuccessful and will be provided with more information regarding their placement in the SEAL program.



4.2 Intake guidelines—New enrolments (excluding year 6)

Students who are not enrolled in LHS, but would like to apply to the SEAL program must first gain acceptance into the school. Once they have received their acceptance letter or confirmation from the school, you will then follow the application process as outlined in [4.1](#).

The following information is extracted from our school website:

Students may be enrolled into Year 7 to Year 10 in accordance with the ACT Education Directorate Enrolment Policy if there are vacancies. Proof of residential address is required for all students enrolling in Lyneham High School, along with other information as listed in the checklist below.

Each ACT public school gives priority to the enrolment of children living in its Priority Enrolment Area (PEA). ACT public schools are non-selective. If a school has capacity available after placing all students from its PEA and making appropriate provisions for students who move into the PEA during the year and for future growth, it may be able to offer places to students who live outside the PEA.

For more information on enrolling to LHS, please visit our website at www.lynehamhs.act.edu.au and follow the enrolment tab. You will also find other useful links here with more information regarding the enrolment process and the Education Directorate's website.



4.3 Intake guidelines—Year 6 students

Students wishing to apply for the SEAL program for the following years year 7 intake will be asked to complete an application form which will be published on the schools website.

The following procedure will take place:

1. Apply for enrolment at Lyneham High School during the ACT Public Schools enrolment period.
2. Complete an application form available on the Lyneham High School website under 'Our School' > 'Special Programs'.
3. Students will submit this application form along with any necessary documentation including the most recent school report, coach reference, training schedule and any other evidence which will support their application as per category requirements.
4. Each application will be processed and applicants will be notified to attend a SEAL trial session of the sport they have applied for. These will be published on the schools website and you will also receive an email from the SEAL Coordinator with the date, time and venues for these trials. The trials will be conducted by our current SEAL coaches and selections will be made by the SEAL Coordinator and other relevant teachers at LHS in conjunction with the coach.
 - For students applying for the Squad program, they will be required to demonstrate a suitable ability with the expectation that they are of a representative level or demonstrably equal to that of the current squad.
 - Some Squads do not have trials, but have specific criteria students must meet.
 - For students applying for Individual or Study, they must meet the requirements as outlined in [3.2](#) and [3.3](#).
4. Students will be notified if they have been successful or unsuccessful in obtaining acceptance into the school. If successful, they will then be notified if they have gained acceptance into the SEAL program.

Please refer to the [important dates](#) section of this booklet for the timeline for applications for both school and SEAL.



4.4 Sport Criteria

Sport/Program	Trial	Criteria
AFL	Yes	Currently playing in a club team and demonstrate the required AFL skills to a high standard
Athletics	No	<ul style="list-style-type: none"> • Must be an active member of a Little A's club or Australia Athletics Club • Competing at Little A's ACT Championships or a top 6 spot at Little A's Regional Championships or participated at Primary Schools National Championships or Primary Schools ACT Championships • Submit requirements as per 3.2
Basketball	Yes	Demonstrably equivalent to a Southern Junior League Division 1 player
Cricket	Yes	Demonstrably equivalent to a Division 1 player
Futsal/Football	Yes	Demonstrably equivalent to a Division 1/National Premier League player
Golf	No	<ul style="list-style-type: none"> • Active member of a golf club • Hold a Golf Australia Handicap • Be playing in Pennants for your club
Hockey	Yes	Demonstrably equivalent to a Division 1 player
Netball	Yes	Demonstrably equivalent to a Saturday Intermediate Division 1 (or club's highest entered division) player
Rugby League	Yes	Demonstrably equivalent to a Division 1 player (male) Developing skills and interest for participation and competition (female)
Swimming	No	<ul style="list-style-type: none"> • Must be an active member of a swimming club • Train more than 3 times per week • Must be competing or wanting to compete in the near future
Tennis	TBA	<ul style="list-style-type: none"> • Participating in the tournament pathway • Participating in the Junior Development Series
Volleyball	Yes	Currently play in a club team or demonstrate suitable skills and an understanding of volleyball to a high standard
Individual	TBA	If the sport applied for is listed, trialling is required. If it is not, the requirements listed in 3.2 must be fulfilled.
Study	No	If the sport applied for is listed, trialling is required. If it is not, the requirements listed in 2.3 must be fulfilled.



5. How does SEAL look on the timetable?

Where possible, all SEAL students are required to select their Health and Physical Education class to be on a predetermined line. In their HPE class, student-athletes participate in SEAL Catch Up lessons, providing them with the opportunity to catch up on missed class work, assessments, or other study time under the supervision of their HPE teacher. This time is also utilised for Education and Wellbeing sessions where required.

Depending on their sport, students miss one to two lessons on their timetable per week for their training session (squad and individual). Due to the two-week nature of the timetable, students will not miss the same classes each week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5	6	7	8	9	10
Home Group 8:53 - 9:05										
Period 1 9:05 - 10:03	1 Year 8 SEAL	6	4 Year 7 SEAL	2	7	ASSEMBLY	2	7	5 Year 9 & 10 SEAL	3
Period 2 10:03 - 11:01	2	7	5 Year 9 & 10 SEAL	3	1 Year 8 SEAL	5 Year 9 & 10 SEAL	3	1 Year 8 SEAL	6	4 Year 7 SEAL
Recess										
Period 3 11:26 - 12:24	3	1 Year 8 SEAL	6	4 Year 7 SEAL	2	6	4 Year 7 SEAL	2	7	5 Year 9 & 10 SEAL
Period 4 12:24 - 1:22	4 Year 7 SEAL	2	7	5 Year 9 & 10 SEAL	3	7	5 Year 9 & 10 SEAL	3	1 Year 8 SEAL	6
Lunch										
Period 5 2:07 - 3:05	5 Year 9 & 10 SEAL	3	1 Year 8 SEAL	6	4 Year 7 SEAL	1 Year 8 SEAL	6	4 Year 7 SEAL	2	7

2018 SEAL Squad Session Times

Sport	Training Day	Training Time	Venue	Transport
AFL	Friday	9.30am—11am	Ainslie Oval	Walk
Athletics	Tuesday	1.45pm—3.05pm	Dickson Oval	Walk
Basketball	Wednesday	2pm—3pm	Belconnen Basketball Stadium	Action Bus
Cricket	Friday	1:45pm-2:45pm	Kaleen Indoor Sports	Action Bus
Futsal/Football	Thursday	9.30am—11am	Netball Centre & Southwell Park	Walk
Hockey	Thursday	2pm—3pm	National Hockey Centre	Walk
Netball	Thursday	9.30am—10.30am	Netball Centre	Walk
Rugby League	Friday	9.30am—10.30am	Southwell Park	Walk
Swimming	Thursday	2pm—3pm	Gungahlin Leisure Centre	Action Bus
Volleyball	Tuesday	2pm—3pm	National Hockey Centre	Walk

6. SEAL 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.

Education and Wellbeing Workshops

SEAL students participate in athlete-wellbeing workshops throughout their time at Lyneham High School. 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, dealing with setbacks to injury prevention and performance enhancing drugs.

Academic Support

Through their Health and Physical Education classes, each SEAL student-athlete accesses weekly SEAL catch-up sessions where they are able to catch up on classwork missed while at SEAL, 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 may require further assistance. The SEAL program assists all student-athletes to develop their time management skills in regards to their academic and sporting load.



7. Uniform

SEAL students are required to wear the SEAL uniform. Purchasing a SEAL polo shirt is compulsory and for most SEAL sports, a training shirt is also compulsory. The exception to this rule is swimming and some other sports when wearing the SEAL training shirt is not practical.

Squad and Individual students are to wear the training shirts when at their training sessions as they are representing LHS and SEAL and must be identified in the community during school hours.

Uniforms are available through the school canteen. 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.

- SEAL Polo shirt
- SEAL Training shirt (T-Shirt)
- SEAL Shorts
- SEAL Hoodie
- SEAL Tracksuit pants



Uniform Shop opening hours

Tuesday and Thursday 8.30am – 10.30am (parents & students)

Monday 11:00am – 11:30am (students only)

8. Associated Costs

1. SEAL Levy

A \$20 annual payment to cover various costs associated with the organisation of the SEAL program is owed. The levy provides the program to run wellbeing sessions and update SEAL equipment and other costs which arise throughout the year.

2. Training Costs (Squad)

An additional payment to cover coaching sessions is required. This covers a period of 24 training sessions where the school employs specialist coaches and/or hires venues for SEAL students and the training sessions.

SEAL requires a 1 year commitment and each Squad budget is created by dividing the total cost of the 24 sessions by the number of students in each squad. Should a student withdraw from the program mid-year, this training cost is still required in order to make our payments to the coach and venue. Students and parents/carers are encouraged to strongly consider their place in the program before making the 1 year commitment.

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.



9. 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 students 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.

10. Important dates and links

2019/20 Important dates

SEAL 2019 commences	Term 1, Week 3, 2019
Swimming Carnival	Term 1, Week 2, Thursday 14th February
Athletics Carnival	Term 1
Running Festival	Term 2
LHS information night	Term 2, date to be confirmed
SEAL information night	Term 2, date to be confirmed
SEAL Applications year 7 2020 close	Term 2 , date to be confirmed
School Offer of Enrolments year 7 2020	Term 2, date to be confirmed
Invitation to trial year 7 2020 emailed	Term 2, date to be confirmed
Trials year 7 2020	Term 3, Week 2, days & times TBA
SEAL applications current students for 2020 open	Term 3, Week 5
SEAL applications current students for 2020 close	Term 3, Week 6
SEAL 2020 trials—current students	Term 3, Week 6 and/or 7
SEAL 2020 placement notification - current students	Term 3, Week 10
SEAL continuation forms for 2020 due	Term 4, Week 4
Finalisation of 2020 SEAL program	Term 4, Week 5
SEAL 2020 commences	Term 1, Week 3, 2020

Current students interested in applying for SEAL are advised to ensure they are on the Lyneham High School Sport Google Classroom and pay close attention to the daily notices so they do not miss application open and close.

Applications will not be considered outside of this timeline.



11. 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.

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 non-attendance 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 (SAS/Sentral) automatically generates into each teachers roll if a student-athlete is absent 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.

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.





While every care has been taken in the preparation of the information in this handbook,
Lyneham High School reserves the right to change any of the details contained herein.