Sporting Excellence at Lyneham

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

2025 SEAL Handbook

Commitment & Excellence

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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 student-athletes with the opportunity 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 students' development 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. Sourced specialist coaches, support student-athletes to develop their abilities and reach their 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 maturation phases, 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 complete 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 with the opportunity to catch up on missed classwork, assessments, or study time under their HPE teacher's supervision. Students are encouraged to utilise a diary to keep on top of their academic and sporting commitments. Teachers can assist students with this during weekly SEAL Catch-Up lessons.

TIMETABLING SEAL

Unless at the discretion of the SEAL Coordinators, all SEAL students must 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 Lyneham High School fortnightly 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 by providing 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 that provides opportunities for all student-athletes to participate in various workshops and academic development opportunities.

ACADEMIC SUPPORT

SEAL students access weekly SEAL Catch-Up lessons where they can 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 struggle 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 hard to build relationships with the sporting community so that students experience a professional and diverse program that equips them with the knowledge and cognitive ability to be successful throughout their sporting pathway. These sessions' focus can range from goal setting, training load, motivation, performance psychology to injury prevention, recovery, and rehabilitation.

STRENGTH & CONDITIONING

The SEAL Program has partnered with the University of Canberra FitX/UCSport Athletic Performance Program to provide athletes an introduction to the importance of strength & conditioning and the opportunity to develop their strength to support their bodies during growth and development, and aid in injury prevention. Previously, our SEAL students were introduced to strength & conditioning (S&C) through an Education and Wellbeing visit to the AIS ACTAS gym and targeted physio-led sessions, however we have now expanded the program to be delivered throughout the whole year to our year 7/8 student-athletes and have developed a 9/10 Squad. The program is headed by Nick Ball [Course convenor Master of Strength and Conditioning, Associate Professor for Faculty of Health and UC Research Institute for Sport and Exercise (RISE)], and John Stelzer (Manager of the UC Sports and Fitness Centre). Together this team has a wealth of knowledge, experience and expertise including working with the Canberra Capitals, Canberra Demons and Canberra Cannons as well as their current academic roles. Nick and John will be working with university students who are studying a Masters of S&C to refine and develop their craft in Exercise Science and Strength & Conditioning coaching. They have a passion for developing young athletes and look forward to taking charge of program construction, ensuring individualised instruction for our student-athletes in a small group environment.

YEAR 7 & 8

Every year 7 and 8 student-athlete will access the SEAL x UCSport Athletic Performance Program through a 6 weekly session per term in the Lyneham High School Gym. Student-athletes will be taken through a 'Learn to Lift' scaffolded program that will take into consideration the Long Term Athletic Development of each individual. These sessions will run prior to the beginning of the school day, and will be supervised by LHS Staff, with S&C Coaches present.

YEAR 9 & 10

Student-athletes in years 9 and 10 are able to apply to be a part of the Strength & Conditioning squad, which would replace their current Squad or Individual training sessions, weekly at the UCFit Gym in Bruce. Student-athletes will follow a similar 'Learn to Lift' program as the year 7 and 8's, however will progress quicker based on their developmental and training ages. They will be taken through an individualised program that can be adjusted to suit injury and recovery needs if required. Student-athletes can apply for the Strength & Conditioning squad during the SEAL intake periods as outlined on page 17.

SEAL SQUAD

The majority of SEAL student-athletes enrol in this category. Squad student-athletes receive coaching in their specific sport off-campus, delivered by specialist sourced coaches during school hours. 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. Squad student-athletes are not a team; however, expectations are that all student-athletes trial to represent Lyneham High School in their sport when the opportunity arises. Although training is in a squad environment, SEAL is an individual skill development program and will focus on this during sessions.

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

Students must be on a representative pathway where applicable or demonstrably equivalent to be eligible for the SEAL program. When trials are not viable in some squads, proof of commitment, current training schedule, approved personal bests, level of competition, coaches reference, and handicaps are required for consideration or inclusion in 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 (Year 9 & 10 Squad)

· Volleyball

Applicants to the SEAL Squad category are encouraged to ensure they are aware of their sport's required intake guidelines.

SEAL INDIVIDUAL

The SEAL Individual category caters to students who:

· Fall under sporting areas not covered in our SEAL Squad category; or

· Are on an elite pathway where they are achieving greater than the squad coaching caters for; and

· Have a private coach outside of school and a SEAL training session during school hours alleviates 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. Consultation between the student and parent/carer and the coach organises the Individual training program. Communication of the training schedule goes 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. The coach and the student-athlete family arrange payment for training sessions privately.

To gain selection into the Individual category, students must provide documentation regarding 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 Squad program caters for the sport.

Some examples of sports represented in the Individual category are:

· Badminton

· 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 12-16 hours per week.

This category targets those students with a high-intensity training and competition schedule who wish to access the SEAL program's academic support and benefit from the Education and Wellbeing program. Seriously injured student-athletes enrolled in the Squad or Individual categories, move into Study during their rehabilitation to access the necessary support and provide a smooth transition back into training.

To gain selection into the Study category, students must provide documentation regarding achievements, 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

· Cheerleading

· Dance

· Fencing

· Gymnastics

· Rock Climbing

· Taekwondo

· Tennis

Applicants to the SEAL Study category are encouraged to ensure they are aware of the required intake guidelines.

ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Application Process

All students wishing to apply for the SEAL program should ensure they are aware of the next available intake period, as outlined in the Important Dates.

For **current Lyneham High School students**, the application form can be found on the School Sport Google Classroom during the intake period.

For **prospective year 7 students** (currently year 6), the application for SEAL is found within the Special Programs application for the Band and SEAL programs.

For **new enrolments** (not currently year 6) to the school, you are encouraged to mention your interest in the program during your enrolment interview. Depending on the proximity to the next application intake, you may be directed to an application form.

All applications are processed and assessed by the SEAL Team after the closing date.

Following this, applicants who progress to trial will be notified details via email.

Prior to applying, please ensure the applicant meets the sports intake criteria for their sport.

ACCESS TO THE SPORTING EXCELLENCE PROGRAM

Supporting Documentation

All prospective student athletes must supply supporting documentation to substantiate all claims made within their application.

For any application to be considered, a Coach Reference letter is compulsory supporting documentation. The coach reference letter should align with the applicants responses to the questions in the Athlete Background section, including but not limited to, information regarding the applicants sporting contributions, attributes and representative success. It should also address any pertinent information regarding their skills and training ethic. Coaches are welcome to utilise the template that can be found here.

For applications to Athletics, Swimming, Cycling and Mountain Biking, personal bests from official meets must be provided. These can be collated in any form but must be traceable. For all other sports, particularly those not mentioned above or in the Intake Criteria, any further documentation regarding the level of achievement or training schedules is welcomed.

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 to a high standard
Athletics	No	• 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 Personal bests from official meets must be provided during the application process and traceable online.
Basketball	Yes	Demonstrably equivalent to a Junior Premier League player/ Division 1
Cricket	Yes	Demonstrably equivalent to a Stage 3 player (Formally Division 1)
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 Junior Division 1/Junior Representative Team player for age group
Rugby League	Yes	Male: Demonstrably equivalent to a Division 1 player Female: Developing skills an interest for participation and competition
Strength & Conditioning	No	*Year 9 and 10 only* • Representing their sport at ACT level or higher • Enhance current training load and representative goals, or Supplement injury recovery
Swimming	No	• Active member of a swimming club • Train more than 3 times per week • Must be competing or wanting to compete in the near future Personal bests from official meets must be provided during the application process
Volleyball	Yes	• 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	• Active member with a Cycling club • Competing, or working towards competing at State/Territory or National level Personal bests from official meets must be provided during the application process
Dance & Ballet	No	• At the discretion and under the consultation of Instructor and SEAL Team
Golf	No	• Active member of a golf club • Hold a Golf Australia Handicap • Be playing Pennants for your club
Mountain Biking	No	• 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). Personal bests from official meets must be provided during the application process
Tennis	No	• Participating in the tournament pathway • Participating in the Junior Development Series • Has an Australian Ranking
Individual	TBA	• If the sport applied for is listed prior, the requirements must be fulfilled, including trialling if applicable. If it is not, please ensure you submit the following upon application: · Coach reference letter listing the sporting attributes and achievements · Documentation regarding the level of achievement, training schedule · Approved or official personal bests or handicaps
Study	TBA	• If the sport applied for is listed prior, the requirements must be fulfilled, including trialling if applicable. If it is not, please ensure you submit the following upon application: · Coach reference letter listing the sporting attributes and achievements · Documentation regarding the 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

The expectation is that SEAL students will represent the program with pride and wear the appropriate SEAL uniform when required. All students must own a SEAL polo shirt, and all training athletes must own a SEAL training shirt. Swimmers must wear a SEAL swim cap. As they represent Lyneham High School and the Sporting Excellence program, all student-athletes must be in the correct uniform to 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, the students must change into their training shirt. Swimmers must wear their SEAL swim cap. Athletics and Cricket Squads are to wear their SEAL Training shirt to their session.

SEAL EVENTS

The expectation is that SEAL student-athletes 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 an additional, non-compulsory item for SEAL students. This is the SEAL Hoodie. All uniform items are available through our school uniform shop. The Front Office accepts payments via cash, cheque or EFTPOS. They can accept credit card payments over the phone, and 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 - 9:30am parents & 8:50am students

Thursday: 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.

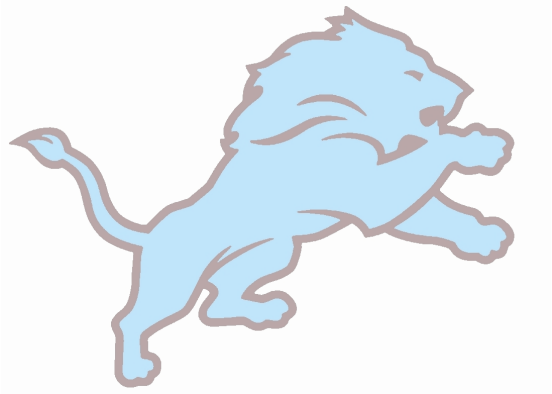
All SEAL students must pay a $20 contribution annually to cover the SEAL program's various costs. The levy provides opportunities for the program to run various Education and Wellbeing sessions, update SEAL Equipment, and cover other expenses that arise during the year.

Payments for SEAL Squad training costs are also required. These funds 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 commence SEAL training until making payment of the training fees. All squad fees are created by dividing the year's sessions' cost by the number of athletes in the squad, therefore are non-refundable should athletes withdraw from the program at any point during the year.

Each squad's cost 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.

There is an additional cost for year 7 and 8 Strength & Conditioning.

SEAL CODE OF CONDUCT



The aim of the SEAL program is to ensure that both sporting and academic excellence becomes achievable for every student by establishing balance and developing a well-rounded athlete. This is nurtured by providing guidance by elite coaches and teachers, providing extra time for study through SEAL Catch up and the flexibility for students to arrange programs to suit their individual needs.

The SEAL program has high expectations of every student-athlete and 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 if the student-athlete takes personal responsibility for their education, their training and most importantly, their behaviour and self-discipline. This is an expectation of all elite sportspeople and is emulated through the expectations placed on SEAL student-athletes.

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

- Attend all SEAL training sessions as communicated in the training calendar
- Apply a growth mindset to continue to develop as a student-athlete and leader at all training sessions
- Ensure the safety of themselves and others by travelling directly to and from SEAL, as per travel instructions
- Wear the SEAL uniform with pride and respect
- Attend all SEAL Catch-Up sessions, ensuring they have sought out missed classwork and are prepared for upcoming assessment tasks
- Attend Lyneham High School Carnivals and trial for Lyneham High School sport where applicable
- Embody the Lyneham High School values of Care, Quality and Creativity and contribute positively to both SEAL and school cultures

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 of Conduct will result in disciplinary action by the SEAL Team inclusive of the Program Coordinator, Education & Wellbeing Coordinator and Health & Physical Education Faculty Executive. Action may range from a mediation meeting, SEAL Strike, temporary withdrawal from SEAL training sessions, to permanent suspension from the SEAL program itself. Actions are determined by the SEAL Team in liaison with the coach, parents, and principal.

SPORTING EXCELLENCE APPLICATION TIMELINE

YEAR 7 2025 ENROLMENT

Prospective applicants are encouraged to attend the Information when advertised as part of the Lyneham High School Special Program Information Sessions. Please see the Special Programs section on the Lyneham High School Website for more information.

Students receiving a letter of offer of enrolment from the first round of intakes will be invited at that time to apply for the SEAL Program.

Applications will be assessed, and notification regarding progression to the trial phase will be made by the END OF TERM 3. Trials will take place during school hours during TERM 4.

CURRENT STUDENT INTAKES

Current students of Lyneham High School are encouraged to apply for the SEAL program for either a semester 2 intake, or following year intake.

Not all squad sports will invite a semester 2 intake due to large numbers; this will be notified during the application phase.

SEMESTER 2 applications will open during Term 2, with trials taking place mid - late Term 2. Placement in the program will begin from Week 1, Term 3.

FUTURE YEAR applications will open mid-Term 3, and close towards the end of Term 3. Trials will take place alongside the 2025 Year 7 Trials in Term 4.

DUE TO IMMENSE WORKLOAD, APPLICATIONS ARE UNABLE TO BE CONSIDERED OUTSIDE OF THESE TIME FRAMES. YOUR UNDERSTANDING IS GREATLY APPRECIATED.

REFERENCE GUIDE AND IMPORTANT CONTACTS

LYNEHAM HIGH SCHOOL

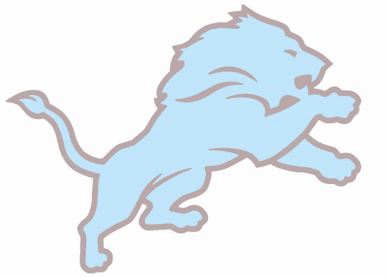
PHONE	(02) 6142 1176
WEBSITE	www.lynehamhs.act.edu.au
EMAIL	Lyneham.HS@ed.act.edu.au
PRINCIPAL	Jacqui Ford
DEPUTY PRINCIPAL (STUDENTS)	Brendan Ford
EXECUTIVE ASSISTANT TO THE PRINCIPAL	Anthony Burgess

SPORTING EXCELLENCE PROGRAM CONTACTS

Please direct all email communication to lhsseal@ed.act.edu.au

SEAL PROGRAM COORDINATOR	Heather Mutton
SEAL EDUCATION & WELLBEING COORDINATOR	Kate Davoren
HEALTH AND PHYSICAL EDUCATION EXECUTIVE	Sally Ward

FREQUENTLY ASKED QUESTIONS



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

A. In order to apply for the SEAL program, your child must hold an enrolment at Lyneham High School.

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

A. Due to the administrative load, students can only apply for SEAL during pre-determined intakes. These can be found on the important dates page.

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, as all applicants must meet these for consideration.

Q. How many sports can my child apply for?

A. A maximum of two sports can be applied for per intake. If applications and trials are successful in both sports, your child will enter the sport listed as first preference. Please consider this during your application. You will need to include all supporting documentation for both sports.

Q. What should be included in the Coach Reference letter?

A. The Coach Reference letter is an imperative item in the application process, as it provides the SEAL team with the first-hand reference from your child's coach. The reference letter substantiates all claims made within the application regarding sporting skills, attributes, contributions and representative success. Coaches are welcome to use the template found here.

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

A. Due to the administrative load, trials are scheduled to fit a variety of timelines and are unable to be rescheduled.

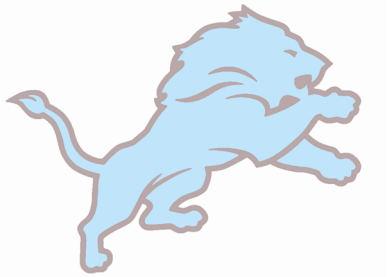
Q. My child is a bit nervous about trialling. What would you suggest?

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 trial outcome does not determine their worth as an athlete and person, and enjoy the process and utilise it as a learning experience.

Q. What if my child 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.

FREQUENTLY ASKED QUESTIONS



Q. Can we request individualised feedback following my child's trial?

A. The SEAL program is very fortunate to have a high number of applications and triallists participating in each intake. Unfortunately due to the administrative load, the SEAL Team is unable to provide individualised feedback for student-athletes.

Q. Can I change sports mid-year?

A. Due to students committing to the program for one year by signing their contract, they are required to stay in that Squad/category. During the intake for the following year, student-athlete may apply to do so and will be required to adhere to the usual SEAL application process.

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.

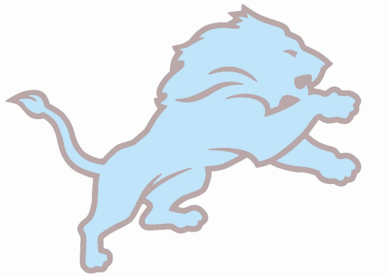
Q. Who do I notify if my child can not attend their training session?

A. You will notify the SEAL Coordinator via email, phone or written note. 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.

FREQUENTLY ASKED QUESTIONS



Q. How do classroom 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 teacher 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 essential to contact the SEAL Coordinator if your child is away for an extended period due to sporting commitments so they can ask teachers to send any work home. Please also inform the SEAL Coordinator of heavy training blocks where your child may need academic support.

Q. How does my child catch up on missed classwork?

A. Students are provided with one catch-up lesson a week in their HPE class. Expectations are on the student-athlete to organise their work and communicate with their teachers to access missed work. Teachers are encouraged to place classwork onto their Google Classroom page.

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

A. This will depend on the student-athlete's category and sport. Individual students can organise their sessions according to their timetable, so the student-athlete and parent determine the classes missed. 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 for each training session. Due to the ten-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. Committing to the SEAL program requires students to be in a specific SEAL HPE class to access catch-up lessons and access the well-being sessions that occur throughout the year during HPE classes. These classes are on predetermined lines, and advised during the elective selection process, for student-athletes to select.

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 shared predominately via email and phone calls. The school newsletter also contains information about the SEAL program. As with all Google Classroom classes, student-athletes should ensure they have notifications for the SEAL Google Classroom enabled to ensure they don't miss important information.

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

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

S.E.A.L.

SPORTING EXCELLENCE AT LYNEHAM

Commitment & Excellence