



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

SEAL Handbook



Commitment & Excellence



SEAL Program Overview

Purpose

The SEAL Program supports student-athletes in balancing sporting development and academic success. It recognises varying stages of physical and athletic development and provides structured academic, wellbeing, and training support.

All SEAL students:

- Receive equal access to academic support and wellbeing programs
- Participate in SEAL Catch-Up lessons within HPE
- Miss 1–2 classes per week for training (rotating timetable)
- Are supported by the SEAL Coordinator and HPE staff
- The focus is developing the **whole athlete** — academically, physically, and mentally.

Key Principles of the Program

Balance sport and academics- The program structures training within school hours while providing supervised Catch-Up sessions and wellbeing support to ensure students remain on track academically.

Develop responsible, disciplined athletes- SEAL emphasises personal accountability. Students commit to a full year in the program and are responsible for attendance, punctuality, preparation, and behaviour.

Encourage growth mindset and leadership- Through goal setting and feedback from coaches and teachers, athletes learn to persist through setbacks, and continually refine their skills. Leadership is developed through positive role modelling, communication, and contributing to both SEAL and school culture.

Maintain strong school and community representation- Wearing the SEAL uniform with pride, trialing for school teams, and demonstrating respect in all settings reinforces the program's values. Strong partnerships with sporting organisations and the wider community ensure students are part of a professional, supportive sporting network while representing the school with integrity.

Education & Wellbeing Support

SEAL Catch-Up

- Weekly supervised study time in HPE
- Used to catch up on missed work, assessments, or exam prep
- Students encouraged to communicate with teachers



Athlete Wellbeing Workshops

Topics include:

- Goal setting
- Motivation & performance psychology
- Training load management





Strength & Conditioning Program

Partnered with University of Canberra FitX/UCSport.

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. We have 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 was created by Nick Ball (Role at the time 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. The Strength and Conditioning program co coordinators 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.

Years 7–8

- 6 sessions per term (before school)
- “Learn to Lift” program
- Focus on long-term athletic development and injury prevention

Years 9–10

- Application-based Strength & Conditioning Squad
- Weekly sessions at UC Fit Gym
- Individualised programs
- May replace regular squad training

Additional cost applies.





SEAL Categories

SEAL Squad (Most Common)

- Off-campus training during school hours
- Focus on individual skill development
- Students expected to trial for school representation
- Must be on representative pathway or equivalent level

Sports may include:

AFL, Athletics, Basketball, Cricket, Football/Futsal, Hockey, Netball, Rugby League, Strength & Conditioning, Swimming, Volleyball (all pending numbers). **Fees apply.**

SEAL Individual

For students:

- In sports not offered as squads, OR
- On elite pathways beyond squad level

Requirements:

- Private qualified coach
- Training during school hours (arranged by family)
- Coach reference
- Evidence of achievements & training schedule

Examples: Cycling, Dance, Golf, Gymnastics, Tennis, Taekwondo, Equestrian, etc

SEAL Study

For highly accomplished athletes who:

- Used for injured athletes during rehabilitation
- Train 12–16+ hours per week outside school
- Want academic & wellbeing support only

Requires documentation of achievements and training commitments.



Application Process

Intake Periods

Year 7 applicants: Apply during Special Programs intake at enrolment process

Current students: Apply mid-Term 3 (trials in Term 4), potential for Mid-Year intake for Semester 2

Late school enrolments: Case-by-case consideration

Applications cannot be accepted outside intake windows

Requirements

All applicants must provide:

Coach reference (compulsory) SEAL coach reference letter template link [here](#)

Evidence of achievements

Training schedule

Personal bests/handicaps where required

Trials (for applicable squad sports)

Each sport has their own criteria that students will need to meet to be accepted into the program. **Please see Criteria for ALL sports pages 9 & 10.** Once all paperwork has been received, the SEAL team which consist of the SEAL Coordinator and the HPE SEAL teachers will go through applications and determine if a student will be offered a trial or if a student has been unsuccessful.

Outcomes will be emailed to families.

Application Process Cont...

Fees

All participants pay \$20 annual SEAL contribution (Education & Wellbeing + equipment)

Squad training fees (non-refundable and will vary pending sport)

Strength & Conditioning (Years 7/8) additional cost

Payment plans available via school finance office

Uniform Requirements

Required:

- SEAL training shirt



Optional:

SEAL hoodie

School Uniform must be worn:

- When signing out for training
- At SEAL events
- During school hours for identification





Code of Conduct

Core values: **Commitment and Excellence.**

Students must:

- Commit for one full year
- Attend all training and Catch-Up sessions (absences require written evidence)
- Maintain academic standards
- Wear uniform appropriately
- Travel safely to/from training
- Represent the school positively

Breaches may result in:

- Warning or SEAL Strike
- Temporary withdrawal
- Permanent removal from the program



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	<i>Year 9 and 10 only</i> - 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.

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



Frequently Asked Questions

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

A. 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.

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 unlikely to be rescheduled. Individual circumstances will be considered on a case-by-case basis.

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

A. Your child is welcome to reapply in the next intake.

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. 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 in the canteen at the time of their sign out. They leave as a squad and return as a squad with a supervising teacher or will be dismissed from the training venue. Students returning to school will go to class or a designated area with the supervising teacher.

Q. Who do I notify if my child cannot 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 can 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. 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 SEAL Coordinator. 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 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, students should ensure they have notifications for the SEAL Google Classroom enabled to ensure they don't miss important information.



Lyneham High School

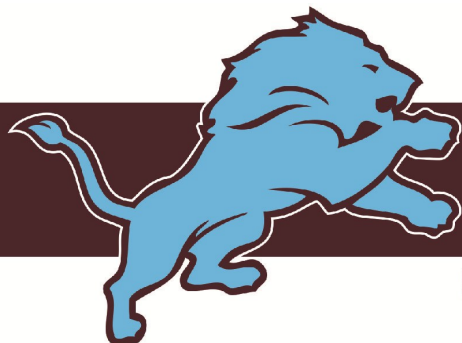
PHONE (02) 6142 1176
WEBSITE www.lynehamhs.act.edu.au
EMAIL Lyneham.HS@ed.act.edu.au

PRINCIPAL Jacqui Ford
DEPUTY PRINCIPAL Brendan Briggs
EXECUTIVE ASSISTANT Anthony Burgess

Sporting Excellence Program Contacts

SEAL PROGRAM COORDINATOR Caitlin Munoz
SEAL EDUCATION & WELLBEING HPE classroom teachers
HPE EXECUTIVE Sally Ward

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



S.E.A.L.

SPORTING EXCELLENCE AT LYNEHAM



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