

## SPORTING FACILITIES

At St Thomas of Canterbury College there is a 2,124m<sup>2</sup> sports hall on the college site. The facility includes P.E, offices, physio room, weights room, four changing rooms and associated amenities, foye, reception, sports hall/courts and bleacher seating.

The facility is set up with markings for three basketball courts – one full-size show court and two community courts running across the facility, as well as futsal, badminton and volleyball. The floor is a polyurethane on rubber sports floor selected for its suitability for multi-sport use, low maintenance and for the fact the hall also functions as the school assembly hall, and being available for community use.



## GRADUATE ACADEMY OF SPORT STAFF



### MARK HAMMETT

A New Zealand rugby union coach and former player. Having represented Canterbury, the Crusaders and the All Blacks. Hammett later went on to coach both Canterbury and Crusaders as a forwards/assistant coach. He recently acted as an assistant coach of the Highlanders in Super Rugby and the Tasman Makos in the Mitre 10 Cup.



### DANIEL KAHURA

Primary goal is to enhance the physical aspects of an individual pertaining to their sport, as well as deepen their understanding around various sport and exercise science concepts. Strength and conditioning provides an opportunity to grow and challenge athletes in all aspects of life, through establishing authentic relationships.



### ALEX COULTHARD

With a background in performance analysis and sports science my role within the G.A.S program will be to work the boys within the analytical sphere of sports performance. The goal will be to give our boys a better understanding of their own ability and how they can use the information gathered to further develop their skills as players and people.



### JOHNNY LEO'O

As the Director of Rugby, my role will focus on assisting the development of students while supporting the staff/coaches where possible. A managed approach which will link with the overall growth and evolution of our STC Rugby programme.



## GRADUATE ACADEMY OF SPORT





# GRADUATE ACADEMY OF SPORT

The STC 'G.A.S' Course has been created and designed using evidenced based consistent performance coaching, strength and conditioning, mental fitness and neuroscience to propel and positively extend our young men.

The course is so much more than sport. The 6 Modules will extend and stretch our students, supporting and leading them to becoming self reliant & independent young men.

G.A.S is managed by Mark Hammett and delivered by skilled facilitators, external providers and coaches.



## ACADEMIC PATHWAY

In the GAS programme students will have the opportunity to choose an academic pathway working towards gaining NCEA level 3 and University Entrance (UE). Students will select three NCEA Level 3 subjects alongside Religious Education (compulsory) in 2022. In the latter part of the school week GAS students will be supported by an academic mentor who will track and monitor their progress towards achieving their academic goals.

## G.A.S COURSE 6 PILLARS

<b>HOLISTIC LEADERSHIP</b>	<b>HOLISTIC/LEADERSHIP</b> Self-Awareness – Personal strengths & work-on's. Awareness of others, relationship building, understanding personal impact on others self-reliance, organised, prepared & problem solves. Team Man – Contributes & lives the values of the team
<b>TECHNICAL</b>	<b>TECHNICAL</b> Specific e.g. catch & pass, run, dribble etc. Specialised skillsets e.g. free throws, lineout throwing, goal kicking, goal keeping etc video analysis live/reviewed.
<b>TACTICAL</b>	<b>TACTICAL</b> Positional understanding, understanding team game-plan & your role within it react well to the picture you see tactical awareness & leadership. Video – code & review team/opposition
<b>STRENGTH &amp; CONDITIONING</b>	<b>STRENGTH &amp; CONDITIONING</b> Strength – upper and lower body anaerobic and aerobic fitness speed & power.
<b>MENTAL FITNESS &amp; WELLBEING</b>	<b>MENTAL FITNESS &amp; WELL-BEING</b> Performance readiness and focus – to train & play. The ability to remain on task in training & play. Review and learn from games & trainings. Ability to bounce back from adversity. Dedicated & intrinsically motivated.
<b>LIFESTYLE</b>	<b>LIFESTYLE</b> Nutrition – dietary habits & performance nutrition, sleep nutrition, screen time, life balance. Medical & recovery – pre-hab/rehab.



## TIMETABLE EXAMPLE

### MONDAY

**7AM PREP TO GAIN**  
Our PTG window will/could include  
- MENTORING - (Recap/Review previous day)  
- Prehab/Rehab  
- Stretch & Self Massage  
- Urine Testing (Education)  
- Yoga  
- Brain Activation  
- Physio Time  
- Weekly Goals/Reflection  
- Breakfast/Shakes/Hydration

**8AM STRENGTH & CONDITIONING**  
(Includes Hygiene time)  
These sessions will be periodised to  
'PRESEASON' & 'IN-SEASON'  
- Anaerobic Conditioning  
- Aerobic Conditioning  
- Speed & Agility  
- Strength & Power

#### 9:30 ASSEMBLY

**10:40 ARONGA TEAM TIME**  
(Includes Hygiene, Refuel & Rest)  
'PRESEASON' of Team Sports, this time would be developing and growing/testing our game...  
- UNITS  
- Game plan  
- Contact (Potentially of-site)  
- Skills  
IN SEASON  
- TEAM Review/Preview  
- UNIT Review/Preview  
- Repairs  
- Game plan Install (Video)

**12:30 MODULE TIME**  
These interactive classroom sessions will include  
- Leadership  
- Lifestyle  
- Medical  
- Nutrition  
- Food Preparation  
- Sleep Hygiene  
- Time Management  
- Mental Fitness  
- Analysis

**1.30 TEAM TRAINING**  
Intense 'SKILL FOCUS'

**2:45 SAINTS DUTY HOUR**  
Extracurricular commitments

### TUESDAY

**7AM PREP TO TRAIN**

**8AM STRENGTH & CONDITIONING**

**9:30AM REFUEL & REST/SLEEP**

**10:40AM TUTORING/ MODULE TIME**

**12:50PM REFUEL & SLEEP**

**1:30PM STRENGTH & CONDITIONING**

**4PM PRACTICAL NUTRITION**  
NB. This would likely be done 2 times per term

### WEDNESDAY

**7AM PREP TO TRAIN**

**8AM STRENGTH & CONDITIONING**

**9:30AM TUTORING/ MODULE TIME**

**12:20PM HYGIENE, REFUEL & REST**

**12:50PM ARONGA TEAM TIME**

**2.40PM SAINTS DUTY HOUR**  
Extracurricular commitments

### THURSDAY

**7AM STRENGTH & CONDITIONING**

**8:30AM - 3PM TUTORING/ CTC**

### FRIDAY

**7AM STRENGTH & CONDITIONING**

**8:30AM - 3PM TUTORING/ CTC**

