



Achieving Today for Tomorrow

Newton Moore
Senior High School

The Moore Academy of Sport and Health

MASH

High Performance Sports Program Year 7 - 10



The Moore Academy of Sport and Health (MASH) Program



The Moore Academy of Sport and Health (MASH) programs offer talented sports persons the opportunity to enhance students' sporting development in a variety of sporting contexts. The MASH program is not

just about training great athletes rather focusing on creating great sports people. Throughout the program we focus on developing athletes who are capable athletically, but also capable off the field with training in coaching, recovery and umpiring.

Students from all over Australia are eligible to trial for selection in the comprehensive programs designed to enhance the students' skills, knowledge and abilities in a range of sporting contexts, whilst providing a supportive and stimulating learning environment which recognizes the needs of talented athletes.

The MASH program is about much more than physical education and talent in sport. Embedded in the program are the values of teamwork, leadership, strategic thinking, decision making, self-esteem, fair play and maintaining a positive relationship with our community.

Our aim is to enhance and support our students in their sporting journey, providing them with opportunity to practice various skills and strategies, develop understandings of coaching and officiating, whilst also respecting their environment, resources and peers.





Year 7, 8, 9 and 10 MASH

Over 4 years, students will develop their skills in Athletics, Cross Country, Strength and Conditioning, Leadership, Nutrition, as well as a number of sports. Each year introduces a different sport, Year 7 students start with FMS and Game Sense, and Year 8 students dive into Water polo and Badminton. While the Year 9s enjoy Volleyball and Squash, and Year 10s advance their skills with Crossfit and Surfing. Every year group partakes in camps and excursions throughout the school year:

- Year 7 students visit the Forest Adventures High Ropes in Busselton
- Year 8 students enjoy a 3-day MASH Leadership camp in Busselton
- Year 9 students trip to the Western Australian Institute of Sport in Perth
- Year 10 students voyage on the MASH Surfing camp
- Every two years Year 9 and 10 students visit Melbourne for our MASH Sports Tour



Senior School and Pathways

Theoretical components in the Year 10 MASH program help to prepare students for further ATAR and VET Physical Education Studies pathways in Year 11 and 12, including:

- Year 11 and 12 Physical Education Studies
- Year 11 and 12 Outdoor Education
- Year 11 and 12 Human Biology
- Certificate II in Sports and Recreation
- Certificate II in Sport Coaching





Application Process

Year 6 students interested in the MASH program must complete a trial (Term 2 of Year 6) before acceptance into the program.

New students applying to Newton Moore SHS in Year 8, 9 or 10 students need to complete a program application with their school enrolment form.

All students enrolled at Newton Moore Senior High School are encouraged to apply to the MASH program.

For more information about the MASH program, contact Newton Moore SHS on 08 9722 2400 or email Program Director, Teagan Smith at teagan.smith4@education.wa.edu.au

Sponsorship

The MASH program is sponsored by Koombana Physiotherapy. Annually, two students in Year 7, 8, 9 and 10 are awarded the MASH Sports Star of the Year Award at the last assembly of each year.

Students are selected for these awards for their consistent engagement in all aspects of the MASH program, exceptional sporting ability and sound academic performance throughout the year. MASH Sports Star of the Year winners receive \$100, to be paid towards MASH fees, MASH camps and excursions costs, MASH uniforms, or Country Week.



Newton Moore
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