



High Performance Institute – Rosmini

Weights room – 3.15-4.15pm Mondays and Wednesdays

Cost: \$40 per term, per student

TIC Mr Tony Hill: thill@rosmini.school.nz

The goal of the high-performance club is to give opportunities to students who are highly motivated to succeed in their chosen sports/codes. As a school of success in both Academics and Sport, this institute will teach students fundamental movements and exercises that they can train in order to gain higher levels of strength and muscular endurance. When focused on training, these two components of fitness have been heavily researched to link to a lack of injury and also an overall increase in sporting performance. Athletes in the institute will be expected to train all sessions twice a week, alongside any other sports trainings.



We focus on:

- Body weight, core and endurance exercises will take preference alongside cardiovascular fitness depending on specific sports codes/goals.
- The institute is open to all JNRs (yrs 7-10), however, applications from SNR students can be considered on an individual basis.
- No weights training will be included; however body weight/resistance exercises will be used frequently to build strength were appropriate.
- A future goal of the institute would be to track students through their sporting successes to analyse the impact of the institute of their progress.
- The fees we collect as part of this institute are put directly back into Rosmini for improved equipment, facilities, and learning opportunities.

