

School Based Athletics Program

The School Based Athletics Program targets students with an interest in higher-level sports performance as well as athletics. Students are provided with ongoing opportunities to develop into not only fine athletes, but also holistically well-rounded and self-reflective lifelong learners who take the path of continuous improvement.



“Working Together
to Create
Tomorrow’s Citizens”



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THE PROGRAM

The Program covers all aspects of track and field, including the development of athletic technique, the building of fitness, strength and conditioning, and the utilisation of sports psychology to improve performance. Incorporated into the program is the development of coaching and officiating skills, leadership, teamwork and communication, and self-management ability. Theoretical components include the use of IT and video to analyse technique, and research into both the history and current trends in athletics and world sport.



ENRICHMENT ACTIVITIES

Athletes are provided with the opportunity to participate and compete in a wide range of clan, interschool and cross country meetings and events. Kelmscott Senior High School regularly competes in the A Division Athletics carnival which involves the top 9 Government Athletics Schools in WA. Results have been excellent with 6 wins and 13 runners up rankings over the last 20 years.

Each year numerous students from the program qualify to compete at both a State, National and International level. Additionally, past athletes have gone on to forge elite sporting careers competing at Olympic and Commonwealth Games, in the AFL, at state, national and international netball level, at state baseball level and at state and national soccer level. Many students have also gone on to careers within Sports Science, Human Movement, Physiotherapy and Exercise Science, as well as in sports coaching, officiating, management, personal training and health and physical education.

