

Performance Excellence Pathway - FAQ's

How does my son/daughter get into PEP?

- Expressions of Interest are required for entry into the programme. EOI's are made available at the start of every term via the school website.

Does my son/daughter have to be picked to be in PEP?

- Not necessarily. They can be identified by their coach and recommended to the programme coordinator.
OR
- If you know that your son/daughter is looking for support to further their sporting aspirations, an EOI can be completed.

My son/daughter is only Year 7, is that too young to sign up for PEP?

- Not at all! We accept students from Yr 7 - 13.

I am aware that my son/daughter is still growing and developing, therefore I don't really want them in the gym lifting weights just yet. Are they still able to sign up and see the physical benefits of the training sessions?

- Yes! We have professional strength and conditioning coaches that understand the importance of growth and development in our young athletes. Our coaches will provide loading and exercise options that are safe and effective for growing bodies.

Can I join PEP for a couple of terms instead of the entire year?

- Yes - however, to see noticeable improvements from the term by term programming plan, we strongly encourage you to sign up for the entire year.

How much does PEP cost?

- PEP is \$150 per term and will be charged to your school account.
- It is important to note that some of our athlete workshops are run by outside professionals, therefore may incur a small additional fee. This will be communicated with parents well in advance.