



## 2026 ATHLETE DEVELOPMENT PROGRAM EXPRESSION OF INTEREST



# Smithfield State High School

## 2026 TERM I Pre-Season ATHLETE DEVELOPMENT PROGRAM

**Dates:** Commences 2 February 2026 (Term 1 Week 2)  
**Days/Time:** Mondays, Wednesdays and Thursdays – 3:30pm to 4:30pm (subject to change)  
**Who:** Year 5 and 6 boys and girls, capped at 16 athletes  
**Venue:** Smithfield State High School CADPA Gym  
(Centre for Athlete Development & Performing Arts)  
**Cost:** Nil  
**Minimum requirements:** TCN, Peninsula or higher representative athlete, or someone who has potential to represent at a higher level (coaches' discretion).

See over for more information

For further information about this program, please contact Ms Tammie Thornton on 4058 4391 or at [tatho0@eq.edu.au](mailto:tatho0@eq.edu.au). To express your interest please complete and email the form by 30 January 2026.

Dan Hollis  
Principal

Tammie Thornton  
HPE Teacher  
ASCA Strength & Conditioning Level 1



Department of Education  
Trading as Education Queensland International (EQI)  
CRICOS Provider Code 00608A

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Smithfield State High School will run athlete development in Term 1 for selected athletes only from Years 5 and 6. Athlete development provides the opportunity to develop strength, power and agility. An athlete that begins athletic development at an early age will be more likely to reach their full athletic potential later in life.

The strength and conditioning program will run after school, three times a week. Ms Tammie Thornton, our Smithfield State High School program teacher, will run the program, and has a degree in Exercise Science and is a Level 1 ASCA strength and conditioning coach.

The training will be age appropriate and no barbell weights will be used. Developing athlete movement patterns and technique will be prioritised. Your athlete must be available three times a week, be focused, and want to participate to improve their athleticism.

### 2026 Athlete Development – Primary School Expression of Interest Representative History and Training Load

Full Student Name:	
Current school:	Current year level:
Sports currently involved in (can be more than one) i.e. - Athletics - list if you've broken records - Martial Arts – list highest belt and competitions - List personal achievement awards i.e. player of the tournament or end of year club awards (do not include weekend club awards)	
Highest Level of Representation of each sport, add dates and host region for Peninsula or higher.	TCN:
	Peninsula / Cairns:
	Queensland:
	Australia:
	Other:
List additional private training or any private academies you're in.	
Term 1 Training Load  List your scheduled physical activity, training and competition commitments for <u>Term 1 only</u> .	Mon
	Tue
	Wed
	Thurs
	Fri
	Sat
	Sun

  

Parent / Carer Name	
Contact number	
Email address	

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