

## Ballina Coast High School - Target Sports Program 2025

Welcome back to 2025 for all students and families at Ballina Coast High School. Below are the links for registrations to participate in the TSP for 2025.

**Surfing** - <https://forms.gle/VMrhAYD5jx4MXHNt6> Contact - Mr John Moore (john.moore1@det.nsw.edu.au)

**Rugby League** - <https://forms.gle/6KEf3E21d7xS5GHa9> Contact - Mr Cameron McQuhae  
(cameron.mcquhae@det.nsw.edu.au)

**Mountain Biking** - <https://forms.gle/8n21m8Vq45r7tGcA8> Contact - Mr Adam McCarthy  
(adam.mcarthy23@det.nsw.edu.au)

**Football (Soccer)** - <https://forms.gle/eWoFy2Ad6oB8LsMH7> Contact - Mr Jared Smeal  
(jared.smeal2@det.nsw.edu.au)

**Basketball** - <https://forms.gle/3QjSjpg6ZLUTDsyU9> Contact - Mr Martin Smith (martin.smith13@det.nsw.edu.au)

**Strength and Conditioning** - <https://forms.gle/T3f9UB5Mu1LYdBiA8> Contact - Mr Harley Schmidt  
(harley.schmidt2@det.nsw.edu.au)

The **trials/tasters x 3 sessions** for each sport will take place from **Thursday 13th February at 7:30 am - 8:30am, Tuesday 18th February and Thursday 20th February**. Please don't stress if you cannot attend all of these sessions.  
***TSP MTB and Surfing your coaches will contact you via email/phone regarding specific dates and venues.***

- Students interested in the program for 2025 should **complete the form** for the **sport they are most interested in**.
- Any questions feel free to contact the teacher leading the program.
- Students will have the opportunity to complete these forms during HUB lessons.
- Students will be addressed during year assemblies on the program and the training arrangement.

For information on the sports and the programs for this year -

<https://ballina-h.schools.nsw.gov.au/learning-at-our-school/targeted-sports-program.html>

Regards,



Harley Schmidt  
TSP Coordinator / PDHPE