

PRINCIPAL'S MESSAGE

We warmly welcome you to The Hills Sports High School.

Located in Seven Hills NSW, our school has a strong and long-standing tradition of high standards in both academic, creative and sporting pursuits. The school is considered one of the leading sports high schools in Australia and continues to attract students within the local community, as well as beyond, including overseas. We are proud partners with the New South Wales Institute for Sport and an Australian Olympic Pathway School. We are one of seven schools belonging to the NSW Sports High School Association and proudly stand with our partner sporting high schools in fostering talent and success across NSW.

The Hills Sports High School offers a broad and rich academic program enabling students to explore their passions, as well as prepare for future career pathways. Our scope of academic study enables students to balance their academic, sporting, and extra-curricular commitments, as well as engage in flexible delivery whereby being able to fulfil both Record of School Achievement (RoSa) and the Higher School Certificate (HSC). Our students excel in their chosen pathway, enabling them to access both high-quality teaching and learning, as well as coaching in their chosen sport. We facilitate TAFE and Vocational Educational courses including hospitality so that





our students are exposed to a variety of opportunities and experiences.

High Potential and Gifted Education (HPGE) is at the forefront of The Hills Sports High School, with embedded HPGE identification processes to support high potential and gifted students across all domains. In addition to this, we offer a Self-Select stream, tailored to the needs to independant learners who strive for personal growth and success. This supports our enrichment and extension strategies and enables highly motivated students with a learning environment suited to their needs.

The Talented Sports Program (TSP) offers students the opportunity to engage in an elite sports program. The program is offered across 15 sports and enables students to receive specialised, elite coaching in their chosen sport, along with opportunities to represent our school and further access representative pathways beyond school.

Students participate in a rigorous three-tiered application process to gain selection into the program. The school has strong partnerships with NSWIS, The University of Sydney and the Australian College of Physical Education (ACPE), along with holding the status of a high-performance school in partnership with Baseball NSW and Cricket NSW.

The school also prides itself on strong and effective student wellbeing structures, with an outstanding Positive Behaviour For Learning (PBL) program. Our Wellbeing team is comprised of the Principal, Deputy Principals, Head Teachers, Year Advisors, TSP Mentors, Learning Support Staff, and the School Counsellor to work strategically to ensure that every student is known, valued, and cared for.

With outstanding facilities including a fitness centre including strength and conditioning facilities, two gymnasiums, swimming centre, cricket training nets, synthetic football pitch, hospitality trade kitchen and STEM room, the school is able build upon the outstanding opportunities it provides students.

I am extremely proud to be Principal of The Hills Sports High School and I am certain that your child will not only receive an outstanding education, but also a wide range of opportunities that foster happiness and success.

Amanda De Carli

Principal

HOLISTIC

TEACHING AND LEARNING

- Strong Academic Focus
- Strong Wellbeing Structures and Initiatives
- Emphasis on Student Leadership and Advocacy
- Collaborative Community Partnerships
- Holistic Student-Athlete Enrichment
 Programs



OUTSTANDING ACADEMIC PERFORMANCE

The Hills Sports High School provides a quality education that enables all students to achieve personal excellence. Through the delivery of a diverse and comprehensive curriculum students consistently achieve outstanding results.

Last year, our Higher School Certificate results were outstanding. Over 185 results in the top 3 bands were awarded across subjects including Biology, Chemistry, Engineering Studies, Hospitality, Community and Family Studies and Visual Arts.

Students received ATAR scores up to 97.5. The diverse curriculum offered at The Hills Sports High School provides relevant patterns of study for all students and enables them to pursue a variety of post school options such as work, TAFE or university. 40% of students applied for University places and all were successful.

The Hills Sports High School NAPLAN results continue to be outstanding and clearly illustrate the academic growth of our students. In Year 7, 41% of our students achieved in the top two bands (Bands 9 & 10) in Spelling, 34% in Reading, and 36% in Grammar and Punctuation.

In Numeracy 32% of our students achieved in the top two bands. Year 9 students achieved remarkable growth since completing the NAPLAN test in Year 7. Over 45% of students achieved results at or greater than the expected growth in all aspects of Literacy (reading, spelling, writing and grammar). In Numeracy, 57% of students achieved results at or greater than the expected growth. These figures show that students at The Hills Sports High School are able to achieve beyond their expectations through the provision of quality teaching and learning programs that meet the individual needs of a diverse group of students. The school has dedicated programs for literacy including Accelerated Reader, MultiLit and Focus on Reading.

The Hills Sports High School continues to achieve outstanding academic results and provides a high quality learning environment for all of its students. This clearly demonstrates that students are able to achieve their academic goals as well as their sporting goals by attending The Hills Sports High School.

HIGH ACADEMIC STANDARDS

& How We Cater For High Potential and Gifted Students







At The Hills Sports High School, we make it a priority to support students to meet academic demands. From notable success in STEM to the Creative and Performing Arts, our academic programs aim to identify, nurture, recognise and support students who strive to maintain a balance between high-level sporting commitments and academic studies.

The wrap-around support we offer our students includes TSP Mentors, Academic Mentors, our Executive team, Head Teacher Wellbeing, Student Support Officer, Librarian as well as the support of individual classroom teachers. We know and value our students and aim to provide a learning environment that challenges them both in the classroom, and on the sporting field

In order to cater for all types of learners, The Hills Sports High School offers a Self-Select stream. The Self-Select stream offers one class per year across Years 7 - 10. The class is made up of students who are intrinsically motivated and independent learners. It is a stream for those who are academically ambitious and aspirational.

Our Self-Select stream covers the required curriculum, but with a more student-centred model for learning. Teachers challenge students to think critically, get curious and creative, to solve problems and develop original ideas. Self-Select students set themselves high expectations and bring passion for learning into the classroom.

Selection for this stream happens annually. Students must reapply each year. Positions in these classes are in high demand, often with a waitlist. Students are required to provide supporting evidence to strengthen their application, including school reports from their previous year and any other awards or achievements of which they are proud to include. Applicants are required, in their own words, to justify why they should be included in the Self-Select class, and to include their personal philosophy for success in learning. Teachers and parents are also required to comment on the student's suitability.

Whilst students selected for this class are academically capable, they are not necessarily the students achieving the highest grades. The Self-Select learning environment caters for those students striving for personal best in all pursuits.

ACHIEVENTS

The Hills Sports High School continues to uphold its reputation as one of Australia's leading institutions for elite sports education, with another year of exceptional performances across multiple disciplines. In 2024, the school produced seven Australian representatives, 75 New South Wales representatives, and 201 Sydney West representatives, reinforcing its position as a powerhouse in school sport.

This year saw continued success in major competitions, with outstanding team and individual achievements across various sporting codes.

The NRL Schoolgirl Cup team defended their NSW State Championship title for the second consecutive year and finished as National Runners-Up for the second year in a row. Their sustained excellence in rugby league highlights the strength of the school's program and the talent emerging from within its ranks.

The school's Girls Baseball team continued its dominance, retaining the NSWCHS State Championship, a title it has held since 2011. In cricket, the Girls Cricket team showcased their skill and determination, securing the Marie Cornish State Championship, adding another accolade to the school's rich sporting history.

In football, the Girls Puma Cup team claimed the NSWCHS Championship, demonstrating their strength in one of the state's most competitive school competitions.

The school's Cheerleading team was crowned State Grand Champions, further cementing its place among the top competitive cheer programs in New South Wales.

Softball saw strong performances from both the Boys and Girls teams, with both finishing as NSWCHS Runners-Up, while the Opens Girls Netball team delivered a commendable campaign, earning second place in the NSWCHS State Championships.

Rugby league continued to be a stronghold for The Hills Sports High School, with both the Boys and Girls teams winning the St Mary's Cup, further proving the school's strength in the sport.

In individual sports, swimming and athletics saw recordbreaking performances. At the Sydney West Swimming Championships, the school secured six gold, one silver, and three bronze medals, with one record-breaking swim. At the



NSWCHS Swimming Championships, Hills Sports students claimed three gold medals, reflecting their dedication and training.

Athletics was another standout area, with 24 gold, 16 silver, and 14 bronze medals earned at the Sydney West Championships, along with four new records. At the NSWCHS Athletics Championships, the school's athletes continued their success, winning three gold, five silver, and two bronze medals.

The continued achievements of The Hills Sports High School's athletes reinforce its status as a leader in school sport. As the school looks ahead to 2025, it remains committed to developing the next generation of elite athletes while fostering a strong academic and sporting culture.



The Hills Sports High School will offer a selective Talented Sports Program in thirteen sports in 2025 - AFL, Athletics, Baseball, Basketball, Cricket, Dance & Cheer, Netball, Rugby League (Boys and Girls), Rugby "7's", Rugby Union, Football, Softball, Swimming, Touch Football (Girls).

The Talented Sports Program enables students to attain their full potential and provides a pathway to the

Australian Institute of Sport and State, National and Olympic representation. The School's Coaching Staff is highly qualified.

The Hills Sports High Talented Sports Program has already produced over 150 Australian representatives in a variety of sports and currently receives TSP applications from students living in all parts of the metropolitan area, country regions of NSW, all Australian mainland states and overseas. The Talented Sports Program has a high National and International profile and students from China, England, Korea, New Zealand and the Pacific Islands have sought placement in the Program in the last year alone.

Applicants for the Talented Sports Program must demonstrate elite ability in a particular sport. They undergo a trial in their chosen sport(s) and an academic review program in which they must demonstrate high standards in attitude, application and work ethic.

The Hills Sports High School offers a world-class Talented Sports Program (TSP) designed to provide students who excel in particular sports with elite coaching and an academic framework that enables them to reach both their academic and sporting goals.

The Hills Sports High School's Talented Sports Program (TSP) brings together exceptional young athletes from Sydney's west and northwest, providing them with a unique environment to excel both in their sport and academics.

The program offers student-athletes:

Elite Coaching & Sports Science - Access to high-performance coaching, modern sports medicine, and athlete welfare programs to support long-term development.

Academic Flexibility & Support - A dedicated teaching staff who understand the challenges faced by student-athletes and provide structured academic programs to help them manage their studies alongside their sporting commitments.

A Like-Minded Peer Community - The opportunity to learn, train, and compete alongside students who share similar goals, ambitions, and lifestyles.

Strength & Conditioning - A specialized program designed to enhance athletic performance, reduce injury risk, and build resilience.

At The Hills Sports High School, education and sport go hand in hand. Our curriculum is designed to give students every opportunity to achieve both their academic and athletic goals, ensuring that sporting success does not come at the cost of a quality education.

To further support our athletes, the HSC Pathways Program allows students to complete their Higher School Certificate (HSC) over several years. This provides flexibility in balancing training, competition, and study while also securing future career opportunities beyond sport. Whether pursuing professional competition or alternative career pathways, our program ensures students are equipped for success in all areas of life.

Students participating in the Talented Sports Program (TSP) are expected to maintain a strong commitment to both their academic and sporting development. To ensure a balanced approach, students must demonstrate satisfactory progress in their academic studies.

If a student falls behind in their coursework, such as failing to submit assignments on time, they will be provided with the necessary support to catch up. During this period, participation in the Talented Sports Program may be temporarily paused until academic requirements are met. This approach reinforces the importance of the Student-Athlete and their education while allowing students to excel in both their studies and sport.

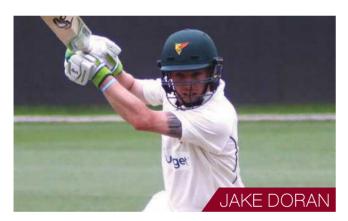
SPORTING EXCELLENCE

IN FOCUS



ATHLETICS

World Championship Finalist 2015 2018 Commonwealth Games Gold Medallist 2018 Diamond League Champion



CRICKET

2019/20 with Tasmania and Hurricanes BBL



FOOTBALL

Matildas star - 111 matches with 29 Goals. History maker - First Indigenous Australian World Cup scorer. Global pro - Played in A-League, NWSL, WSL.



CRICKET

Australian all-rounder representing NSW and Australia. Leading wicket-taker in domestic cricket.



CRICKET

Current WNCL Champions 2025 Up and coming Rising Stars Thunder and Sixers WBBL Players

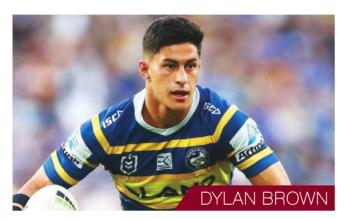


NETBALL

Diamonds World Champion - Current Captain Australian Diamonds & Swifts Captain 2021-2023 NSW Swifts Premiership Winner 2019

THE HILLS SPORTS HIGH SCHOOL PROSPECTUS 2025

SPORTING EXCELLENCE



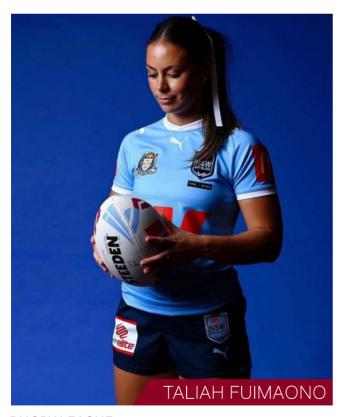
RUGBY LEAGUE

Represented Parramatta Eels since 2019 New Zealand international representative player NRL Rising Star nominee (2020)



RUGBY LEAGUE

Rugby League World Cup Winner 2017 NSW State of Origin Team 2018 | I | Current Rugby League Player NSW Blues representative in 2021 | I | Australian International



RUGBY LEAGUE

NRLW player for Gold Coast Titans Represented Australia in international rugby league. NRL All Stars Indigenous Player

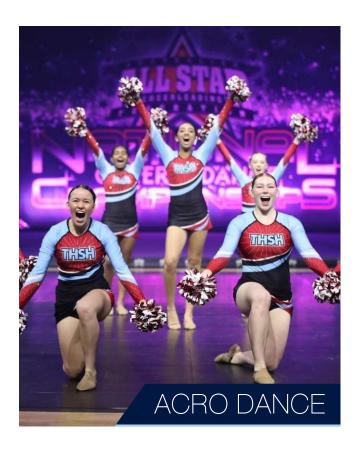


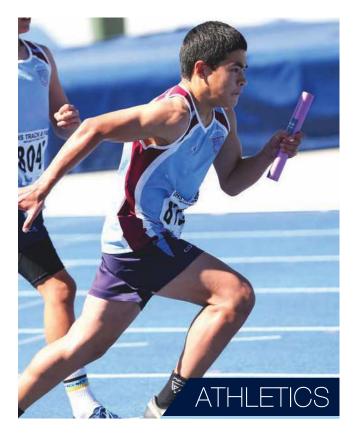
RUGBY UNION

Australian Wallaby Super Rugby Premiership winner Saracens Rugby (England - 2017-20)

TALENTED SPORTS PROGRAM

SPORTS OFFERED





Girls & Boys: Year 7-12

GEORGIA MACMILLAN

(Coach)

- Professional Dancer and Accredited Teacher
- State of Origin Cheer Squad Member
- International Dance Representative
- Stage 5 Dance teacher and choreographer

MAJOR SUCCESS

- Multiple Australian Championships Hip Hop, Cheer, Group Stunt and Pom from 2009-2024
- Synergy Dance Festival and Pulse Alive Combined
 Dance Artists 2022-2024

Boys & Girls: Year 7-8 & 9-12

RANELL HOBSON

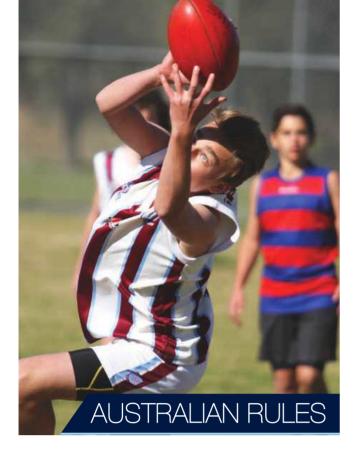
(Head Coach) Sprints, Jumps and Hurdles

- ATFCA Level 3 Sprints, Jumps, Hurdles and Relays
- Specialist in Sprint Mechanics
- International Presenter and Coach.
- 2 x World Masters Champions, 3 x National Champions

NOTABLE STUDENTS

Brandon Starc (3 x Olympian), John Crandell

- 5 x Champion NSW CHS School
- Over 30 CHS Champion relay teams
- Sydney West Champion School (multiple years)



Boys: Year 7-12

JODIE HICKS

(Head Coach)

- AFLW GWS Giants Player
- Level 1 Coaching Accreditation
- Sydney Sixers Player

MAJOR SUCCESS

- 16's Giants Cup Champions 2013
- Western Sydney Champions 2010-2014
- U15s Giants Cup Champions 2024



Baseball NSW Player Development School



Boys & Girls: Year 7-12

NATHAN WRIGHT

(Head Coach)

- Level 3 Australian Baseball Federation Coaching Accreditation
- Hitting Coach Sydney Blue Sox 2013-2017
- Field Manager Baseball NSW U/23 squad

NOTABLE STUDENTS

Todd Van Steensel (Australia), Scott and Ben Cone (New Zealand), Brent Iredale (Arkansas Razorbacks)

- NSW CHS Champions 2009-10, 2016, 2018
- NSW CHS Girls Champions 2011-2016
- Players signed by Philadelphia, Minnesota and other MiLB teams, USA





Basketball NSW Player Development School

Boys & Girls: Year 7-12

TERRANCE RONE

(Head Coach)

- Over 25 years of basketball coaching experience.
- Head coach for various high school teams.
- Coached junior and senior representative basketball teams.
- Experienced in coaching in Australia and the USA.

Cricket NSW High Performance School

Boys & Girls: Year 7-8 & 9-12



MITCHELL YEARSLEY

(Head Coach)

- NSW and ACB Level III Cricket Coaching Accreditation
- Fairfield AW Green Head Coach
- Parramatta Women's Head Coach
- Fairfield Junior Pathways Manager

NOTABLE STUDENTS

Sean Abbott, Gurinder Sandhu, Jake Doran, Luke Doran, Nathan Sowter, Claire Moore, Hayley Silver-Holmes, Elsa Hunter

- 8 x NSW CHS Champions
- Current Girls CHS Champions
- 6 x Junior Sports High Champions
- 4 x Northern Districts Cup Champions



Boys & Girls: Year 7-8, 9-10, 11-12

TOM SARAC

(Coach)

- Head Coach as Sydney United
- Experienced in developing young athletes' skills.
- SAP Technical Director

SAM MCGOWAN

(Coach)

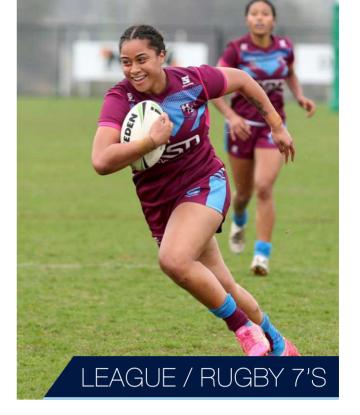
- Over 23 years of coaching experience.
- 2022 U14 National Youth Championship-winning coach.
- Former performance analyst in A-League Women's competition.
- Specialist in player development and football education.

NOTABLE STUDENTS

Kyah Simon, Chloe Logarzo, Caitlin Cooper, Teigen Allen (Australia), Rhyan Grant (Australia), Nick Fitzgerald, Hagi Gligor (A-League), Zac Duncan (Australia 20's), Jesse Cameron.

MAJOR SUCCESS

- 13 x NSW All-Schools Champions (Boys and Girls)
- 3 x Bill Turner Cup / Trophy Champions
- Over 50 Australian representatives at all levels



Girls: Year 7-12

TEKI TUIPULOTU

(Head Coach)

- ARU Level II Accredited Coach
- Extensive work with Tongan National team
- 7's and 15-a side expertise

- 2023 NRL Schoolgirl Cup State Champions
- 2024 NRL Schoolgirl Cup State Champions





Boys: Year 7-8, 9-10, 11-12

JOE O'CALLAGHAN

(Head Coach)

- Ex NRL Assistant Coach
- Assistant Coach for Ireland at 2022 World Cup.
- Head Coach for Queensland U15 & U18 national titles.
- Head of Elite Pathways & Player Development, Jersey Flegg Head Coach, NSW Cup Head Coach

JUSTIN MOYNIHAN

(Coach)

- Assistant Coach for Parramatta Eels Jersey Flegg.
- Head Coach for NSW Under 16 Oztag.
- 2022 Ron Massey Cup Champions Assistant Coach.
- Australian Oztag High Performance Coach.

NRL DEBUT ACHIEVEMENTS

- 18 Past Students Have Made NRL Debut
- 1,609 Total NRL Appearances by Alumni

INTERNATIONAL AND STATE RECOGNITION

- 9 State of Origin Caps
- 68 International Caps for Alumni Players

SCHOOLBOY RUGBY ACHIEVEMENTS

- 11 Australian Schoolboys Representatives
- 39 NSW Combined High Schools U18 Representatives
- 2 National Schoolboys Cup Titles
- 5 NSW State Schoolboys Cup Grand Finalists

NOTABLE RUGBY LEAGUE ALUMNI

- Wade Graham (Cronulla Sharks)
- Jorge Taufua (Manly Sea Eagles)
- Reagan Campbell-Gillard (Parramatta Eels)
- Manaia Cherrington (Sydney Roosters)
- Dylan Brown (Parramatta Eels)
- Jeremy Marshall-King (Canterbury Bulldogs)
- Oregon Kaufusi (Parramatta Eels)

MAJOR RUGBY LEAGUE SUCCESS

- ARL Schoolboy Cup Champions (2010-2011)
- NSW CHS University Shield Champions (2009, 2014, 2016)
- NSW CHS 14 Years Buckley Shield Champions (2012, 2015)

NOTABLE RUGBY UNION ALUMNI

- Will Skelton (Australia)
- Steve Cummins
- David Lolohea
- Peter Schuster
- Folau Fainga'a (Australia)
- Siosifa Amone

MAJOR RUGBY UNION SUCCESS

- NSW Waratah Shield Champions (2010)
- NSW Buchan Shield Champions (2014-2016)
- NSW 7's Champions (2010-2016)





Girls: Year 7-8 & 9-12

PAIGE HADLEY

(Head Coach)

- Certified Netball Accredited Elite coach.
- Experience with elite-level netball programs.
- Strong background in player development.
- Current Diamond Captain and Player.

NATALIE AVELLINO

(Coach)

- Assistant Coach for NSW Swifts (2022-2024).
- Silver medalist at the 2006 Melbourne Commonwealth Games.
- Gold medalist at the 1995 World Netball Championships.
- Elite Level Netball Coaching Accreditation.

MAJOR SUCCESS

- 8 x NSW CHS Opens Girls Champions
- CHS Opens Champions 2017, 2018 and 2021
- Sydney West Champions 2006-2024

Boys & Girls: Year 7-12

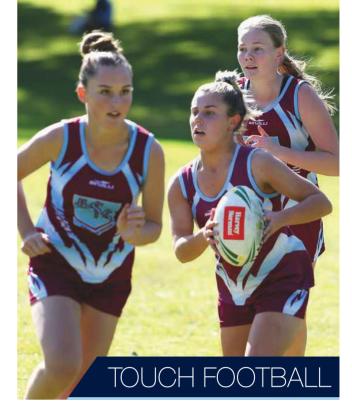
DANIELLA COSTAGANNA

(Coach)

- Level 1 Accreditation
- NSW Softball Representative
- NSW Blue Sox Womens Baseball Team

- 10 x NSW CHS Finalists
- 6 Australian, 19 NSW and over 80 Sydney West Representatives.





Boys & Girls: Year 7-12

TEONE FAVA

(Head Coach)

- Swimming Australia Development Coach with experience coaching from early squad development to national champions.
- Head Coach at 2024 National Age Championships, leading athletes at an elite level.
- Developed a Junior Performance Squad, with 12 swimmers qualifying for the 2024 Junior State Age Championships.

NOTABLE STUDENTS

Rachel Wood 7 x World Lifesaving Championships

MAJOR SUCCESS

- Sports High Champions 2014-2018
- NSW Sports High Champions 2014-2016
- Sydney West Champion School 2005-2016
- Multiple NSW CHS Relay Champions

Girls: Year 7-12

TRACEY ELLIOTT

(Head Coach)

- Australian Touch Football Level II Accredited Coach
- Coach U/18 Ryde-Eastwood Women's Team 2006-14
- Australian and NSW Touch Representative (captaining both sides)
- Current Women's Opens Player

NOTABLE STUDENTS

Ashleigh Quinlan (Australia)

- NSW CHS Open Girls Knockout Champions 2012, 2013 and 2014
- NSW Touch Association Years 9-10 Girls Champions 2012, 2013 and 2014
- NSW Touch Association Years 7-8 Champions 2012
- Sydney West Open Girls Champions 2009-2016



ASSA - Ranell & Kip Hobson

- Elite Level 3 Strength & Conditioning Coach (ASCA).
- Internationally Certified Strength & Conditioning Specialist (NSCA).
- Master of High Performance Coaching.
- Bachelor in Sport Science & Coaching.
- 30 years in the sport & fitness industries.
- Regular international presenter in strength & conditioning.
- Specialist in coaching explosive speed for field/court sports.
- Australian representative on the International LTAD Network board.

PERSONALISED STRENGTH AND CONDITIONING PROGRAMS FOR ATHLETE DEVELOPMENT

- Comprehensive student testing & Functional Movement Screening (FMS).
- Monitoring Peak Height Velocity (PHV) and biological maturation progress.
- Tailored programming specific to each sport.
- Individualised programming based on neurophysiological profiles.
- Year 7 and Year 8 "Learn to Lift" programs, with monthly competency checklists during TSP sessions.
- Injury-specific sidelined programs for recovering athletes.

ACCESS

TO THE TALENTED SPORTS PROGRAM

Students applying for a Talented Sports Program placement must demonstrate elite ability in a particular sport and must satisfy high standards in attitude, work habits and academic achievement.

All students seeking placement in a TSP are required to submit an Application Form (this also applies to local community students). The selection process will include physical and skills testing in their nominated sports in addition to an examination of their school reports.

The 2025 Talent Identification Trials will be conducted primarily during the months of May and June. All applicants will be notified of the dates they will be required to attend for testing.

Selected TSP students pay a non-refundable Fitness and Administration Fee of \$100 on their acceptance into the Program.

These funds are used to employ qualified coaching and fitness staff, provide equipment and cover administration costs in each sport offered. The fee also includes the provision of training uniforms for all sports.

Acro Dance	\$900	Rugby League	\$950
AFL	\$900	Rugby "7's"	\$950
Athletics	\$1000	Rugby Union	\$950
Baseball	\$1150 *	Football	\$950
Basketball	\$900	Softball	\$1150*
Cricket	\$900	Swimming	\$650
Netball	\$900	Touch Football	\$900

*denotes extra training venue costs

A discount of \$50 applies if the Annual TSP Fee is paid in full by the end of the second week of the 1st Term.

Parents may prefer to pay two instalments of 50% of the Annual Fee with the first payment due by Week 2 Term 1 and the second payment due by Term 2 Week 2.

Parents should be aware however, that TSP operates on a "user-pays" basis and that students cannot be permitted to commence TSP until fees are paid.

Discounts are also available to parents with more than one child in the TSP Program.





TSP Application Timetable for Year 7 2026 Enrolment

TSP TRIALS

May-June 2025

APPLICATIONS CLOSE

May 28, 2025

ENQUIRIES

Luke Jorgensen (Director of Sport) (02) 9622 7300



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