

Hard work beats talent when talent fails to work hard.

St Johns College



SPORTS INSTITUTES

2022

Talent + Passion + Hard Work = Success

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Why a Sports Institute?

- **An increasing amount of research shows that sport has the ability to engage students in learning.**

Elite Sport

- **can assist in improving academic performance**
- **Helps to develop character, confidence and self-management skills.**
- **assists in improving relationships with peers, teachers and other adults**
- **assists in reducing negative and promotes positive social outcome**

The Sport Institute will provide

- **A pathway to identify, develop and support the gifted and talented sportsmen of St Johns College**
- **A framework to improve the sporting performance and success of St Johns College in targeted sports and sport in general.**
- **To create and develop a strong coaching structure and coaching qualifications among St Johns College staff, Old Boys and parents.**
- **To develop amongst all students, including the gifted and talented, a passion to give their best to St Johns College sport.**
- **To maintain the best possible sporting facilities and programmes at St Johns College.**

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Benefits we envisage seeing

- Athletes who display an understanding of their sport which matches their physical skill
- Athletes with the mental toughness to perform under pressure.
- Athletes who lead by example and inspire others to work hard, focus and achieve
- Students who can plan and ensure they keep a balanced lifestyle
- Students who are committed to their classroom study and academic performance
- Students who are socially responsible and make the right decisions
- Students who are contributors to their family and community.
- Enthusiasm for St Johns College & school spirit.
- Pride in the college- Proud to be part of the sports institute.
- St Johns College success on the regional and national stage.
- Happy students who are achieving.
- Elite young men with a bright future.

How does the Institute work?

In 2021

- Football. Monday, Tuesday, Thursday. 8am-8.55am
- Canoe Polo. Tuesday, Wednesday, Thursday 3.05-4.00pm
- Cricket. Tuesday, Thursday 12-1pm, 1-2pm, 2-3 pm
- Rugby Tuesday, Thursday Period 5
- Basketball: Monday 7.45-8.50am, Thursday 7.30-8.50am, Day 5 period 1
- Culinary Arts. TBC

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Goals of the programme

(Key Competencies in Brackets)

- **The students to understand that hard work can have multiple benefits.**
(All Essential Skills)
- **Students become Fit and Strong.***(Participating and Contributing)*
- **Students improve Motor-Skills.***(Participating and Contributing)*
- **Students become good listeners.***(Thinking)*
- **Students set and work towards goals.***(Thinking, using Language Symbols and Text)*
- **Students understand the value of time management.** *(Managing Self)*
- **Students become organised.** *(Managing Self)*
- **Students learn how to analyse their performances.**
(Thinking, using Language Symbols and Text)
- **Students search for personal improvement.** *(Thinking)*
- **Students become independent learners that achieve.** *(Thinking, Managing Self)*
- **Students work with peers to push each other towards success.** *(Relating to Others)*

Conditions of Involvement

- **Represent SJC at sport**
- **Effort & application to academic studies**
- **Responsibility for behaviour, conduct & committed to work.**
- **Can't opt out when the going gets tough. Full year programme.**
- **Organised and self-managing.**
- **Students will sign an Institute contract.**

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INSTITUTE CONTACTS

General queries

Jason Pearson. jpearson@stjohns.school.nz ext 718

Cricket Institute. Mr Tony Hutchins. thutchins@hotmail.co.nz

Rugby Institute. Mr Matt Wyatt. matt@pwlbuilders.co.nz

Basketball Institute. Mr Damian Whitten dwhitten@stjohns.school.nz

Canoe Polo Institute. Mr Jason Pearson jpearson@stjohns.school.nz ext 718

Football Institute. Mr Jason Pearson jpearson@stjohns.school.nz ext 718

Culinary Arts Institute. Mr Craig Ireland cireland@stjohns.school.nz ext 729

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Institute Coaching Philosophy

- ***To teach students to embrace hard work and failure as learning experiences that are rich and enable success for future living and learning.”***
- ***“To create a learning environment for students that is fun, stimulating and growth focussed”.***



The success of the institute is dependent upon good decision making from us as well as student and parent support.

“At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents”

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