

# DSK Sports Philosophy

At the DSK, we aim to provide an environment that develops a life-long love for sports, no matter the level of skill, competency or choice of activity.

Through excellence in sporting practice, teaching correct skills and encouraging healthy competition, the sports field becomes a place of fun, achievement and preparation for all areas of life.

A passion for a sport of their choice encourages physical development, builds confidence and facilitates healthy individual and social engagement.

## Approach

Through providing a pathway of excellence in sport, we use a long term athletic development approach. We strive to employ specialist coaches who are passionate about teaching children skills and values required for success and enjoyment in sport for life.

Our approach aims for every child to enjoy participation and to:

Master the FUNdamentals: Become physically literate in a variety of well-structured activities that support general skills (Primary School: 6 - 10 years)

Learn to train: Become athletically literate with an increased focus on special sports skills suitable to a number of sport disciplines. (Middle School: 11 - 15 years)

Train to train: Learn the proper technical and life skills needed to enjoy and progress in sport, be it for fun or achievement (High School: 16 - 18 years)

Be exposed to the variety of sporting disciplines offered at the DSK for both early or late specialisation

## Vision

The established motto “passion to participate” among DSK learners, is to get as many children actively involved in sport as possible.

## Values

Fairness, teamwork, respect, commitment and perseverance.