

GO THE DISTANCE

with our Athletics Excellence Programs

Got a natural gift for athletics or track and field? Some Queensland state high schools offer elite training programs to help you reach your full potential.

With world class facilities and expert coaches, this is your chance to take your athletic career to the next level.

Athletics



Ready to race ahead?

As part of the Health and Physical Education (HPE) curriculum, our athletics program provides:

- Sport-specific training with studies in nutrition, injury prevention, goal setting and sports psychology
- Coaching from experienced professionals, with strength training, sprint mechanics, endurance development, and field event techniques
- Exposure to all facets of athletics, from performance analysis to event management, creating a genuine pathway into professional sport.



**LEARN
MORE**

Perfect your performance

Work with experienced coaches to refine your sprint mechanics, improve endurance, and perfect your field event techniques. Some schools also offer successful students a Certificate II or III in Sport and Recreation as part of their studies in Years 10 and 11.

Shape future success

Graduates get the chance to compete at state, national, and international levels, pursue tertiary studies in sports science, or explore careers in athletics, coaching, and sports administration.