

**"Giving every young person the best opportunity to  
fulfil their potential in sport and life"**



**S6HP**

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**S6HP**

# S6HP CONCEPT

The Super 6 High Performance Program (S6HP) offers the very best PHYSICAL and EMOTIONAL development programs, ensuring all our young athletes fulfil their potential in the crucial elements of speed, fitness, strength, conditioning and mindset development.

Our nurturing, high performance environment currently includes athletes from a wide range of sports.

We are totally inclusive, not dependent on ability, socio or economic background, gender, ethnicity, religion or sporting endeavour.



# S6HP Mission

We believe it is important for all young people to exercise, play sport or at the very least stay active.

This has a direct positive effect on their physical and mental health, along with wellbeing and the development of physical literacy.

An early connection to exercise and sport can encourage a lifelong love of sport, physical activity and improved emotional resilience to support them on their journey .





# S6HP Point of Difference

**"We strive to develop all inclusive, nurturing environments, offering safe spaces for young people to develop independent thinking and fulfil their potential" . Carl Jennings NZBM, MExerSc**

**WE DELIVER A HIGH PERFORMANCE PROGRAM WHICH IS INCLUSIVE RATHER THAN EXCLUSIVE**

**Our nurturing, high performance environment currently includes athletes from a wide range of sports. We are totally inclusive, not dependent on ability, socio or economic background, gender, ethnicity, religion or sporting endeavour.**

**OUR COACHES AND MENTORS ARE OF THE HIGHEST STANDARD**

**S6HP is Designed and implemented by Carl Jennings NZBM a recipient of the New Zealand Bravery Medal and highly regarded specialist in the field of applied athletic development with over 30 years coaching at the highest level of elite professional sport in the Northern and Southern Hemispheres working with many of the world's leading athletes.**



# S6HP Cornerstone

## WE COACH BEHAVIOUR FIRST

Working with the best athletes in the world made me realise was that their behavioural traits drove them to fulfil their potential in sport and life.

This is why we coach behaviour first around our S6HP six behaviours.

Behaviours that not only give them the best opportunity to develop elite levels of sporting prowess, but most importantly enables them to become highly functional people within their community that positively affects everyone they come in contact with throughout their lifetime.





# S6HP CURRICULUM

The S6HP curriculum is one of the aspects that sets our program apart and delivers consistency through the coaching and mentoring process enabling for expansion into the wider community. It has the structure and content of a high performance sport program to ensure all young people become the best versions of themselves.

We offer 10 week curriculums working in line with the school term period. S6HP has a long term athletic development ethos that staves to be not only sport specific but more importantly individually specific ensuring all our athletes receive the very best opportunity to fulfil their potential.

The Initial 10 week S6HP assessment and development program, training results and data collected will be used to determine what specialization curriculum the athlete will move onto. It is the curriculum that aligns all the practitioners around NSW and Australia.

Our 6 curriculum themes programs are listed below and utilize an 80/20 rule 80% specific emphasis, 20% generic emphasis dependent on the requirement of the athlete .

1. Introduction and assessment curriculum
2. Speed curriculum
3. Fitness curriculum
4. Strength curriculum
5. Body conditioning
6. Return to sport curriculum

Our unique curriculum is one of the cornerstones of our program and dictates the equipment required for the Gym space during the set up phase of a new facility.



# S6HP Products and Services

## S6HP PROGRAM

**Physical and emotional development for young aspiring athletes.**

**Come train at the home of S6HP, receive the very best coaching and mentoring to enable you to fulfil your potential in sport and life.**

**For athletes aged 8 to 21.**

**We pride ourselves in being inclusive and treat everyone as an individual, our programs reflect this.**

**Our facilities include a professionally equipped gym, synthetic athletics track, outdoor Astro turf area and a full size high quality football field.**





# S6HP Products and Services

## S6HP I'MPossible

**This life changing program focusses on physical and emotional development for young persons with a disability.**

**The I'MPossible program is a structured school term based program.**

**Each session runs for 1hr developing movement mechanics-strength-speed-agility-mindfulness-nutrition.**

**We cater for physical and intellectual disabilities  
We are able to support athletes and participants from  
ages of 9years+**

**We provide a safe, nurturing and inclusive environment  
that will enrich their lives.**





# S6HP Products and Services

## S6HP C.A.M.P.S

**Our unique high performance school holiday program.  
This is an opportunity for all young athletes to fast track  
their potential.**

**9am to 2pm**

**The C.A.M.P.S program gives young athletes the tools and  
understanding of how to merge the mind and body, the  
route to high performance.**

**We achieve our great outcomes by utilizing interactive  
workshops and practical sessions in a safe nurturing  
environment.**

**We can deliver this program at our S6HP HQ or externally  
at schools, sports clubs or federations on request**



# **S6HP Products and Services**

## **S6HP RUGBY/RUGBY LEAGUE / SOCCER PATHWAY PROGRAMS**

**Our unique high performance program will be available for young aspiring Rugby/ Rugby League / Soccer players between the ages of 12 and 24years of age.**

**We will ensure all our young athletes get the best opportunity to fulfil their potential by offering the very best coaching and mentoring within a nurturing high-performance environment.**

**Our Curriculum focusses on delivering what we believe to be the crucial aspects of sporting development with a long term athletic development focus.**

**Functional Screening & Athletic Assessment**

**Skill Development / Physical Development / Emotional Development**





# **S6HP Products and Services**

## **S6HP ONLINE**

**Physical development for athletes in the wider wider community.  
10 week program.**

**This fantastic resource is great value ensuring all young athletes, coaches and teams receive the best support required for them to fulfil their potential in sport and life.**

**It is especially beneficial for young athletes who live and train outside the Western Sydney area.**

### **The Content Offers**

**Useful hints and tips / Training programs / Demonstration videos and tutorials.**

**Everything the athlete needs to improve their game.**

**For more information follow the “contact us” link above.**

# S6 HP Products and Services

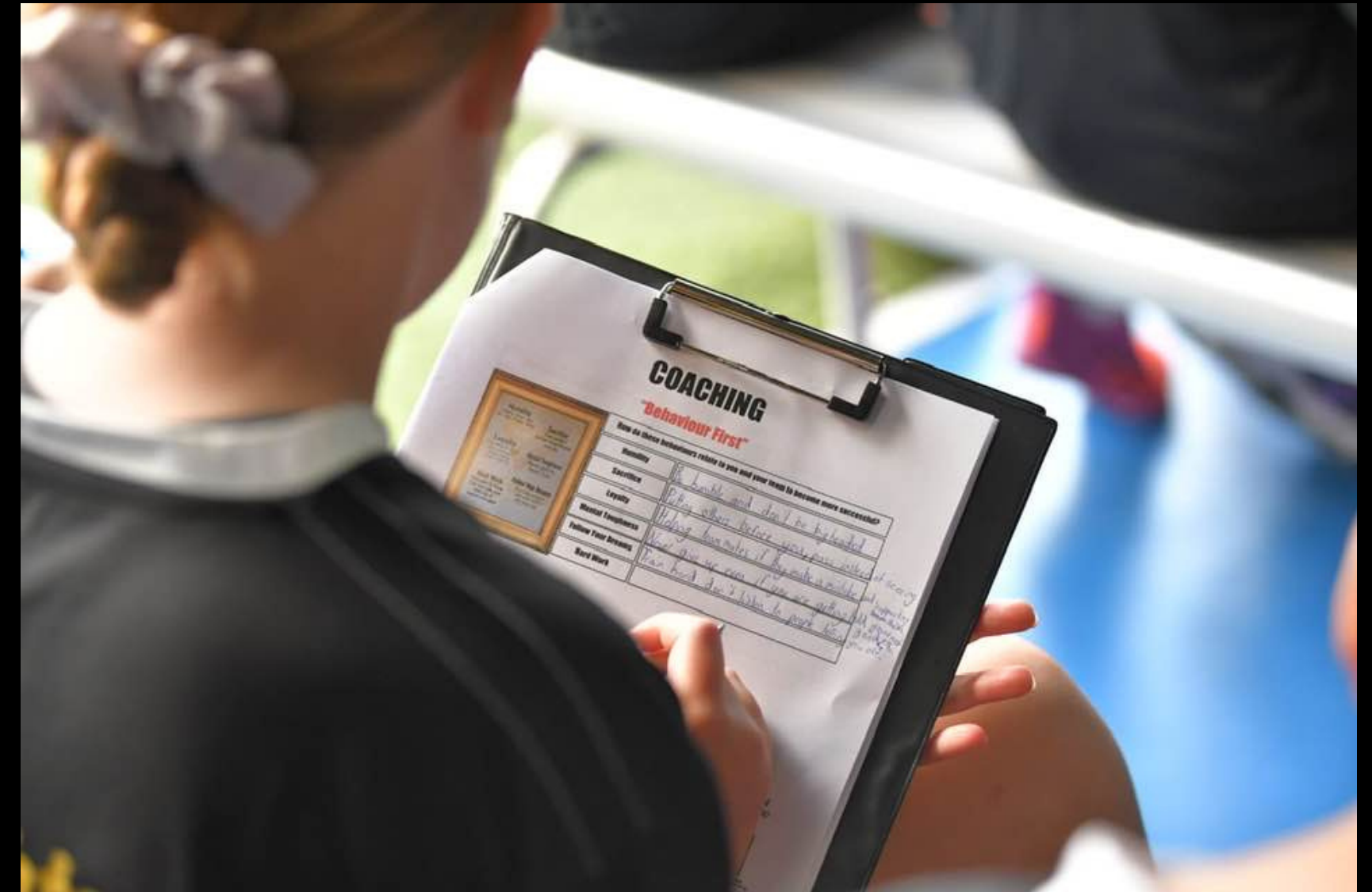
## S6HP LIFE SKILLS AND WELFARE PROGRAM

Developed by S6HP High Performance coach and educator Tahlia McKenzie.

This fantastic program delivers Tahlia's 10 week program helping young people who play sport develop the tools to overcome the pressures associated with

**Study - Life - Sport Balance.**

This is such a powerful program for not only enhanced persona development and success but more importantly helping to develop strategies to enhance mental health



# Proud to Support Our Multi-cultural Community

CARL JENNINGS NZBM MANAGING DIRECTOR IS PROUD OF THE STRONG COLLABORATIVE RELATIONSHIP HE HAS DEVELOPED WITH BLACKTOWN CITY COUNCIL AND THE BOARD OF BLACKTOWN INTERNATIONAL SPORTSPARK.

13,000 Athlete Visits  
Between  
2019 and 2021



**S6HP**

23,000 Total Visits  
Between  
2019 and 2021





# S6HP Target Customers



INDIVIDUALS



SPORTS TEAMS  
ASSOCIATIONS



SCHOOLS  
COLLEGES

# S6HP HQ's

**Athletics Centre**

**Blacktown International  
Sportspark**

**Eastern Road Rooty Hill  
NSW 2766.**

## **FULLY EQUIPPED GYM**

Our gym is designed to cater for young aspiring athletes and contains specific equipment to deliver our Long Term Athletic Development curriculum .

## **OUTDOOR MULTI PURPOSE ASTO TURF AREA**

Our 400m astro turf area allows us to deliver a number of different elements to our program , strength, speed, stamina, skill

**The Hills Grammar School**

## **FULL SIZED FOOTBALL FIELD**

Our playing field is of the highest quality grass surface is flood lights and enables us to deliver our running based program aswell as our skill based development programs for a range of field based sport.

**43 Kenthurst Road,  
Kenthurst, Sydney New  
South Wales 2156**



# **Thank You**

**Website : [s6hp.com.au](http://s6hp.com.au)**

**Facebook : [Super6highperformanceprogram](https://www.facebook.com/Super6highperformanceprogram)**

**Instagram : [Super6performance](https://www.instagram.com/Super6performance)**

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