

# Special Interest Volleyball

## 2025 In Zone Application & Trial Information



**Brighton**  
Secondary  
School

### ONLINE APPLICATION

Online applications open on **Monday 11 March** and close on **Monday 25 March 2024**.

### PHASE 1 - FITNESS TRIAL

**Tuesday 30 April 2024 (Term 2, Week 1)**

**Boys trial at 1pm. Girls trial at 2.15pm.**

The initial fitness trial includes the following fitness tests:

- : 5m agility test (agility)
- : 20m sprint (explosive speed)
- : vertical jump (explosive leg power)
- : overarm throw (upper body power)
- : 20m shuttle 'beep test' (cardiovascular endurance)

### PHASE 2 - SKILL TRIAL (INVITATION ONLY)

**Monday 6 May 2024 (Term 2, Week 2)**

**Boys trial at 1pm. Girls trial at 2.15pm.**

Following the fitness trial, selected students will be invited to attend the skills trial where movement, coordination and ball skills will be tested. Students must also upload copies of their **two** most recent school reports.

### PHASE 3 – ATTITUDE, BEHAVIOUR, AND COMMITMENT TO LEARNING CHECK

All students who successfully meet the standards of the skills test, will progress to our Phase 3 check where we will analyse their school reports, focusing on their attitudes, behaviours, and commitment to learning across all subjects.

### OUTCOME

Phase 2 applicants will be notified of the outcome of their application during the week starting **Monday 20 May 2024**.