

# Special Interest Volleyball

## 2025 Out of Zone Application & Trial Information



**Brighton**  
Secondary  
School

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### ONLINE APPLICATION

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

### PHASE 1 - FITNESS TRIAL

**Wednesday 3 April 2024 (Term 1, Week 10)**

**Boys trial at 10.15am. Girls trial at 11.45am.**

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)

**Thursday 11 April 2024 (Term 1, Week 11)**

**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 – INTERVIEW (INVITATION ONLY)

**Monday 13 May 2024 (Term 2, Week 3)**

Students who have successfully met the standards of the skills test will be invited to attend an interview. This provides an authentic opportunity for students to showcase their attitudes, behaviours and commitment to learning in a 10 minute conversation led by a staff member.

### OUTCOME

Phase 3 applicants will be notified of the outcome of their application during the week starting **Monday 20 May 2024**.