

## CREST ELECTIVES - Bribie Island State High School

ELECTIVE	Cost per student	Inclusive of:
CREST AFL	\$350 per year Years 7, 8, 9	<b>BISHS CREST AFL:</b> <ul style="list-style-type: none"> <li>• Program is run by Level 2 Coaches and Teachers</li> <li>• Participation in competitions such as the AFLQ schools of Excellence Cup and Q Schools Cup</li> <li>• Entry and travel to competitions</li> <li>• Use of BISHS Player Kits on Match Days</li> <li>• BISHS AFL Polo Shirt</li> <li>• BISHS AFL Training Tee</li> <li>• AFLQ Umpiring qualification</li> <li>• Access to Professional AFL Education Programs including (Training Habits, Sports, psychology, Nutrition, recovery)</li> <li>• Leadership development and team building days and activities</li> <li>• Tailored Strength and conditioning programs and sessions</li> <li>• Use of High-Quality Sporting and Recovery Equipment</li> <li>• Recorded Performances- Analytical Software (Huddle)</li> </ul>
CREST Rugby	\$350 per year Years 7, 8, 9	<b>BISHS CREST Rugby Sports:</b> <ul style="list-style-type: none"> <li>• Program is run by Level 2 Coaches and Teachers</li> <li>• Participation in competitions such as the QSchools Cup, Justin Hodges 9's and All Schools Touch and Oz Tag</li> <li>• Entry and travel to competitions</li> <li>• Use of BISHS Player Kits on Match Days</li> <li>• BISHS Rugby Sports Polo Shirt</li> <li>• BISHS Rugby Sports Training Tee</li> <li>• Mentoring by highly qualified coaches supported by NRL</li> <li>• Access to Professional NRL Education Programs including (Training Habits, Sports, psychology, Nutrition, recovery)</li> <li>• Leadership development and team building days and activities</li> <li>• Tailored Strength and conditioning programs and sessions</li> <li>• Use of High-Quality Sporting and Recovery Equipment</li> <li>• Recorded Performances- Analytical Software (Huddle)</li> </ul>

CREST Dance	\$300 per year Years 7, 8, 9	<p><b>BISHS CREST Dance:</b></p> <ul style="list-style-type: none"> <li>• Program ran by Qualified Dance Teachers</li> <li>• Costumes for performances</li> <li>• Full-day dance workshop, including: <ul style="list-style-type: none"> <li>○ Team building</li> <li>○ Nutrition talk</li> <li>○ Strength and flexibility training</li> <li>○ Hip hop and musical theatre sessions</li> <li>○ Stage hair and makeup demonstration</li> <li>○ Performance showcase</li> </ul> </li> <li>• Entry, travel, and competitor pass to the competition</li> <li>• BISHS Dance polo shirt</li> <li>• Recorded Performances- Analytical Software</li> <li>• Strength and Flexibility Training</li> <li>• Performance Showcases</li> </ul> <p><b>Extras (Not Included in the \$300):</b></p> <ul style="list-style-type: none"> <li>• Black jazz shoes (cannot be shared; most kids have already purchased)</li> <li>• Tights (specific to the dance style)</li> <li>• Tan underwear</li> <li>• Basic hair and makeup for performances</li> </ul>
CREST STEAM	\$150 per year Year 7 Only	<p><b>BISHS CREST STEAM:</b></p> <ul style="list-style-type: none"> <li>• Robotics &amp; Coding equipment</li> <li>• BISHS STEAM Polo Shirt</li> <li>• BBC Micro:bit Kits,</li> <li>• Use of Drones</li> <li>• 3D Printing Filament,</li> <li>• Graphing Notebooks &amp; Whiteboard Markers,</li> <li>• Subject Materials and Consumables (Batteries, Copper Tape, LEDs, Conductive Paint),</li> <li>• Lego Competitions Entry and Travel</li> </ul>