



Corinda SHS student Aditya competing in Short Track Speed Skating at the Gangwon 2024 Winter Youth Olympic Games in Korea (Image supplied)

Our Mission

1

We aim to inspire and guide young athletes on a journey of personal development, fostering growth of their unique skills and attributes

2

We are dedicated to creating an environment that empowers individuals to surpass their own limits, unlocking their highest potential both on and off the field

3

Though mentorship, tailored training and a commitment to holistic development we strive to instil not only athletic prowess but also character, resilience and mindset essential for lifelong success

Contact Us



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corindashs.eq.edu.au/extra-curricular/sports



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Together, with the team at Corinda SHS, we hope to redefine what it means to be a student-athlete and create a legacy that extends beyond the game.

Nat Cook

Corinda SHS alumni, Director of Brisbane 2032, Olympic and Paralympic Games Organising Committee and five-time Olympian (pictured with Corinda SHS Elite Athlete Program students at Open Day 2024)



Elite Athlete Program

Empowering athletes to pursue their sporting dreams in partnership with their education



Exceed Your Expectations

Program Overview

Our Elite Athlete Program Focus Areas:

Athlete Wellbeing and Mindset

- Mindfulness
- Nutrition
- Sleep
- Growth mindset
- Routines
- Performance Psychology

Strength and Conditioning

- Physiotherapist Screening
- Individualised Programming
- Team Buildr App
- Fitness testing and tracking

Athlete and Academic Coaching

- Understanding 'who am I?'
- Goal Setting
- Weekly Schedules & Time management
- Regular check ins
- Future Pathways

Curriculum and Academic Support

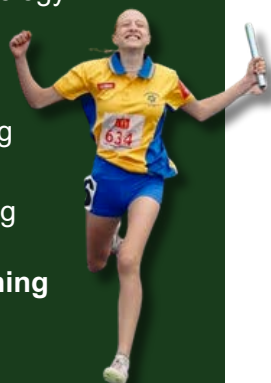
- Flexible timetables
- Assessment scheduling
- Extra study lines

Elite Sports Partners and Providers

- Performance Physio H, Fitness and Health Lions FC, Football Qld, Brisbane Roar, Queensland Tennis Centre, Study and Play USA, Aussie Athletes Agency, and Phluxus2

Athlete Mentor program

- Olympic Gold medallist and former Corinda SHS student Nat Cook



About Us

The vision of the Elite Athlete Program at Corinda State High School is to enhance our successful Programs of Excellence in Football, Tennis, and Dance, fostering well-rounded athletes who achieve excellence both academically and in their chosen sports. We offer high-performing individual athletes the opportunity to participate in a program of excellence tailored to their individual aspirations, schedules, and pathways. Our program emphasises the development of values such as integrity, compassion, curiosity, and drive in our athletes, reflecting qualities essential for long-term success and high performance.

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Queensland holds untapped Olympic and Commonwealth Games talent but is without a dedicated platform for holistic athlete development. We aim to become the Elite Athlete Program school of Queensland, nurturing future athletes for 2032 and beyond.



Sarah Walker

Director of Sports Development
Corinda State High School



Gold medallist archer and Corinda SHS student Ellen represented Queensland at the Youth National Archery Championships in 2025

Individual Achievements

Since it's inception in 2024, the Elite Athlete Program has celebrated a range of individual athletes' success including:

- **Speed Ice Skater, Aditya** - Australian 17 Years National Champion, selected to represent Australia in the 2024 Youth Olympics
- **Archer, Ellen** - Won four gold medals at the Youth National Archery Championships in 2025
- **In-line Skater Bailey** - Represented Australia at the Inline Speed Skating Oceania Championships for Cadet Girls (12-15 years old)
- **Cricketer Tanisha** - Queensland School Sport Under 12s State Team Captain
- **Footballer Rani** - Queensland Academy of Sport player, and FFA National Youth Championships Silver medallist