

Program of Excellence

ACCELERATED SPORTING PROGRAM

The Excellence: Accelerated Sporting Program (ASP) is Queensland's first accelerated sporting excellence program, offering a tailored high performance focused curriculum from Years 7–12. The program aims to develop high achieving student athletes through education, wellbeing and world class sporting preparation.

Athletes will gain a deep understanding of their bodies, learn to train smart, recover effectively and compete with integrity and consistency to become an exceptional holistic athlete. Athletes will also learn to balance training, study and their wellbeing and build sustainable long-term habits for lifelong success.

This inclusive program welcomes high performing athletes across all sporting disciplines and offers access to Community, State and National competitions along with opportunities and links with the Queensland Academy of Sport (QAS).

Students are required to sit a sporting aptitude test as well as undertake physical testing.

For more information, please visit our website: thegapshs.eq.edu.au



Sporting Squads



NETBALL

The Gap State High School Netball Squad offers an exciting opportunity for students of all genders to participate in competitive sport. Junior and senior school teams focus on skills development and teamwork building whilst representing the school.

Training takes place after school during Terms 1 and 2 with teams competing in a range of competitions, including the prestigious Vicki Wilson Championship, the premier netball competition for secondary schools across Queensland.



FOOTBALL (SOCCER) & FUTSAL

The Football and Futsal Squad at the Gap State High School provides a unique opening for students in Year 7-12 to develop their skills on and off the field and compete at a high level. The program offers pathways to participate in a range of interschool competitions and major championships, including Football Queensland's Independent Schools Soccer Association (ISSA), the Bill Turner Cup, the UHLsport Cup, and FQ's Schools Futsal Championships.



TOUCH FOOTBALL

The Touch Football Squad at The Gap State High School prepares students through cultivating potential and enhancing their skills via training. Open to all experience levels, the program focuses on building teamwork, game awareness, and individual performance in a fast-paced and inclusive environment.

Students will represent the school at the Brisbane Secondary All Schools (BSAS) competition, an annual event run by Brisbane Touch Football that attracts teams from across Queensland. This competition offers valuable match experience and serves as a key pathway for teams preparing for the Queensland Secondary All Schools tournament.



MOUNTAIN BIKING

The Mountain Biking Squad at The Gap State High School empowers Year 7-12 students to develop expertise whilst training and competing in a dynamic outdoor environment during Terms 2 and 3. Designed for riders of all experience levels, the program supports both skill development, competitive pathways and the opportunity to become part of the broader MTB community.

Students can compete in a selection of the QLD Rocky Trail Academy events, delivered by the Rocky Trail Group, one of Australia's leading mountain bike event organisers. With professionally managed competitions, these events provide high-quality race experiences on diverse trail networks.



HEALTH & PHYSICAL EDUCATION (HPE)

Sport and physical activity are a key part of life at The Gap State High School, with all students participating in Health and Physical Education (HPE), guided by the motto "Moving Bodies, Moving Minds." The program takes a holistic approach, helping students develop movement skills, understand their bodies, and recognise the link between physical activity and wellbeing.

Students build confidence across a range of sports while learning about nutrition, personal growth, human development, and performance.

Program of Excellence

ELITE VOLLEYBALL PROGRAM

The Excellence: Elite Volleyball Program (EVP) pursues the development of high-performance athletes through a holistic approach, fostering exceptional skills, strong character, and elite habits.

Our program nurtures students not only with volleyball expertise but also leadership, and resilience that supports academic, vocational, and personal growth. EVP empowers young athletes to become well-rounded individuals, thriving both in sport and in life.

Our EVP curriculum replaces the standard Health & Physical Education classes which are scheduled twice a week. Additionally, EVP athletes are involved in high level coaching, structured training and competitive opportunities led by National and Olympic level coaches.

Students are required to trial in Term 3 each year.

For more information, please visit our website: thegapshs.eq.edu.au



General Pathways

A selection of District and Regional sporting opportunities are available to all students. In addition to our PoE and Squad sports students can also participate in trials via District Sports Selections for an extensive variety of sports.



For more information about our Sporting Opportunities, including our Programs of Excellence, Squads and HPE curriculum, please contact Mr Dave Moran: dmora13@eq.edu.au



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