

JETS Factsheet

Frequently Asked Questions

What is the JETS program?

The JETS program is a sports development program aimed at developing members' sporting potential, whilst providing a strong framework around leadership skills, community interaction and mentoring.

The JETS program is not just about sporting achievement; rather, it encompasses the philosophy of the well rounded young individual. Through the JETS program students are assisted and monitored with their academic progress, as well as being exposed to a number of well-being concepts such as social emotional development, nutrition and lifestyle and appropriate conduct within the community.

What do students do in the JETS program?

1. Group Fitness Training.

- Year 6-8 Jets members—Fortnightly fitness sessions run at school by a personal trainer.
- Year 9/10 Jets members— Given free 12 month Energy Fitness membership and attend the gym once a week during school time as a Jets squad.

2. Specialised Sport Trainings.

These sessions occur predominantly during lunch times and are run by a variety of sporting organisations within the ACT.

3. Sports Development and Social and Emotional Learning.

Fortnightly sessions where Jets members have access to guest speakers, nutrition and lifestyle information, goal setting activities, career pathways & study time.

4. Service to community.

Throughout the year, the Jets members are invited to participate in a variety of charity events to raise money for the local community.