

MAX POTENTIAL PROFILES

YEAR 11 students from various schools around the Manning are in the process of realising their Max Potential.

The Manning Valley's inaugural Max Potential program will culminate on November 12 in a showcase at Club Taree where all participants will come together and present their individual projects.

The Max Potential program offers 22

weeks of personal leadership development and coaching, to help the young leaders maximise their potential during their final years at school.

It also encourages students to focus on the local community and ways in which they can work to improve it.

Participants are given training in a life-coaching model which explores 10 personal leadership principles and the

opportunity to use these in practice by developing, planning and running a community project of their choice.

Each choose an individual project aimed at building community goodwill and work to turn the idea into reality through fundraising, campaigning and organising.

The response from the students involved has been fantastic.

Focus on fun activities after school



Amanda Scott

AMANDA Scott decided to focus on her home town for her Max Potential community project.

The Harrington local who is in year 11 at Chatham High School saw the need for an afternoon activities session aimed at young people.

"There's not really any after school activities in Harrington," says Amanda.

"I thought it would be good for school children to have an afternoon of supervised fun and socialising."

With the help of her mentor, Jenny Fotheringham, Amanda has organised a tennis and games afternoon at the Harrington sporting fields, to be followed by a barbecue.

She said that despite the stresses of all the organising she feels the children of the Harrington community will benefit from the afternoon and after seeing how the initial session goes, she may even make it a regular activity.

"We'll see what sort of response we get and then go

from there."

Amanda has really enjoyed being part of the Max Potential program, but admits she was apprehensive at first.

"I was hesitant when they initially approached me about it," she says.

"But after my first coaching session I felt really confident about it and although it's been challenging I've learnt heaps and it will be great to see it all come together."

Touch football competition promotes health

YEAR 8 students at Chatham High School recently took part in a fun touch competition to give them a break from their school work, promote physical activity and socialise with their peers.

The competition was the brainchild of senior student, Brett Grant, as part of his Max Potential community project.

Brett said he enjoyed the experience of coordinating and organising an event and sourcing the equipment.

"It was a great experience to learn about organisation and time management," he said.

"I approached the school to supply the equipment for the competition and we also held a barbecue at the end."

Brett was helped throughout his planning process by coach Simon Brown, who he said was a great influence and helped to get him motivated.

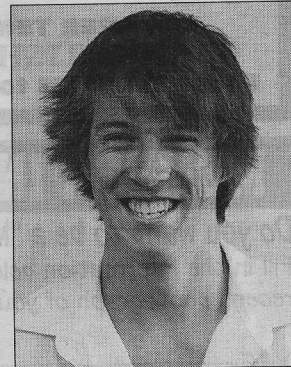
Brett said he would recommend the Max Potential program to others, but

advises that you need to be willing to devote quite a bit of time to it.

"It is time consuming, but it's definitely worth it," he says.

"It was great to see such a range of students taking part in the competition and enjoying themselves.

"Some of them hadn't played touch before and we made sure the teams were even so that everyone had a go, it was a good experience."



Brett Grant