

Mordialloc College Sports Excellence Program (SEP)



Information Session

Program Info

- The Mordialloc College Sports Excellence Program recognises the importance of providing students with a fulfilling and challenging education that allows student athletes to develop their sporting talent, while building confidence, communication and leadership skills
- The College has outstanding facilities, with a rich history of excellence in sport
- In conjunction with these facilities and passionate elite level staff/coaches the program is designed to:
 - Continue on to further education and training
 - Increase student's opportunities to pursue a career in sport
 - Engage and teach skills for life

Benefits

- Student athletes within the SEP will have access to:
 - Elite level coaching
 - Additional time to train and focus on their chosen sport
 - Use of facilities and gym
 - Incursion and excursion opportunities to experience elite level programs
 - Special guest presenters, speakers and coaches
 - Be part of an elite level and high achieving community



Mordialloc College SEP Sports

- The program will be built around three sports that were identified as an integral part of Mordialloc and its surrounding communities.
- The sports program targets:
 - Australian Rules Football
 - Basketball
 - Netball



Coaches/Staff

- Expert teacher/coaches demonstrate a great passion for their discipline and engage in continuous professional development
- Students will benefit from our coaching staff extensive experience in elite and professional sport
 - AFL x 2 Staff
 - Netball x 1 staff, and 1 coach from Netball Victoria
 - Basketball x 1 staff



Katie Loynes - AFL Coach

- Carlton AFLW Co- Captain 2020
- Carlton AFLW Vice Captain 2019
- Carlton AFLW joint Best & Fairest 2018
- State Representative 2009, 11, 13 & 15
- 5 x Club Best & Fairest
- League Best & Fairest 2008
- Premier Division Premiership Player 2012
- Best on Ground All Australian Game 2010
- Pick 8 in AFL Women's Draft 2013



Andrew Fisher - AFL Coach



- Qualifications and Experience
 - Exercise Physiologist & Sports Scientist
 - 8 years playing experience
 - Youth / Mens / Womens AFL Level 1 Coach
 - St Kilda Next Generation Academy Coach
 - Mordialloc Football Netball Club AFLW Coach
 - Fitness Advisor - Penrith Panthers (NRL)
 - Trainer Western Region Academy of Sport (NSWIS)



Inspire Sports and Kym Lenc - Netball Coaches

Inspire Sports

- Established in 2011 to provide netball clubs, netball associations and schools with access to elite level coaching experience and knowledge
- Our coaches all work within the Victorian Netball League, the pinnacle netball competition within Victoria.
- **Jade Heinrich** - Jade is a former Championship Division Captain within the VNL and is now a current "Elite Accredited" netball coach. Jade has experience working within the Victorian State Team Program (U17 and U19) as well as the Talent Academy. Jade has previously held the position of Head Coach with the Wilson Storage Southern Saints and is currently the Championship Division Coach.
- **Guy Keane** - Guy is a former Captain of the Australian Sonix Mens Netball Team and Victorian Mens Open team and is now completing his "Elite Coaching Accreditation". Guy has experience working within the Victorian ANL and State Team Programs and was the Ballarat Sovereigns Head Coach in VNL in 2018. Guy currently works with the Hawks Netball Championship Division team.
- **Greg Heinrich** - Greg is a former member of the Australian Sonix Mens Netball Team and Captain of the Western Australian Mens Open Team. Greg is currently completing his "Advanced Coaching Accreditation" and works with the Division 1 Team at Wilson Storage Southern Saints. Greg's passion is in developing strong leaders of the future through our Evolve Leadership Development Program.

Kym Lenc (MC Coach)

- 15 years experience
- Passion for the game



Andrew Potter - Basketball Coach

- Coaching Experience:
 - Vic Metro State Coach (3 Gold Medals)
 - Basketball Victoria NPP/SPP Coach
 - School Sport Victoria State Team Coach (4 Silver medals at National Championships)
 - Representative Club Director of Coaching
 - Big V/SEABL (NBL1) Coach
 - Latrobe University Coach, 1 Silver and 1 Bronze
 - VJBL Junior Coach
 - Domestic Basketball Coach
 - Taken basketball tours to Europe (4) and the USA (6)



Yr 7 Outline

- Student athletes develop essential skills in preparing them both physically and mentally for elite level sport
- The specific focus for physical preparation and conditioning is:

Semester 1	Semester 2
<ul style="list-style-type: none">● Strength and conditioning training● Fitness testing● Recovery and Injury procedures● Introduction into sports nutrition, teamwork & leadership skills.	<ul style="list-style-type: none">● Strength and conditioning training● Fitness testing● Understand exercise programs (sets, reps)● Fitness based run - Mordialloc Cross Country Track

Future Years

- Student athletes continue to develop essential skills in preparing them both physically and mentally for elite level sport as they progress through the school
- Specific focus for physical preparation and conditioning continues throughout subsequent years of the SEP and links with VCE
- The SEP will continue to grow each year, as each year level progresses through the program
 - 2020 Yr 7 only
 - 2021 Yr 7 and 8
 - 2022 Yr 7-9 and so on



Timetable

- Students in the Mordialloc Sport Excellence Program will participate in sessions during Physical Education classes and training before school
- Sessions are to be developed to meet each student's individual needs
- Students will be in two classes that will be blocked on at the same time

Subject	Periods a fortnight
Physical Education	2
Health	2
Before School 7:30-8:30am	2

Fees

Program	Details	Fee
AFL Basketball Netball	<ul style="list-style-type: none">- 2 x morning sessions per cycle- Extra staffing/Coaching- Transport, pool, excursions etc.- Drink bottle/foam roller/ bag- A sports excellence polo (different to the PE polo).	\$500

Trials - To be confirmed at a later date.

Trials will be held and may consist of:

- Fitness testing (Specific to each sport)
- Skill session
- Game play

- **Trial Date: Week of 19th – 23rd August**



Application Process

- This is a 'select entry' program for high performance student-athletes.
- Selected entry with maximum 50 students per year level
- Applications **close** at the end of term 2 - **Friday 26th June 2020**
- Apply online via the Mordialloc College Website ([Link](#) on the homepage)

Only open to students who have selected Mordialloc College as their secondary school in 2020



MORDIALLOC COLLEGE
A better choice in education

Our College | Current Parents | Prospective Parents | Co-Curricular | Curriculum | International Students | Student Resources

A challenging curriculum

Learning Extension Programs

Middle Years >

Senior Years >

Vocational Program, Pathways and Transitions

Sports Excellence Program

Programs that improve student learning

We help our students to acquire a sense of belonging

Sports Excellence Program

Sports Excellence Program Foundations for Tomorrow

If you love sport your tomorrow can begin today through the Mordialloc College Sports Excellence Program (SEP).

Beginning in Year 7, and progressing to VCE (Victorian Certificate of Education), Mordialloc SEP centres on sports that are an integral part of Mordialloc and its surrounding communities – Australian Rules Football, Basketball and Netball for both male and female athletes. The program is designed to develop the skills of elite athletes in their chosen sport and as leaders in sport.

Additionally, as part of a career in sport pathway, all studies at Mordialloc College lead to achieving qualifications recognised in the Australian Qualifications Framework, and while SEP is available to students who are interested in developing a career in competitive sports, the program also provides opportunities for placement at University and other tertiary institutes.

SEP is only available to young athletes who have selected Mordialloc College as their secondary school, and been accepted into the program through the application process.

For more information, download the program Brochure and promotional information:

- [Sports Excellence Program Brochure \(pdf\)](#)

Selective Entry at Mordialloc College

Mordialloc Sport Excellence Program Application Form 2020

Applicants Name:

Date of Birth:

Parent/Guardian Name:

Mobile:

Address:

Postcode: