



Mordialloc Sport Excellence Program



OVERVIEW

The Mordialloc College Sport Excellence Program recognises the importance of providing students with a fulfilling and challenging education that allows young student athletes to develop their sporting talent, while building confidence, communication and leadership skills.

The program is designed to increase student’s opportunities to pursue a career in sport or to continue on to further education and training. The College has outstanding sporting facilities with a rich history of excellence in sport. We aspire to engage our students and teach skills for life with students having the opportunity to coach interschool sporting teams and conduct programs with local primary schools.

The Mordialloc College Sport Excellence Program will be built around three sports that were identified as an integral part of Mordialloc and its surrounding communities.

The sports program targets the following sports

- Australian Rules Football
- Basketball
- Netball

Expert teacher/coaches demonstrate a great passion for their discipline and engage in continuous professional development. Students will benefit from our coaching staff’s extensive experience in elite and professional sport.

YEAR 7 SPORT EXCELLENCE PROGRAM OVERVIEW

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: fitness testing, core stability exercises, shoulder stability exercises and hip stability exercises. Specific focus for the theory component is an introduction into sports nutrition, sports psychology and teamwork/leadership/confidence training.

Semester 1	Semester 2
<ul style="list-style-type: none"> • Exercise Technique - core stability and hip stability exercises • Fitness testing • Recovery and Injury procedures • Introduction into sports nutrition, sports psychology and teamwork & leadership training 	<ul style="list-style-type: none"> • Exercise Technique - core stability and shoulder stability exercises. • Fitness testing • Understand exercise programs (sets, reps) • Fitness based run - Mordialloc Cross Country Track

YEAR 8 SPORT EXCELLENCE PROGRAM OVERVIEW

Student athletes continue to develop essential skills in preparing them both physically and mentally for elite level sport. Specific focus for physical preparation and conditioning is: fitness testing, core stability exercises, shoulder stability exercises, hip stability exercises, basic lifting technique, running technique, balance and coordination exercises. Specific focus for the theory component will cover: sports nutrition, sports psychology and teamwork/leadership/confidence training.

Semester 1	Semester 2
<ul style="list-style-type: none">• Exercise Technique - core stability, hip stability, balance and landing exercises• Rowing technique – aerobic capacity• Fitness testing• Recovery and Injury procedures• Sports nutrition, sports psychology and teamwork/ confidence and leadership training	<ul style="list-style-type: none">• Exercise Technique – running technique, hip stability exercises and shoulder stability exercises• Fitness testing• Understand exercise programs (rest, tempo)• Fitness based run - Mordialloc Cross Country Track• Sports nutrition, sports psychology and teamwork/ confidence and leadership training

YEAR 9 SPORT EXCELLENCE PROGRAM OVERVIEW

Student athletes continue to develop skills in preparing them both physically and mentally for elite level sport. The specific focus for physical preparation and conditioning is: Athletes progress to an “Individual Exercise Program” specific to their needs. Specific focus for the theory component will cover: sports nutrition, sports psychology and teamwork/leadership/confidence training.

Semester 1	Semester 2
<ul style="list-style-type: none">• Exercise Technique - core stability, resistance, weakness and rehab sessions• Fitness testing• Sports nutrition, sports psychology and teamwork/ leadership/ confidence Training	<ul style="list-style-type: none">• Maintenance of Power, strength, specific speed, agility, recovery and endurance.• Fitness testing• Understand exercise program (documenting sessions)• Fitness based run “The Tan”• Sports nutrition, sports psychology and teamwork/ leadership/ confidence training

❖ *Students will visit world class facilities such as the Victorian Institute of Sport, elite sporting clubs and the MCG.*

TRANSITION INTO SENIOR SCHOOL (YEARS 10 - 11)

Mordialloc College Sport Excellence Program- UNIT 1 Physical Education – Completed in Year 10

As part of the program in Year 10, students will also complete studies in Unit 1 Physical Education. In Unit One students explore how the musculoskeletal and cardiorespiratory systems work together to produce movement. Through practical activities students explore the relationships between the body systems and physical activity, sport and exercise, and how the systems adapt and adjust to the demands of the activity. Students investigate the role and function of the main structures in each system and how they respond to physical activity, sport and exercise. They explore how the capacity and functioning of each system acts as an enabler or barrier to movement and participation in physical activity.

Using a contemporary approach, students evaluate the social, cultural and environmental influences on movement. They consider the implications of the use of legal and illegal practices to improve the performance of the musculoskeletal and cardiorespiratory systems, evaluating perceived benefits and describing potential harms. They also recommend and implement strategies to minimise the risk of illness or injury to each system.

The Mordialloc College Sport Excellence Program – UNIT 2 Physical Education – Completed in Year 11

As part of the program in Year 11, students will also complete studies in Unit 2 Physical Education. This unit students examine the cardiovascular and respiratory systems of the human body and how the heart, blood vessels and lungs function at rest and during physical activity. Through practical activities students explore the structure and function of the cardiorespiratory system and their contributions and interactions during physical activity, sport and exercise. Enablers and barriers to the capacity and functioning of the cardiovascular and respiratory systems are investigated from a sociocultural, environmental and physical perspective. Students explore the ethical and performance considerations of the use of a variety of legal and illegal practices and substances specific to each system.

Pathways: Opportunities cover all walks of life, providing many alternatives for athletes when their playing career ends. These include media and marketing; community outreach; management, HR and administration; coaching and mentoring, sports science and medicine; technical and facilities development; fitness and training; outdoor and adventure activities.

All studies at Mordialloc College lead to achieving qualifications recognised in the Australian Qualifications Framework.

Education level	Area of Interest	Examples of roles in fitness and wellbeing
Cert 1 & 2	Sport	Group Fitness Training and Instruction; Community Coach, Umpire and Official;
	Recreation	Group Fitness Training and Instruction; School Holiday and After School Program Officer; Senior Program Officers ; Aquatics Instructor; Outdoor and Leadership Trainee Instructors
Cert 3 & 4 and Diploma	Sport	Retail Sports Sales, Assistant Strength and Condition Coach, State Coach, Umpire and Official; Fitness Trainer
	Recreation	Fitness and Personal Trainer, Retail Sports Sales, Assistant Strength and Condition Coach, State Coach, Umpire and Official; Pool Hydrotherapist; Outdoor and Adventure Leader
Degree	Sport	Occupational Therapist; Teacher; Exercise Physiologist; Scientist, Psychologist
	Recreation	Complex, Aquatic and Leisure Centre Manager, Community Events Coordinator, HR
Post Graduate and or Experience	Sport	Head Condition Coach, Team Physiologist, Research Professor; National and International Coach, Umpire and Official

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Education level	Area of Interest	Examples of roles in fitness and wellbeing
	Recreation	Industry Development Officer, Event Manager, Marketing Manager, HR

TIMETABLE:

Students in the Mordialloc Sport Excellence Program will participate in sessions during Physical Education classes and training before school with sessions 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
Physical Education	2
Health	1
Before school - 7.30am-8.30am	2

TRIALS

This is a 'select entry' program for high performance student-athletes.

Selected entry with maximum 50 students

In the event that the applications exceed our capacity, trials will be held consisting of:

- Fitness testing (beep test, 20m sprint, vertical jump, single leg hop for distance)
- Skill session

Date: Week of 19th – 23rd August

FEES

Program	Details	Fee
AFL/Basketball & Netball	2 x morning sessions per cycle Coaching, transport, pool etc. Drink bottle/foam roller/ bag/ Logo to be printed on rugby jumper and polo.	\$300

KEY DATES

- Information Night: Thursday 2nd May 6:00pm (before Open Night commencing at 6.30pm)
- Applications: 31st of May
- Trials: Week of August 19th – 23rd

Note: Only open to students who have selected Mordialloc College as their secondary school in 2020 and 2021. Students can't be part of SEAL and the Mordialloc College Sport Excellence Program

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