

Your opportunity in Sports Education

MORDIALLOC COLLEGE – SPORTS EXCELLENCE PROGRAM

This elite program is available to students with demonstrated skills and strong aspirations towards a future in sport.



Foundations for **TOMORROW**

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

The Sports Excellence Program (SEP) allows students to work towards their goals in an area they love – sport. This helps them feel more motivated, inspired and supported in their academic studies, while working alongside like-minded peers.

The combination of sport and our outstanding reputation in academic studies provides immediate rewards and educational opportunities for those students interested in sport.

Our young athletes participate in a fulfilling and challenging education that develops their sporting talent and interest, while building confidence, communication and leadership skills.

The sports and academic curriculum includes teaching skills for life such as coaching interschool sports teams or conducting programs with local primary schools. The program is run by professional teacher-coaches, who offer extensive experience in elite and professional sport and a demonstrated passion for their discipline.

What does the **SPORTS EXCELLENCE PROGRAM** involve?

Centering on sports that are an integral part of Mordialloc and its surrounding communities, the program is supported by outstanding sporting facilities and a rich history in sporting excellence. Australian Rules Football, Basketball and Netball are available to both male and female athletes.



Years 7 to 9

Student athletes develop essential skills in preparing them both physically and mentally for elite level sport.

- Physical preparation and conditioning includes: skill development and acquisition, fitness testing, core, shoulder and hip stability exercises. As students develop this is extended to basic lifting technique, running technique, balance, and coordination exercises.
- Theory or academic components include: sports nutrition, sports psychology and teamwork/leadership/confidence training.

Advancing to Year 9, athletes undertake an 'Individual Exercise Program' specific to their needs, and additional theory in sports nutrition, sports psychology and teamwork/leadership/confidence training.

Years 10 to 12

Moving into their senior College years, the curriculum is linked to a variety of career pathways in the sport and recreation sector.

- Communication, outreach, management, HR, administration, coaching, mentoring
- Sports science and medicine, facilities development, fitness, training, outdoor and adventure activities.

Your educational opportunity in Sport

EDUCATIONAL PATHWAYS

Yes. For every elite sportsperson, and people who regularly participate in some aspect of sport and recreation, there are thousands of people employed in occupations around the sports industry.

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

Qualifications related to career opportunities

Opportunities cover all walks of life, providing many alternatives for athletes when their playing career ends.

Education level	Area of interest	Examples of roles in fitness and wellbeing
CERTIFICATE 1 & 2	SPORT	Group Fitness Training and Instruction, Community Coach, Umpire & Official
	RECREATION	Group Fitness Training and Instruction, School Holiday and After School Program Officer, Senior Program Officers, Aquatics Instructor, Outdoor and Leadership Trainee Instructors
CERTIFICATE 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
	RECREATION	Industry Development Officer, Event Manager, Marketing Manager, HR



ENROLMENT REQUIREMENTS

This program is only open to students who have selected Mordialloc College as their secondary school in 2020

online applications
due **31st May 2019**
via the Mordialloc College website

trials
the week of
19th – 23rd August 2019

How can I find out **MORE?**
information night

Thursday 2nd May 6:00pm
(before Open Night commences at 6.30 pm)

MORDIALLOC COLLEGE

PERSONAL BEST • INTEGRITY • RESPECT • RESPONSIBILITY

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