

# Lowanna College Sports Excellence Program

## AFL Girls



The Lowanna College Sports Excellence Program (SEP) is committed to providing students with the highest quality specialised sports program, as the only government school-based sporting and academic development program in Gippsland. We are offering students elite coaching, excellent facilities and training during school hours while delivering a complete secondary school curriculum. The program is currently offered from Years 8 to 12.

### Achievements

#### AFL Team Achievements

2019 Intermediate Girls SSV Gippsland Champions

#### Vic Country Under 16

Leila Raymond 2018

#### Gippsland Power Representatives

Leila Raymond (2018/19)  
Nikia Webber (2018/19)  
Caitlin Prestidge (2018/19)  
Charlize Bird (2018/19)  
Jade Abbott (2019)  
Jadey Philip (2019)

#### Gippsland Power V Line Cup Representatives Under 16 Girls

Madison Mitchell (2018)  
Matilda Hardy (2018)  
Charli Abbott (2018)  
Libby Hunter (2019)  
Elise Molesworth (2019)  
Alisha Molesworth (2019)

### What We Offer

#### Elite Sports Coaching

We provide our students with access to the best sporting coaches in Gippsland and National level sporting clubs. We offer elite athlete preparation and expose our students to high level training and skill-based development.

#### Athletic Development

Students are provided with individual training programs which maximise skill and strength development, to improve their athletic performance. They are introduced to advantage strategies and tactics for both individual and team performance.

#### Educational Pathways

The academic program offered can be intergrated into higher performing VCE, VET and VCAL programs. This will provide students with a Certificate III in Sport and Recreation at Years 10 & 11, which opens various pathways through the sport and recreation industry. Educational programs can be modified to suit individual student requirements.

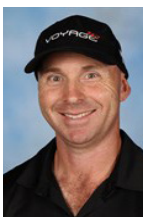
#### Growth Mindset

Lowanna College Sport Excellence graduates develop a positive attitude to their sporting endeavours. This mindset ensures our students are in the best position to continue to experience success beyond Lowanna.

### Weekly Program

2x sport specific skills sessions, 1-2x fitness and conditioning, game simulation, structured theory lessons and guest speakers.

### Staff



#### Allan Chandler HEAD COACH

- Level 2 AFL Accredited Coach
- Gippsland Power Under 16 Coach 2019
- Gippsland Power Under 18 Assistant coach 2018/19
- Churchill Football Club Playing Coach 2014-16 (2014 Premiership)



#### Rhett McLennan ASSISTANT COACH

- Head Coach of Gippsland Power FC's NAB League Team
- Level 2 AFL Accredited Coach
- Talent Pathway Coach for Gippsland
- 22 years and 306 games of senior football including 5 years of AFL Reserves and State League football
- 17 years of coaching experience



#### Stacey Lawry ASSISTANT COACH

- VFLW Collingwood Player 2019
- Certificate IV Fitness
- Level 1 AFL Coach



#### Malcolm Swinley STRENGTH & CONDITIONING

- Bachelor Applied Science
- Lectured Exercise Physiology
- Tennis Australia Club Coach
- Active Coach for 40 years
- Past Administrator VIS Fitness Testing
- International Tennis Experience



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