

# Lowanna College Sports Excellence Program

## Basketball



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

#### Team Achievements

2015 U15 Boys Gold Medal National Champions Division 1 (Canberra)  
2016 U17 Girls Silver Medal National Schools Championship Division 1  
2016 U17 Boys Bronze Medal National Schools Championships  
2017 U17 Girls Silver Medal National Schools Championships  
U17 Boys 3x3 State Champions Division 1  
U17 Girls Silver Medal 3x3 State Championship Division 1  
2018 SSV Gippsland Senior Boys Champions  
2016 Girls Intermediate Champions  
2016/17 Boys Intermediate Champions  
2015 Year 8 Boys Champions  
2014 Year 8 Girls State Runners Up  
2014 Year 7 Gippsland Champions

#### Vic Country

Sam Flanders (2016/17)  
Harry Pepper (2016/17/18)

#### Div 1 Women Latrobe City Energy

Caitlin Demczuk

#### NITP (National Intensive Training Program)

Wade Anderson  
Ben Van Dyk  
Ellie Coutts  
Charlize Bird  
Caitlin Demczuk  
Mitchell Hauzwell-Tepaa  
Harry Pepper  
Sam Flanders  
Brock Smith

### 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.

### Weekly Program

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

#### 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.

### Staff



#### Mike Santo HEAD COACH

- National Championship winning coach (Lowanna College).
- Big V and CBL head coach (Warragul Warriors).
- Elite individual skills coach ( M.S.S.O.B )
- Level 2 Coaching Certificate (Basketball Australia)

#### Playing

- 2x Big V Grand Final MVP, Champions 2006
- Big V League MVP
- 2x Green and Gold University Men's Team (Monash University )
- 8 Country Basketball Title's ( Warragul and Moe)



#### 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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