

# Lowanna College Sports Excellence Program

## Netball New in 2020



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

2017 SSV Gippsland Boys Netball Champions

#### VNL

Charlize Bird VNL

### 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



#### Stacey Lawry HEAD COACH

- Foundation Netball Coach
- Certificate IV in Fitness
- Warragul Dusties A grade coach 2016-18
- Warragul Dusties Junior Coach 2008-18
- VNL Player for Monash Storm
- Ellinbank District Netball Association Best and Fairest 2018
- Warragul Dusties A grade Best and Fairest (6 times)



#### 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