

# Lowanna Sports Academy

**Better Student,  
Better Athlete,  
Better Person.**



## Overview

The Lowanna Sports Academy 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 opportunities to pursue a career in sport and/or 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.

The Lowanna Sports Academy targets the following sports AFL Boys, AFL Girls, Basketball, Soccer, Netball and Individual Sports.

These sporting programs are a tool to maintain student interest and engagement in school and to provide them with skills to pursue careers in the sport and recreation industry.

Expert teacher/coaches demonstrate a great passion for their discipline and engage in regular professional development. Students benefit from the extensive experience of the coaching staff in elite and professional sport.

**All students participate in a variety of programs including:** Smartabase (Wellness tracking), Visual coaching (Fitness testing and strength and conditioning), Fitness testing, excursions to national level sporting clubs, P3 sports and recovery and Voyage Fitness Moe.

## Trials

This is a 'select entry' program for high performance student-athletes with a maximum of 50 students per year level.

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

- Fitness testing (1km run, 50m sprint, standing broad jump)
- Skill session
- GPA
- Attendance

## Fees

Years 7, 8, 11 & 12 is \$250 which covers:

- Coaching
- Sports Academy Excursions
- Guest Speakers
- Equipment
- A pair of shorts and training top (named)

Years 9 & 10 is \$350 which covers the above as well as:

- Additional Excursions
- Additional Weekly Coaching
- Sports Specific Refereeing/Umpiring or Coaching Course



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In partnership with:



## Years 7 & 8

### Program Overview

Student athletes will begin to develop essential character and skills to prepare them for academic success and high-level sport.

The Year 7 academy runs for 3 sessions per week in lieu of standard PE classes, and the Year 8 academy builds to 5 sessions per week.

The sessions include a balance of fitness training, sports specific skills, game strategy and the Year 7 and 8 Victorian Health Curriculum.

The specific focus for physical preparation and conditioning is:

- fitness testing
- core stability exercises
- sport specific skills

The students will have the opportunity to be with like-minded students that should lead to better results in the classroom and sporting arena.

## Year 9

### Program Overview

Student athletes will continue to develop essential skills in preparing them both physically and mentally for elite level sport. The academy runs for 7 sessions per week.

- 2 sport specific skill sessions
- 1 strength and conditioning session
- 1 games session
- 3 theory sessions
- Extra guest speaker sessions

The 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.

The specific focus for the theory component is an introduction to:

- sports nutrition
- sports psychology
- teamwork training
- leadership training
- confidence building

## Year 10

### Program Overview

At Year 10, students will complete units 1 & 2 in VCE/VET Sport and Recreation as well as continuing their physical training. The academy runs for 8 sessions per week.

- 2 sport specific skill sessions
- 1 strength and conditioning session
- 1 games session
- 4 theory/practical sessions of VCE/VET Sport and Recreation Certificate III.
- Extra guest speaker sessions

The majority of Sports Academy students undertake Certificate III Sport and Recreation if this is in line with their chosen pathway. It is not compulsory to undertake Certificate III to remain in the program.

## Years 11 & 12

### Program Overview

The opportunity is available to continue in the practical side of the program in Senior School, however this does not count towards their VCE/ATAR. It does allow them to continue with their high quality coaching (1-2 a week) and access to Voyage Fitness Moe (once a week). There is an additional 1-2 study sessions a week to allow them to maintain their academic studies.

During Year 11 students will complete their Certificate III in VCE/VET Sport and Recreation.

**Fees:**  
**VCE/VET Sport and Recreation \$200**

**All Lowanna VET students pay \$300 however if students are included in the practical component, they do receive a discount.**



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Broader Horizons

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