



# Sports Academy

The Lowanna College community is committed to *high* expectations and believes students will achieve *excellence* in their endeavours.

# Lowanna Sports Academy

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



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.

## 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.**

# Staffing



## **Allan Chandler** **ACADEMY DIRECTOR** **HEAD COACH - AFL**

- Level 2 AFL Accredited Coach
- Gippsland Power Under 16/17 Coach 2019-21
- Gippsland Power Under 18/19 Assistant coach 2018-21
- Churchill Football Club Playing Coach 2014-16 (2014 Premiership)
- Gippsland Power Girls Assistant Coach 2021
- Vic Country Under 17 Assistant Coach 2021
- EDFL Premiership, Best on Ground Grand Final 2009 Nilma Darnum
- Multiple Team of the Year Honours



## **Mike Santo** **HEAD COACH - BASKETBALL**

- Big V and CBL head coach (Warragul Warriors).
- Level 2 Coaching Certificate (Basketball Australia)
- 2x National Championship winning coach (Lowanna College)
- Warragul Warriors Representative coach (Big V, CBL, Junior Squad)
- 2x National 3x3 Champion
- 2x All Australian University Men's team and Gold Medallist (Monash University)
- 10x BVC Titles (Warragul Warriors, Senior Men's)
- McDonalds Streetballer of the year (2010)

### **Football**

- Hill End Senior Coach (2017-Current)
- 589 Goals -166 Senior Games



## **Hannah Keegan** **STRENGTH & CONDITIONING**

- Bachelor of Secondary Education in Health and Physical Education (Honours)- Monash University
- Level 1 Strength and Conditioning Coach
- Training and preparation for specific sports.



## **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

Supported by:



## **Rhett McLennan** **ASSISTANT COACH - AFL**

- Head Coach of Gippsland Power FC's NAB League Team
- Level 3 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



## **Peter Boyes** **HEAD COACH - SOCCER**

- Asian Football Confederation Advanced C licence (2014 -Current)
- Football Victoria Community Coach Educator (2016 - Current)
- Coach at Gippsland FC: 6 years U13 - U16 (2014 - Current)
- Female Football Coach U14 - U16 GFC (2016 - 2019)
- Gippsland Soccer League - Squad Coach (Vic Country Championships 1998 - 2013)



- ## **Ramayer Gourley** **HEAD COACH - NETBALL**
- 2015/6 U/21 Victorian team
  - 10 years VNL experience
  - 2018-Present Melbourne University Lightning Netball Club
  - Gippsland Netball League Team of the Year 2015-2019
  - Victorian Fury Squad ANL 2019
  - 2021 Moe Football/Netball Club A Grade Assistant coach



# Achievements

## AFL Boys

### AFL Drafted Players

Sam Flanders 2019- Gold Coast Suns  
Brock Smith 2019- Brisbane Lions  
Leo Connolly 2019- St.Kilda  
Harry Pepper 2019- Hawthorn  
Sam Skinner 2015 - Brisbane Lions

### AFL Team Achievements

2018/19 Herald Sun Country Shield State Semi Finalists  
2017 Senior Boys SSV Gippsland Champions  
2017 Intermediate Boys Gippsland Champions  
2015 Intermediate Boys Champions  
2014 Year 7 Boys Gippsland Champions

### Vic Country Under 16s

Leo Connolly 2017  
Sam Flanders 2017 (All Australian)  
Brock Smith 2017

### Vic Country Under 18s

Harry Pepper 2019  
Sam Flanders 2018/19 (All Australian 2019)  
Brock Smith 2018/19  
Riley Baldi 2019

### Gippsland Power Representatives

Bailey Humphrey  
Zac Skinner  
Wade Anderson  
Trent Baldi  
Riley Baldi - Vice Captain  
Brock Smith - Captain  
Leo Connolly  
Harry Pepper  
Sam Flanders

### Gippsland Power Under 16s

Brock Smith  
Leo Connolly  
Zac Skinner  
Riley Baldi  
Trent Baldi  
Lachlan Rock  
Luke Summersgill  
Bailey Humphrey

## AFL Girls

### AFL Team Achievements

2021 Senior Girls SSV Gippsland Champions  
2019 Intermediate Girls SSV Gippsland Champions

### Vic Country

Alisha Molesworth 2021  
Nikia Webber 2018  
Leila Raymond 2018

### Gippsland Power Representatives

Leila Raymond  
Nikia Webber  
Caitlin Prestidge  
Charlize Bird  
Jade Abbott  
Jadey Philip  
Elise Molesworth  
Alisha Molesworth

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

Madison Mitchell  
Matilda Hardy  
Charli Abbott  
Libby Hunter  
Elise Molesworth  
Alisha Molesworth

## Basketball

### Team Achievements

2019 U20 Girls Gold Medal National Championship Division 2  
U17 Boys 3x3 State Champions Division 1  
U17 Girls Silver Medal 3x3 State Championship Division 1  
2018 SSV Gippsland Senior Boys Champions  
2017 U17 Girls Silver Medal National Schools Championships  
2016/17 Boys Intermediate Champions  
2016 U17 Girls Silver Medal National Schools Championship Division 1  
2016 U17 Boys Bronze Medal National Schools Championships  
2016 Girls Intermediate Champions  
2015 U15 Boys Gold Medal National Champions Division 1  
2015 Year 8 Boys Champions  
2014 Year 8 Girls State Runners Up  
2014 Year 7 Gippsland Champions

### Vic Country

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

### Div 1 Women Latrobe City Energy

Caitlin Demczuk

### NITP (National Intensive Training Program) / State Development Program

Riley Morehu  
Cooper Belsham  
Wade Anderson  
Ben Van Dyk  
Ellie Coutts  
Charlize Bird  
Caitlin Demczuk  
Mitchell Hauzwel-Tepaa  
Harry Pepper  
Sam Flanders  
Brock Smith

## Netball

### Team Achievements

2017 SSV Gippsland Boys Netball Champions

### VNL

Charlize Bird VNL

## Soccer

### Team Achievements

Intermediate Boys Gippsland Champions (2018)  
Year 8 Boys Gippsland Champions (2017)

### Gippsland FC Representatives

Tanna Leicester  
Kaleb Leicester  
Bryson Savage  
Logan Troughton  
Remi Davis  
Malaya Noppert  
Paris Troughton  
Connor Emans  
Steffen Aboltins  
Chloe Gixti  
Matthew Laws  
Josh McQuade

**Respect | Integrity | Determination | Growth | Excellence**