

# Sports Academy



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Lowanna College is committed to high expectations and believes all students can achieve excellence in their endeavours.

# Lowanna College Sports Academy

**Better Student  
Better Athlete  
Better Person**



The Lowanna College Sports Academy recognises the importance of providing students with a fulfilling and challenging education that allows young 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. Lowanna 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 Sports Academy targets the following sports; AFL Boys, AFL Girls, Basketball, Soccer, Netball and Individual Sports. These sporting programs are aimed to maintain student interest and engagement in school and to provide them with skills to pursue careers in the sport and recreation industry.

Expert staff and coaches demonstrate a great passion for their discipline and engage in regular professional development. Students benefit from programs delivered by experienced coaches, teachers and consultants. All students participate in a variety of programs including visual coaching (fitness testing and strength and conditioning), fitness testing, excursions to national level sporting clubs and P3 sports and recovery.

## 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
- functional strength training
- core stability exercises
- sport specific skills

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

#### Fees:

Year 7's - \$400 per year

Year 8's - \$450 per year

## 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 which includes:

- 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
- functional strength training
- sports psychology
- confidence building
- body systems
- fitness analysis

#### Fees:

\$500 per year.

## 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.** Students can choose VCE/VET Sport and Recreation as earlier access VCE.

#### Fees:

\$500 per year  
(not including VCE/VET course)

## Years 11 & 12

### Program Overview

As students enter Senior School, the opportunity is available to continue with the practical side of the program however this does not count towards students' VCE/ATAR. It does allow them to continue with their high-quality coaching (1-2 per week) and access to the Moe Newborough Leisure Centre gym. We believe it is really important for the highly driven student athletes to continue training to give them the chance of future success, not only in sport but also in their studies and life. **Please note that some coaching sessions will be before school.**

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

#### Fees:

\$500 per year (not including VCE/VET course)

\$300 (excluding gym membership)

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

# Academy Staff & Coaches

## Wellness & High Performance

### Malcolm Swinley - Academy Executive Director & High Performance/Wellness Manager

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



## Netball

### Stacie Gardiner - Head Coach

- Bachelor of Education- Health and Physical Education
- Foundation Coaching Accreditation
- Drouin Hawks Netball Club Head Coach and Captain
- 12 years VNL experience with Peninsula Waves Netball Club, 150 games played in the VNL
- Peninsula Waves Netball Club Clinic Coach/facilitator
- Gippsland League Team of the Year
- Gippsland Stars Assistant Coach



### Ramayer Gourley - Assistant Coach

- 2015-16 U21 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
- 2023 Moe Football Netball Club A Grade Premiership Coach



## Soccer

### Peter Boyes - Head Coach

- 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)



## Football

### Allan Chandler - Academy Director & Head AFL Coach

- Level 3 AFL Accredited Coach
- Gippsland Power Under 16 Coach 2019-Current
- Gippsland Power Under 18/19 Assistant Coach 2018-Current
- Churchill Football Club Playing Coach 2014-16 (2014 Premiership)
- Gippsland Power Girls Assistant Coach 2021
- Vic Country Under 16 Assistant Coach 2021-Current



### Rhett McLennan - Assistant Coach

- Head Coach of Gippsland Power Coates Talent 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



### Scott McDougal - Assistant Coach

- Gippsland Power Talent Manager 2020- current
- Level 3 AFL coach
- Gippsland Power Assistant Coach 2009-2019
- Vic Country Assistant Coach U16 2012-14
- Vic Country Assistant Coach U18 2014-17
- Vic Country U17 Head Coach 2014-15
- Gippsland Power Girls Head Coach 2015-17



### Nathan Boyd - Gippsland Power Girls Coates Talent League Head Coach

- Level 2 AFL Coach Accreditation
- 6 years local playing across Reserves and Seniors football
- 15 years coaching experience
- Vic Country Girls Assistant Coach
- National Academy Girls Futures Coach 2023 (Team Harris)



# Academy Staff & Coaches

## Basketball

### Mike Santo - Head Coach

- Big V and CBL Head Coach (Warragul Warriors)
- Level 2 Coaching Certificate (Basketball Australia)
- 2x National Championships 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 Medalist (Monash University)
- 10x BVC Titles (Warragul Warriors, Senior Men's)
- McDonald's Streetballer of the Year (2010)



### Heath Johnson - Assistant Coach

- 7+ years Big V experience
- Gippsland United U16.1 girls
- Warragul Warriors U14 boys
- Basketball Victoria Country SDP Coach



## Nutrition

### Danielle Purvis - Nutritionist, Standout Nutrition

- Bachelor of Health Science (Nutritional Therapy)
- State level competitor - Warragul Swimming
- Gippsland Power Football Club Nutritionist 2018-2020
- Lowanna Sports Academy Nutritionist 2020 - Current



## Recovery

### David Francis - Director of Physioworks Health Group

- Fellow of the Australian College of Physiotherapy (FACP)
- AFL Collingwood Football Club Senior Physiotherapist (1996-2019)
- Specialist Musculoskeletal Physiotherapy (as awarded by the Australian College of Physiotherapy in 2009)
- Collingwood Football Club Life Member
- AFL Physiotherapy Association Life Member
- Camberwell Magpies Premier Victorian Cricket Physiotherapist 2015-present



### Cooper Alger - Fitness & Conditioning

- Certificate IV Fitness
- Warragul Gulls (Current)
- Vice Captain Victorian Basketball State Team (U14)
- Pacific Games Champion 2016
- Victoria Country Football Squad (U16, U18)
- Gippsland Power (U15, U16) Vice Captain



# Academy Partners

## Gippsland Power

- Elite Training Access: students gain exclusive access to training sessions led by professional coaches from Gippsland Power, offering insights and techniques used by top-level athletes.
- Part of our weekly coaching is having access to Gippsland Power coaches for 6 sessions per week for all age groups.



## Gippsland United Basketball Club

- Coaches from Gippsland United are part of every session we run and they offer technical coaching. This allows us more time with each student so that they can improve their skills.



## Physioworks Health Group

- Rehabilitation Services: students receive top-notch rehabilitation services from experienced physiotherapists to aid in the recovery process and ensure a swift return to peak performance.
- Students who attend Physioworks will receive a rehabilitation program that is sent to Sports Academy staff to allow students to complete the program at school during lessons, allowing them to get back to their sport quicker.



## Voyage Fitness

- Students without programs from their sporting pathway are provided with programs by CA Performance Training, who is also part of our weekly strength and conditioning sessions.



## Mindfull Aus

- Mindfull Aus Membership Hub: students and families have access to resources for their wellbeing. There is an incredible array of wellness content from inspiring videos to expertly curated articles.



## Standout Nutrition

- 1 on 1 consultation with every student throughout the year.
- Students are provided with different options to make better choices regarding food. There is access outside of business hours at a reduced cost.



## Nike PTS

- Our apparel supplier giving us our Nike look.
- Provides support (financially) for talented student athletes (providing apparel etc).



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# Academy Success

## AFL Boys

### AFL Drafted Players

Alix Tauru 2024 - St Kilda FC  
Ricky Mentha 2024 - Melbourne FC  
Bailey Humphrey 2022 - Gold Coast Suns  
Jacob Konstanty 2022 - Sydney Swans  
Sam Flanders 2019 - Gold Coast Suns  
Brock Smith 2019 - Brisbane Lions  
Leo Connolly 2019 - St. Kilda FC  
Harry Pepper 2019 - Hawthorn FC  
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

Bailey Humphrey 2022  
Jacob Konstanty 2022  
Harry Pepper 2019  
Sam Flanders 2018/19 (All Australian 2019)  
Brock Smith 2018/19  
Riley Baldi 2019

## Netball

### Team Achievements

2017 SSV Gippsland Boys Netball Champions

### VNL - Victorian Netball League

Charlize Bird VNL  
Ava Gaul VNL

## Soccer

### Team Achievements

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

## AFL Girls

### AFL Team Achievements

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

### Vic Country

Addison Howe 2023  
Alisha Molesworth 2021  
Nikia Webber 2018  
Leila Raymond 2018

## Basketball

### Team Achievements

U17 Boys 3x3 State Champions Division 1 2022  
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

Riley Morehu (2022)  
Harry Pepper (2016/17/18)  
Sam Flanders (2016/17)

### Gippsland United Senior Teams

Riley Morehu - 2023  
Rohan Demczuk 2022-Current  
Tahni Hodgins 2022



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