

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**



At Lowanna College, our Sports Academy is committed to delivering a dynamic and engaging educational experience that supports student-athletes in reaching their full potential. We provide a high-quality program that not only develops sporting performance, but also builds confidence, resilience, communication and leadership skills that extend well beyond the field.

Our Academy is designed to create clear pathways for students to pursue future opportunities in sport, whether that be elite competition, further education or careers within the sporting and recreation industries. With outstanding facilities and a proud sporting culture, Lowanna College fosters an environment where students are challenged, supported and inspired to achieve excellence.

The Sports Academy offers specialised programs in AFL (Boys and Girls), Basketball, Soccer, Netball and Individual Sports. Each program is structured to maximise student engagement, skill development and game understanding, while maintaining a strong connection to academic success and personal growth.

Our experienced coaches and staff bring a wealth of knowledge and passion to their disciplines, regularly engaging in professional development to ensure our programs remain innovative and aligned with current best practice. Students benefit from expert coaching, mentorship and exposure to industry professionals.

Academy students participate in a wide range of opportunities, including strength and conditioning programs, fitness testing, skill development sessions and excursions to elite sporting environments. These experiences are designed to broaden their understanding of high-performance sport and support their overall development as athletes.

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

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



Emily Gibson - Assistant Coach

- 2 x premiership player for the Kyneton Wedge-Tailed Eagles
- Train on with Geelong VFLW 2025
- Geelong Falcons Vline Girls Assistant Coach in 2025
- Geelong Falcons Under 16s Assistant Coach (Pre-season) 2025
- Gippsland Power Under 16s Assistant Coach 2026



Scott van Dyk - Assistant Coach

- Moe FNC Senior Co-Captain (2025-present)
- 2023 & 2024 Gippsland League Team of the Year



Administration Support

Tahni Hodgens - Sports Administration

- Newborough FNC A Grade Netball player
- General administration support for the Sports Academy



Abby Cornish - Sports Coordinator

- Newborough FNC A Grade Netball player
- General administration support for the Sports Academy



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

Currently on leave

- 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

Currently on leave

- 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



Academy Staff

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)



Jalin Wimberley - Assistant Coach and Education Support

- Player of the Year and 3rd Team All-American and Hall of Famer at Andrew College
- Multiple first and second team All-Conference and Defensive All-Team at Reinhardt University (NAIA)
- Purdue Fort Wayne Division 1
- Gippsland United Division 1 Grand Final Champion & MVP 2025
- Gippsland United Co-MVP 2025
- Men's Big V Division 1 Season MVP 2025



Heath Johnson - Assistant Coach and Administration Support

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



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Academy Coaches

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



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)



Dean Fak - Assistant Coach

- Head Coach G.U.F.C 2026
- Reserve Coach G.U.F.C 2025
- Newborough Senior Coach 2024
- Head Coach G.U.F.C Under 13s (2024), Under 12's (2023), Under 11's (2022)
- Has played over 400 N.S.L and V.P.L games
- 4 V.P.L titles
- Victorian State Captain



Football

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)



Michael Farmer - Assistant Coach

- Head Coach Girls U18s at Gippsland Power in the Talent League
- Level 3 Accredited AFL Coach
- Vic Country U18s Assistant Coach
- 18 years of coaching experience across WA and Vic
- 15 years playing experience within the WA Amateur and Country Football Leagues



Academy Coaches

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



Melissa Chandler - Strength and Conditioning

- Cert IV Fitness -AIPT
- Level 1 Cross Fit Coach
- Level 1 FMA Strength Institute Coach
- Strength System Certification Coach - Australian Strength Coach and Andrew Lock
- Competed in IPF and GPC Powerlifting Federations



Netball

Ruby Pratt - Assistant Netball Coach

- Played for Gippsland Storm in Juniors
- Association Championship U13, U15 & U17's
- 2016 A Grade debut and premiership
- 2021 Southern Saints VNL Division One
- Coached juniors from 2016 to current at Drouin Hawks Netball Club
- 2024 Assistant Coach of Gippsland Stars Under 19's (Premiership)
- 2025-2026 Drouin Hawks A Grade Coach
- 2026 Gippsland Storm U17's Div 1 Coach



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



Mwai Kumwenda - Assistant Netball Coach

- Former Melbourne Vixens Player
- Player of the Tournament 2015 Netball World Cup
- Grand Final MVP Melbourne Vixens



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

2025 - Thomas Matthews - Melbourne FC
2024 - Alix Tauru - St Kilda FC
2024 - Ricky Mentha - Melbourne FC
2022 - Bailey Humphrey - Gold Coast Suns
2022 - Jacob Konstanty - Sydney Swans
2019 - Sam Flanders - Gold Coast Suns
2019 - Brock Smith - Brisbane Lions
2019 - Leo Connolly - St. Kilda FC
2019 - Harry Pepper - Hawthorn FC
2015 - Sam Skinner - Brisbane Lions

AFL Team Achievements

2025 Intermediate Boys SSV Gippsland Champions
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

2024 Xavier Ladbrook
2017 Leo Connolly
2017 Sam Flanders (All Australian)
2017 Brock Smith

Vic Country Under 18s

2026 Cohen Dent
2026 Xavier Ladbrook
2026 Keenan Boi
2025 Brodie Atkins
2025 Thomas Matthews
2024 Alix Tauru
2022 Bailey Humphrey
2022 Jacob Konstanty
2019 Harry Pepper
2018/19 Sam Flanders (All Australian 2019)
2018/19 Brock Smith
2019 Riley Baldi

Netball

Team Achievements

2017 SSV Gippsland Boys Netball Champions

VNL - Victorian Netball League

Virginia Daley VNL
Taylah Voumard VNL
Charlize Bird VNL
Ava Gaul VNL

Soccer

Team Achievements

2025 Year 7 Boys SSV Gippsland Champions
2025 Intermediate Girls SSV Gippsland Champions
2024 Year 8 Girls SSV Gippsland Champions
2024 Year 8 Boys SSV Gippsland Champions
2018 Intermediate Boys Gippsland Champions
2017 Year 8 Boys Gippsland Champions

AFL Girls

AFL Team Achievements

2025 Senior Girls SSV Gippsland Champions
2022 Intermediate Girls SSV Gippsland Champions
2021 Senior Girls SSV Gippsland Champions
2019 Intermediate Girls SSV Gippsland Champions

Vic Country

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

Basketball

Team Achievements

2025 Year 7 Girls SSV Gippsland Champions
2025 Year 7 Boys SSV Gippsland Champions
2025 Intermediate Girls SSV Gippsland Champions
2025 Senior Boys SSV Gippsland Champions
2024 Year 8 Girls SSV Gippsland Champions
2024 Senior Boys SSV Gippsland Champions
2023 Year 7 Girls SSV Gippsland Champions
2022 Senior Girls SSV Gippsland Champions
2022 U17 Boys 3x3 State Champions Division 1
2019 U20 Girls Gold Medal National Championship Division 2
2022 U17 Boys 3x3 State Champions Division 1
2018 SSV Gippsland Senior Boys Champions
2017 U17 Girls Silver Medal 3x3 State Championship Division 1
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

2026 Liam Arbon
2022 Riley Morehu
2016/17/18 Harry Pepper
2016/17 Sam Flanders

Gippsland United Senior Teams

2023 Riley Morehu
2022-Current Rohan Demczuk



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