



SANDRINGHAM
COLLEGE

SPORTS ACADEMY



Sandringham College has established a Sports Academy Program in Years 7 to 12 across both sites of the College. The program aims to develop students' sporting abilities through a specialised and accelerated curriculum, with a focus on Long Term Athlete Development. Students in Years 7, 8 and 9 will adopt the "Training to Train" model, and Years 10, 11 and 12 will use the philosophy of "Training to Compete".

Training to Train - Years 7,8,9

- Multi sport skill development
- Enjoyable, challenging and progressive experiences
- Accelerated learning
- Build an aerobic base
- Improve skills and tactics
- Focus on learning about technical, mental and nutritional knowledge and skills

Training to Compete - Years 10,11,12

Optimising skills and fitness.

Individual needs catered for through access to:

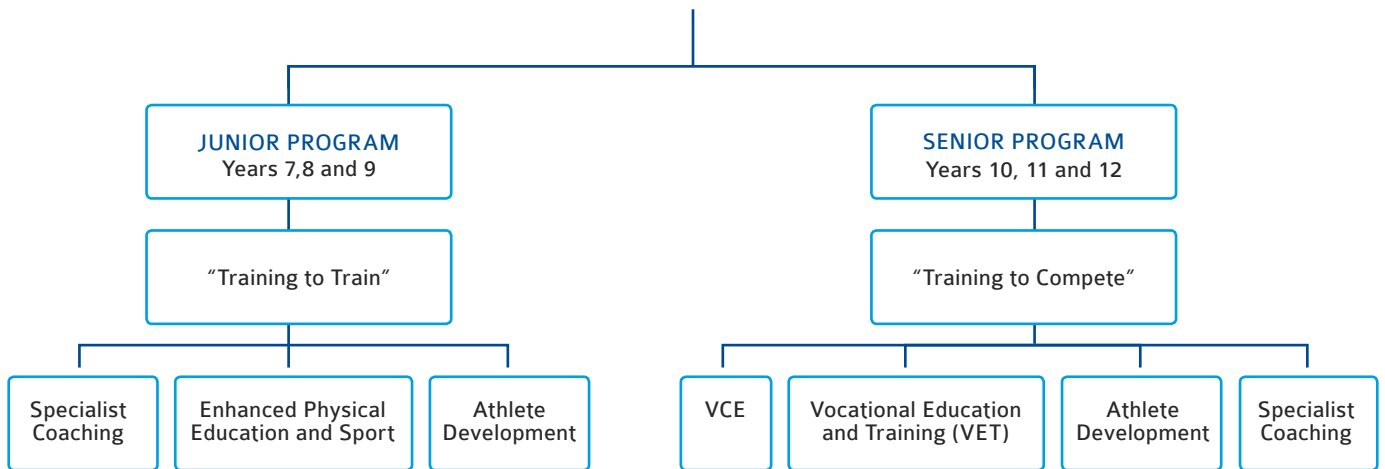
- School, sport and life balance coaching
- Specific training to compete
- VET Sport and Recreation Certificate
- VCE Physical Education
- Pathways counselling for tertiary education and careers



Sport and Academic Success

Sandringham College Sports Academy students progress towards their goals in health and sport in an environment which values academic excellence. Our team of teachers and facilitators recognise the need for students to balance their sporting commitments with their studies, and provide guidance for this. Maintenance of a good academic record is a requirement of participation in the program.

The Academy also prioritises the development of students' leadership skills. Leadership is a key theme throughout the program. Students are taught how to be effective leaders both as team members and in an individual capacity.



Aims and Objectives

- To provide students with a “developmental” educational and sporting pathway.
- To link sporting success and academic success, using research and programs that promote both sporting and high academic achievement.
- To accelerate and add value to students’ physical fitness and sports specific skills.
- To optimise students’ education, with the balance of sport and school.
- To link our school values to the sports as a whole.

Program Entry

To apply for the Sandringham Sports Academy program, please submit the following:

- Written application, addressing specific criteria
- Submission of most recent school report
- Reference from coach / teacher
- Students will also attend an interview and complete a student contract as part of the selection process.

Future Pathways

- Athlete
- Athlete Management
- Chiropractor
- Coaching
- Education
- Health Sciences
- Myotherapist
- Nutritionist
- Personal Trainer
- Physiotherapy
- Psychology
- Sports Administration
- Sports Development
- Sports Management
- Sports Medicine
- Sporting Official
- Sports Science
- Strength and Conditioning

Further Information

Please email:
sandringham.co@edumail.vic.gov.au