



Specialist Sporting Programs



**Western
Heights
College**

**"Some people
want it to
happen.
Some wish it
would happen.
And others,
make it happen."**

- Michael Jordan

Specialist Sporting Programs

Great people first, great athletes second



Western Heights College has designed a progressive model of learning that provides our students with the skills, knowledge and values to shape their futures and contribute meaningfully to the world in which they live.

As part of our world class learning environment, the Specialist Sporting Program provides aspiring AFL, basketball, netball and in 2023 soccer athletes the necessary skills to achieve their goals, both academically and athletically.

Athletes are coached and mentored on a regular basis by elite level coaches, all of whom have played or coached at a national or international level, with many having worked within professional clubs and with professional athletes and international representatives.

The program aims to develop the 'whole athlete' with a focus on nutrition, physiotherapy, sports psychology, mindfulness and resilience along with regular wellness monitoring.

We want every student at our college to aspire to do their very best, by following their passions, seeking new adventures, giving back to the community and always saying "I can try my best no matter what".

Western Heights College is committed to providing ongoing guidance, support and learning opportunities to balance academic and sporting excellence.





A constant pursuit of excellence in AFL, Soccer, Basketball and Netball

Leading Career Pathways

Our Specialist Sporting Programs are focused on opening up future opportunities for all of our athletes. We specifically cater for footballers looking to enter the AFL draft or follow the AFL pathway, basketball players who aspire to enter the US College System and placements through Basketball Australia and netballers looking to progress their talents through local representation pathways such as the Flyers and Geelong Netball Club pathways, and soccer players looking for NPL, state and national representation.

Elite level coaching

Western Heights College is committed to providing elite national and international level coaches in AFL, basketball, soccer and netball for athletes to gain "the same level of knowledge and insights that current professional players receive."



State-of-the-art facilities

Western Heights College provide a state-of-the-art High Performance Center with a fully catered gym, recovery and video review facilities, plus access to a number of modern stadiums in the local area.

Athlete Development

Students are also led by exercise programs focused on developing strength, speed and power whilst greatly reducing chance of injury. Our coaches will guide each player through tactical, strategic and game sense sessions involving cutting-edge video analysis.



Balancing academic & sporting excellence

Western Heights College is committed to providing positive support and ongoing learning opportunities to promote sustained academic and sporting excellence.

We take pride in promoting an inclusive environment where our students drive themselves and each other to become role models within the school and consistent high achievers, both with their academics and chosen sporting field.

Athletes are expected to maintain individually tailored academic standards to a high level.

Optional tutoring can be made available to athletes to ensure they're maximising their potential, especially with VCE performance.



A focus on the whole athlete



Athlete development

The 100 minutes per week of highly tailored Athlete Development focuses on ensuring the complete physical, mental and emotional wellbeing of each individual athlete.

Our Athlete Development sessions include:

- **Strength & conditioning**

Each student is provided with an individualised program focusing on developing strength, speed, agility, durability, and preventing injury.

- **Performance psychology**

Students have access to Western Heights College's psychologist to ensure they are in a positive frame of mind both in class and in the sporting setting.

- **Injury management**

Western Heights College has partnered with leading physiotherapist Mike Snelling, former Geelong Football Club and NBA Milwaukee Bucks Head Physiotherapist, to manage short-term and long-term injuries.

- **Diet & nutrition**

Access to accredited practicing dieticians and exercise physiologists for guidance on healthy nutrition and supplementation to enhance concentration, improve sleep and increase sporting performance.

- **Sports science**

We have joint partnerships with Victoria University, Deakin University and Federation University for expert advice and input into a range of sport science fields.

- **Performance feedback**

Sporting software to provide coaches and athletes with real-time feedback ability to closely monitor individual workload and overall athlete wellbeing.

Technical training

Our 300 minutes of tailored training is aimed at each athlete's individual physical requirements, developing their knowledge, skills, strength and durability to promote long term success in their chosen sport.

Tailored academic packages

A personalised academic package for each athlete is provided through career counselling to ensure individual short-term and long-term goals are met, with regular monitoring and feedback.

Academic acceleration programs are also offered to students who show potential to be long term high achievers.



AFL Specialist Sporting Program

**Focused on modern
AFL trends to create
tomorrow's players**

As the current AFL game continues to evolve and become more specialised, today's younger AFL players need a sporting environment to keep pace.

The Western Heights College AFL Sporting Program provides athletes with a truly unique opportunity to combine a quality education with up to six years of specialised development in AFL.



Opening up potential pathways to:

- Under 18 Representation
- Regional Representation
- State Representation
- Geelong Falcons
- VFL / VFLW
- AFL / AFLW



Elite level coaching & trainers



Brendan McCartney Head of AFL Program

Former:
AFL Head Coach –
Western Bulldogs
AFL Assistant Coach –
Geelong Cats FC /
Melbourne Demons FC

Current:
Head Coach –
Geelong Falcons AFLW

Nick Richardson

Former:
Strength and Conditioning Manager –
Geelong Football Club/Port Adelaide/
Adelaide 36s Basketball Team

Technical training & athlete development

Each athlete is provided with 500 minutes of weekly Technical Training and Athlete Development.

This includes:

- Left and right hand disposal skills
- Contested and uncontested marking
- Body use and spatial awareness
- Specific positional skills
- Speed, agility and quickness training
- Tactical and strategic skills
- Team offensive and defensive concepts
- Countering opposition tactics

Facilities & industry partnerships

Western Heights College has developed close connections and partnerships with the Geelong Falcons and many other local clubs and organisations. These partnerships provide athletes with access to professional level sporting environments to maximise their sporting careers.



Specialist AFL Program - Enrolment & selection process

Enrolments for the Specialist AFL Program are limited to 25 athletes per year level.

Program fees & assistance

\$950 per student for the year + uniform costs and college charges. Payment plans available upon request.

Further information

To learn more about our Specialist AFL Program, please contact:
Susie Robinson, Program Coordinator
info@whc.vic.edu.au

Specialist Basketball Program

Creating the next generation of basketball players

The popularity of basketball both in Australia and around the globe opens up incredible opportunities for young athletes to pursue their sporting passion.

Our Specialist Basketball Program is built on current game trends and aims to develop the necessary skills to excel.



Opening up potential pathways to:

- Victorian Junior Basketball League
- Regional, State, National Representation
- Basketball Australia Centre of Excellence
- NCAA Scholarships
- NBL1 / NBL1 W
- NBL / WNBL

Elite level coaching & trainers



David Herbert
Head of Basketball

Current:
WNBL & NBL1 Head Coach -
Townsville Fire / West Coast Waves /
Geelong Supercats / Melbourne Tigers /
NBL1 Lady Miners, Ballarat
Head Coach of Australia's Under 19 Gems



Kris Blicavs
High Performance Manager / Strength
and Conditioning Coordinator

Strength and Conditioning Coach -
Southside Flyers WNBL /
Geelong Supercats NBL1 /
Basketball Australia 3X3

The program provides students with a once-in-a-lifetime opportunity to combine a quality education with up to six years of specialised development in basketball.

Each athlete is provided with 500 minutes of weekly Technical Training and Athlete Development.

This includes:

- Offensive and defensive plays
- Ball handling, rebounding and passing
- Shooting technique and consistency
- Finishing at the basket
- One-on-one moves
- Speed, agility and quickness training
- Body use and spatial awareness
- Specific positional training

Facilities & industry partnerships

Our basketball program is conducted in partnership with the City of Greater Geelong.



Kaleb Sclater

Current:
Basketball Victoria Country U18 Men
Assistant Coach 2021 & 2022 /
Ballarat Miners NBL1 Womens' Assistant
Coach /
Basketball Victoria State Development
Program & National Performance
Program Coach

Former:
Melbourne Tigers NBL1 Woman's
Assistant Coach /
Basketball Victoria Country U18 Men
Development Coach /
Basketball Victoria Country U16 Men
Development Coach

Marty Handson FIBA Scholarship
Recipient

Specialist Basketball Program - Enrolment & selection process

Enrolments for the Specialist Basketball Program are limited to 25 athletes per year level.

To apply, please complete our website application form.

On receipt of an invitation, you will be asked to attend the appropriate selection trial. If shortlisted, this will be followed by a formal interview.

Successful applicants will then be sent an enrolment package and student contract.

Program fees & assistance

\$950 per student for the year + uniform costs and college charges. Payment plans available upon request.

Further information

To learn more about our Specialist Basketball Program, please contact:
Cate Johnson, Program Coordinator
info@whc.vic.edu.au

Specialist Netball Program



Technical training & athlete development

Each athlete is provided with 500 minutes of weekly Technical Training and Athlete Development.

This includes:

- Footwork fundamentals
- Movement skills
- Ball skills
- Attacking + defending skills
- Shooting skills

Facilities & industry partnerships

Our netball program is conducted both on-site and at local Geelong City Council indoor venues



Specialist Netball Program - Enrolment & selection process

Enrolments for the Specialist Netball Program are limited to 25 athletes per year level.

To apply, please complete our website application form.

On receipt of an invitation, you will be asked to attend the appropriate selection trial. If shortlisted, this will be followed by a formal interview. Successful applicants will then be sent an enrolment package and student contract.

Program fees & assistance

\$950 per student for the year + uniform costs and college charges. Payment plans available upon request.

Further information

To learn more about our Specialist Netball Program, please contact: Cate Johnson, Program Coordinator info@whc.vic.edu.au

Opening up potential pathways to:

- Geelong Flyers Programs
- Geelong Netball Representation
- VNL Pathways
- State Team Selection

Susan Meaney Head of Netball Program

Former:
Australian Netball Diamond
Representative
Specialist Coach;
Queensland Firebirds

Current:
Assistant Coach of Melbourne Vixens

Specialist Soccer Program

Technical training & athlete development

Each athlete is provided with 500 minutes of weekly Technical Training and Athlete Development.

This includes:

- Fundamental soccer motor skills
- Specific soccer skill development
- Sports nutrition/hydration
- Fitness testing
- Strength and conditioning program
- Improved skills and tactics
- Injury prevention
- Recovery practices
- Sports psychology

The program developed, and focus on player development, is in line with the FFA National Coaching Curriculum

Facilities & industry partnerships

Our soccer program is conducted both on-site and at local Geelong City Council indoor venues

Specialist Soccer Program – Enrolment & selection process

Enrolments for the Specialist Soccer Program are limited to 25 athletes per year level.

To apply, please complete our website application form.

On receipt of an invitation, you will be asked to attend the appropriate selection trial. If shortlisted, this will be followed by a formal interview. Successful applicants will then be sent an enrolment package and student contract.

Program fees & assistance

\$950 per student for the year + uniform costs and college charges. Payment plans available upon request.

Further information

To learn more about our Specialist Soccer Program, please contact: Cate Johnson, Program Coordinator info@whc.vic.edu.au



Our Ambassadors



Two of Australia's
best and brightest.

Tessa Lavey (left)
Specialist Basketball
Program Ambassador

Australian Opals Squad Member

WNBL Player:
Australian Institute of Sport /
Canberra Capitals / Bendigo
Spirit /
Perth Lynx /
Dandenong Rangers

AFLW Player:
Richmond Tigers

Sara Blicavs (right)
Specialist Basketball
Program Ambassador

Australian Opals Squad
Member

WNBL Player:
Australian Institute
of Sport /
Dandenong Rangers /
Bendigo Spirit / Dandenong
Rangers / Southside Flyers



Our Ambassadors

The hardest
working mindset
in the AFL.

James Worpel

Sibling rivalry, encouraging teachers, and dogged determination took a child's passion from school sports day to success in front of thousands of fans which resulted in James winning Hawthorn's youngest best and fairest player award since Leigh Mathews in 1971.



Join Us

Tomorrow throws up as many challenges as it does opportunities.

The dominance of all things digital. The explosion of information.
The science and politics of our changing climate.
The unknown future of work ("85% of jobs that will exist in 2030 haven't been invented yet," Dell Technologies). These and other cultural, social, political and economic shifts signal change like never before.

Each of them have been hailed as either the greatest threat or the most exciting possibility for our students. So more than ever, whether an individual student says, "I can" or "I can't" depends on us, as educators. We have a crucial role: to empower, inform and mentor academic, vocational and personal pathways and, above all else, to be their best.

We believe our school is uniquely equipped to meet these challenges and make the most of opportunities. It's as much about our mind-set, values and point-of-view as it is about our physical structures and grounds. It is an incredibly exciting time to be a part of this school. This is an invitation to join us as we better our school and the relationship everyone has with it.

Fiona Taylor
School Principal



Courage, integrity and community at Western Heights College

We are excited to offer athletes with a unique opportunity to pursue their sporting dreams while receiving an outstanding education.

To learn more about our Specialist Sporting Programs, please contact:
info@whc.vic.edu.au





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Stay in touch
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