



# SPORTS ACADEMY INFORMATION BOOKLET

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BENTLEIGH SECONDARY COLLEGE

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# About the program

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Bentleigh's Sports Academy program has been an integral part of our school since 2017. It offers selected students in years 7-10 the chance to boost their athletic skills and overall development in a high performance setting. Students get dedicated class time to hone their sport specific skills. Students are also offered Strength & Conditioning and Pilates sessions to develop a well rounded athlete

The sports available include:

- Basketball
- AFL/AFLW
- Soccer
- Netball.

# Goals for the program

## **Increased Female Participation**

Over the last 3 years we have seen a drastic increase in female participation in our sports academy program. We want to continue to increase these numbers and eventually have stand alone female academies for all our sports

## **Compete with the best schools**

We want our sports academy program to compete with the best sports academies/ private schools in the state in various competitions throughout the year

## **Base movement school**

Partnership with Base Movement school to develop a more meaningful program for athlete development.

## **Give athletes the best experience**

We want our athletes being exposed to what an elite sporting environment is like. Our growing partnerships are a big part of this experience



# Program Cost

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## Indicative Cost for participation:

**Year 7: \$1300**

**Year 8/9: \$1500**

\*Cost is subject to  
change based on  
number of participants  
and cost of program

The Sports Academy is an optional, extra-curricular program that runs for a full year. Payment for the program is a full-year commitment

You are encouraged to have up-to-date ambulance cover and medical insurance that includes cover for your child. Please refer to the Bentleigh Secondary College Claims for Property Damage and Medical Expenses Policy on the college website & in the annual parent enrolment information pack



# Program outline

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## Includes

- Weekly Pilates session (8/9)
- Weekly Strength and Conditioning Session
- Base movement school (8/9)
- Fitness testing
- Competitions throughout the year
- Specialist coaching sessions
- Free Injury Assessment
- Access to Dietician through Game Day Nutrition



# Basketball Coaches

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**Matt Burke**



**Sally Burke**



**Emily Suckling**



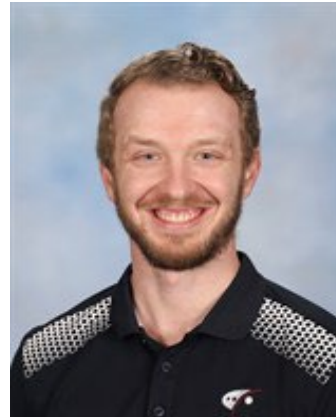
**Janna Trifon**



**Grace Gargaro**



**Chloe Cranage**



**Josh Massuger**



**Abbey Smith**

# AFL Coaches

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**George Kountourogiannis**



**Rex Tippet**



**Geoff Carr**

# Netball Coaches

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**Sasha Glasgow**



**Sally Hudson**



**Caitlin Hemphill**



# Soccer Coaches

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**Wade Dekker**



**Michael Kakkos**



**Jara Deric**

# Base Movement School

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The base movement school is about global movement skills that transfer to sport and life. The understanding that those who move well; move often. And those that move poorly are more likely to get injuries which decreases the confidence and willingness to participate. Base has been working with the Bentleigh sports academy for 2 years to develop our athletes at an elite standard



## **Program includes:**

- Fitness Testing at the start and end of the year for all students
- On-site physio assessment
- Discounted physio in clinic as part of the community programs
- Fundamental Motor Skill Development
- Education of movement literacy through games
- Skill acquisition, coordination, balance and stability

# Game Day Nutrition

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Nutrition is a vital part of being a well-rounded athlete and an athlete mastering their diet can maximise their performance on the field or court. We have partnered with Sophie Houghton at Game Day Nutrition to help deliver our program some valuable insight into fuelling for performance in games. The content covers a range of topics centred around what we eat pregame, post game and to maintain an overall healthy diet

## **Program includes:**

- An information session for Students and Parents each year
- Nutrition tips for parents and athletes throughout the year
- Access to our Dietician Sophie to answer any questions regarding nutrition for our growing athletes



# Pilates- Helen Gleeson

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The Pilates program delivered in our Sports Academy offers a sport-specific, evidence-informed approach to movement training for adolescent athletes. Each session is individually tailored to reflect the unique physical demands of students' chosen sports—focusing on core control, joint stability, neuromuscular coordination, and injury prevention. Through targeted programming, students not only enhance performance in their sporting disciplines but also gain an early understanding of functional movement principles. This foundational education supports long-term athletic development and empowers students to take an active role in maintaining their physical wellbeing both in and beyond school sport.

Our Pilates instructor, Helen Gleeson, works with our athletes once a fortnight to help them develop a deeper understanding of the relationship between movement and muscle function.





# 2025 Session Times

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|                           | Year 7                                                           | Year 8                | Year 9 |
|---------------------------|------------------------------------------------------------------|-----------------------|--------|
| Strength and Conditioning | Tuesday Morning BFS                                              | Monday Period 1/2     |        |
| Pilates                   | No Pilates session                                               | Tuesday Period 4 or 5 |        |
| Skill Session             | All students Wednesday AFS<br>(Basketball, AFL, Netball, Soccer) |                       |        |

**\*2026 Session Times will be finalised later in the year, this is just a guide**

# Year 7 Sports Academy

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*Our Year 7 sports academy runs a little bit different to the year 8/9 as they are not timetabled as an elective*

- The year 7's will do sports academy outside of school hours, but this will not interrupt their school classes
- Students in GAT are still able to do sports academy
- Year 7's will have one morning session in the gym a week, and then one skill session afterschool

# Application Form

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Download the form using the following QR Code

Or the form can be found on our schools website

Please email your completed application to:

[matthewburke3@education.vic.gov.au](mailto:matthewburke3@education.vic.gov.au)



# SPORTS ACADEMY LEGENDS

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BENTLEIGH SECONDARY COLLEGE

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|                |  |                       |
|----------------|--|-----------------------|
| Steph Catley   |  | Matilda's Soccer team |
| Alana Porter   |  | AFLW                  |
| Sarah Hartwig  |  | AFLW                  |
| Luke Nankervis |  | AFL                   |
| Joshua Ashen   |  | Professional Baseball |