



Bentleigh
Secondary College



SPORTS ACADEMY

BENTLEIGH SECONDARY COLLEGE



Introduction

We are so excited to announce Bentleigh Sports Academy is growing in 2023. The sports available in 2023 include basketball, AFL/AFLW, soccer and netball.

We are also introducing a new timetable, new uniforms and exciting new contractors to help build the program even more.



Goals for the program

Girls only morning sessions

Develop girls only sessions in strength and conditioning, and Pilates. Eventually we hope that this will lead to a girls only AFL Academy.

More competitions

Increase the amount of competitions the sports academy participates in, which will include running our own.

Base movement school

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

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Strength and Conditioning	Year 9	Year 8	-	Year 7	Girls only
Pilates	Year 7	Girls only	Year 7	Year 8	-
Skill Session	All students Monday 1/2 or 5/6	Year 8 and 9 Tuesday P3 or P4	-	-	-

Meet our Coaches



Matthew Burke

Basketball Coach and
Head of Sports Academy



Wade Dekker

Soccer Coach



Chris Matthews

S&C and AFL Coach



Helen Gleeson

Pilates Instructor



Uniforms

We are very excited to showcase the uniforms we have been developing late this year to have ready for 2023. We believe this will help bring up the standard and pride for our program.

Base Movement School

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.



Program includes:

- Understanding of Pedagogy and Curriculum based requirements
- Teacher Education and Professional Development
- Fundamental Motor Skill Development
- Education of movement literacy through games
- Skill acquisition, coordination, balance and stability

Year 7 Sports Academy

- 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 come out of their scheduled classes that are blocked on with Sports Academy to complete their skills sessions
- They will have two morning sessions a week that will not interrupt any scheduled class
- Each week they should miss two single periods for different subjects in the double block. Which means each week they are only missing one period for two different classes
- Elite level athletes often have to work harder to find the balance between student vs athlete, with kids aged 12-18 often having a lot less time to study due to sporting commitments
- We feel this is a skill that students should begin to develop, especially if they want it to the elite level in their sport

Program outline

Costs are outlined in the annual enrolment information.

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

Includes

- Weekly pilates session
- Weekly Strength and Conditioning Session
- Base movement school
- Fitness testing
- 2/3 competitions per year
- Playing uniform
- Specialist coaching sessions for individual sports

Register your interest



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SPORTS ACADEMY LEGENDS

BENTLEIGH SECONDARY COLLEGE

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