

**CATHOLIC REGIONAL COLLEGE
SYDENHAM**



**EMPOWERING THE NEXT GENERATION
OF SPORTING EXCELLENCE**

*Every Student
Every Pathway*



CRC SYDENHAM SPORTS ACADEMY

Education and Training Setting

Catholic Regional College Sydenham was founded in 1982 as a Catholic senior secondary school for students in the West of Melbourne. It is the largest of its kind in Victoria, specialising in VCE, VM and VET studies.

The school is a part of the Catholic Regional College Federation of schools encompassing 7-10 Colleges at St Albans, North Keilor and Caroline Springs. The founders of the school understood that in building a specialist senior campus, students would benefit from having specialist teachers and the widest range of subjects offered.

A student's destination or chosen pathway is the most important aspect of education at Catholic Regional College Sydenham. The motto – *“Every Student Every Pathway”* is what the school strives to accomplish in ensuring that individual pathways and goals are achieved. Our highly skilled and professional educators, working in conjunction with our dedicated and experienced student services and careers team are the crucial link in developing the whole person and ensuring student success.

Catholic Regional College Sydenham has a proven track record of fostering the development of some the most highly talented sports men and women this country has seen. The names of those past alumni who grace the honour roll in our **CRC Sydenham Sports Hall of Fame** (see below) is a testament to that. Alongside these names have also been those students who have gone on to have great success in careers in exercise physiology, sports medicine, coaching, sports administration and event management.

We have long recognised that many of our students have exhibited the raw talent and ability to become elite in their chosen sporting fields, as either athletes or sports industry professionals, thus the requirement for a **CRC Sydenham Sports Academy**.

Vision

The program will seek to support the aspirations of those students seeking to carve out a career in the sports industry space – hence our mission statement reads as such: **“Empowering the next generation of sporting excellence”**. Through our national sporting partners, access to industry certified training facilities, professional coaches, strength and conditioning instructors and a dedicated curriculum delivered by a group of teachers who are experts in their fields of physical education and sport science – we believe that we can offer a unique educational package that will set up our students to thrive and succeed in what the Director of Deakin Sport, Professor David Shilbury describes as *‘The Golden Decade of Sport’*. A comment made in relation to a recent survey commissioned by Deakin University where it is anticipated that as a nation we will host 10 major global sporting events over the next 10 years, generating thousands of job opportunities for those interested in sport-related fields. **News Link:** <https://this.deakin.edu.au/career/golden-decade-of-sport-ahead-for-australia>

In order to capitalise on this unique opportunity, the **CRC Sydenham Sports Academy** will offer placements to 20 students who have applied and been identified as talented in their chosen sporting field. Successful applicants will share their homegroup and classes with other members of the sports academy. They will be housed in our new state of the art indoor **Runnells Sports Stadium**, where they will have direct access to their own training facility, as well as classroom spaces.

The Philosophical and Ethical Mission of our Sports Academy

Our Sports Academy aims to promote and instil virtues such as perseverance, discipline and teamwork. By emphasizing fair play, honesty, integrity and respect for others, the Sports Academy will help students to develop a strong moral character that they can carry into other aspects of their lives. Additionally, the Sports Academy will provide a platform for these athletes to compete at a high level while upholding the principles of sportspersonship.

The **CRC Sydenham Sports Academy** will endeavour to provide a holistic and well-rounded education for budding athletes. In addition to developing the physical skills, athletes will also learn important life skills such as time management, goal setting and leadership. The Sports Academy will offer academic programs that allow athletes to pursue their education alongside their athletic training.

Finally, our Sports Academy will embody the philosophy of human flourishing, which emphasises the importance of living a fulfilling and meaningful life. By helping athletes to develop their physical and mental capabilities, in an endeavour to reach their full potential, the Sports Academy will have contributed to producing citizens capable of humbly sharing their gifts, talents and knowledge, which will ultimately benefit the well-being of others in their wider communities.

Educational Values

The **CRC Sydenham Sports Academy** offers a range of **educational values**, including:

- **Specialised Training:** Students are given access to technical expertise that will help them improve their skills and techniques so that they can excel in their sport and reach their full potential.
- **Professional Insight:** A team of sports industry professionals will present regularly on how to prepare
- **Physical Fitness:** The Sports Academy promotes physical preparedness and health lifestyle choices, which have a positive effect on our student's overall well-being.
- **Mental Toughness and Resilience:** Students will learn about the importance of mental toughness and how to develop it. This will assist them deal with pressure, setbacks and competition in a more constructive way.
- **Leadership and Teamwork:** Students will share an ample amount of time together where they will learn to work together, rely on one another and develop leadership skills. This will help them become more effective team players and leaders in their future careers.
- **Time Management:** Students will learn the importance of being able to split their time between balancing their academic school life and their commitment to sports training. This will help them to become more disciplined, organised and effective when it comes to managing other aspects of life.

The Program

The program will give students access to technical training on Wednesday morning with highly specialised coaches from **Western United Soccer Club (A-League)** or from coaches from their chosen sporting fields. If coaches are not available on a Wednesday morning, CRCFIT VET Sport and Recreation staff will supervise training programs that have been tailored by the student's coaches. Students will also be required to undergo strength and conditioning training with our personal trainers inside **CRCFIT**.

Students will also be exposed to a range of workshops and seminars held by industry specialists designed to professionally prepare and educate students for the rigour associated with elite sport. These will be held every fortnight on a Friday morning during the extended homegroup period. A retreat to the Australian Institute of Sport in Canberra is also planned to occur within the calendar year. The workshops and seminars will cover a range of topics which include:

- Fitness Testing (METS)
- Recovery Strategies & Practices
- Injury Prevention (Physiotherapy)
- Sports Nutrition / Hydration
- Referee/Officials Course
- Leadership Training
- Sports Psychology

All students will be required to complete the following subjects:

- English (Scored)
- VET Certificate III in Sport, Aquatics & Recreation – Year 1 or 2
- VET Certificate II in Applied RE (Certificate II in Outdoor Recreation and Certificate II in Workplace Skills)
- Sports Training (includes: Sports Specific Skills Technical Training, Strength and Conditioning Training and Recovery Sessions) x 3 mornings a week
- Subject Choice #1 (Student’s Choice)
- Subject Choice #2 (Student’s Choice) - Physical Education Unit 1-2 or Unit 3-4 (highly recommended)

All students will be provided with a nutritious breakfast at the conclusion of their Thursday morning training sessions (once a fortnight) at Manna and have access to changerooms and shower facilities.

VCE Scored or Unscored Sample Program – Week A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Late Start Homegroup 10.40am – 11.00am	Homegroup 9.00am – 9.20am	Homegroup 10.40am – 11.00am	Homegroup 9.00am – 9.15am	Homegroup 9.00am – 9.20am
	Period 1 9.20am – 10.30am VCE Subject Choice #2 (Block C)		Period 1 9.15am - 10.25am Technical Training (Block B)	Period 1 9.20am – 10.30am Private Study (Block E)
	Recess 10.30am – 11.00am		Recess 10.30am – 11.00am	Recess 10.30am – 11.00am
Period 2 11.00am. – 12.10pm. Recovery Session (Block B)	Period 2 11.00am – 12.10pm VCE Physical Education (Block F)	Period 2 11.00am – 12.10pm Private Study (Block A)	Period 2 11.00am – 12.10pm Private Study (Block E)	Period 2 11.00am – 12.10pm VCE Subject Choice #2 (Block C)
Period 3 12.10pm. – 1.20pm. Private Study (Block A)	Period 3 12.10pm – 1.20pm VCE English (Block D)	Period 3 12.10pm – 1.20pm VCE English (Block D)	Period 3 12.10pm – 1.20pm VCE Physical Education (Block F)	Period 3 12.10pm – 1.20pm VCE Physical Education (Block F)
Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 1.50pm	Lunch 1.20pm – 2.20pm
Period 4 1.50pm – 5.00 pm Applied RE (Block EE)	Period 4 2.20pm – 3.30pm Strength & Conditioning Training CRCFIT (Block B)	Period 4 2.20pm – 3.30pm VCE Subject Choice #2 (Block C)	Period 4 1.50pm – 5.00pm Year 1 or 2 VET Sport, Aquatics & Recreation (Block AA)	Period 4 2.20pm – 3.30pm VCE English (Block D)

VCE Scored or Unscored Sample Program – Week B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homegroup 9.00am – 9.20am	Homegroup 9.00am – 9.20am	Homegroup 10.40am – 11.00am	Homegroup 9.00am – 9.20am	Homegroup 9.00am – 9.20am
Period 1 9.20am – 10.30am VCE English (Block D)	Period 1 9.20am – 10.30am VCE Subject Choice #2 (Block C)		Period 1 9.15am - 10.25am Technical Training (Block B)	Period 1 9.20am – 10.30am Extended HG - Sports Workshops
Recess 10.30am – 11.00am	Recess 10.30am – 11.00am		Recess 10.30am – 11.00am	Recess 10.30am – 11.00am
Period 2 11.00am. – 12.10pm. Recovery Session (Block B)	Period 2 11.00am – 12.10pm VCE Physical Education (Block F)	Period 2 11.00am – 12.10pm Private Study (Block A)	Period 2 11.00am – 12.10pm Private Study (Block E)	Period 2 11.00am. – 12.10pm. VCE Subject Choice #2 (Block C)
Period 3 12.10pm. – 1.20pm. Private Study (Block A)	Period 3 12.10pm – 1.20pm Private Study (Block E)	Period 3 12.10pm – 1.20pm VCE English (Block D)	Period 3 12.10pm – 1.20pm VCE Physical Education (Block F)	Period 3 12.10pm – 1.20pm VCE Physical Education (Block F)
Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 2.20pm	Lunch 1.20pm – 1.50pm	Lunch 1.20pm – 2.20pm
Period 4 1.50pm – 5.00 pm Applied RE (Block EE)	Period 4 2.20pm – 3.30pm Strength & Conditioning Training CRCFIT (Block B)	Period 4 2.20 pm – 3.30 pm VCE Subject Choice #2 (Block C)	Period 4 1.50 pm – 5.00 pm Year 1 or 2 VET Sport, Aquatics & Recreation (Block AA)	Period 4 2.20pm – 3.30pm VCE English (Block D)

Vocational Pathways

The CRC Sydenham Sports Academy is designed to provide students with the training and skills necessary to pursue careers in various areas of sports. Some of the more common vocational pathways associated with sport include:

Athlete: The ultimate goal of this pathway is to help students achieve success as professional athletes by giving them early access to highly specialised technical training, strength and conditioning, nutrition and mental preparation.

Coach: This pathway typically involves learning about coaching techniques, skill acquisition, tactical and game strategy awareness, leadership skills, player management, player learning styles and development.

Fitness Trainer: This pathway is associated with understanding human anatomy, exercise physiology, fitness testing and how to design and implement effective fitness programs.

Sports Medicine: This pathway leads to careers associated with physical therapy or sports medicine doctors. Here you learn about sports injury prevention, diagnosis, treatment, rehabilitation and recovery.

Sports Management: This pathway can lead to careers as sports agents, event coordinators, sports facility managers, marketing and promotion specialists. Students in this pathway typically learn about business management, public relations and event planning.

We are currently in negotiation with Victoria University to establish a vital partnership that will allow our students a direct entry into the courses listed below:

Scored & Unscored VCE Pathway – Victoria University

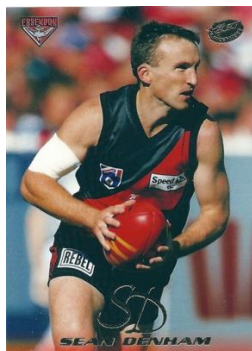
- **Bachelor of Exercise Science (Sports Practice)** – Code: ABHD – Study Score Requirement 25 English (EAL) OR 20 any other English
- **Bachelor of Exercise Science (Clinical Practice)** – Code: ABHE – Study Score Requirement 25 English (EAL) OR 20 any other English
- **Bachelor of Fitness** (Code: SBFI – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Physical Education and Sport Science** (Code: SBPH – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Sports Science** (Code: SBSA – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Exercise Sports Science/Psychological Studies** (Code: SBHP – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Exercise Sports Science/Sports Management** (Code: SBHS – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Sports Management/Bachelor Business** (Code: SBSB – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Sports Management** (Code: SBSM – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Bachelor of Outdoor Leadership** (Code: SBOL – Study Score Requirement 25 English (EAL) OR 20 any other English)
- **Diploma of Remedial Massage** (Code: HLT52015 – Must complete Pre-Training Review (PTR) and BKSB Literacy and Numeracy Test)
- **Certificate IV in Fitness** (Code: SIS40221- Must complete a LLN Test)
- **Foundations at VU** (Code: JYAC)

The link below goes to the Victoria University website that outlines the opportunities that are available for students under the Sport and Exercise Science pathways model:

<https://www.vu.edu.au/study-at-vu/courses/pathways-to-vu/sport-exercise-science-pathways>

CRC SYDENHAM SPORTS HALL OF FAME

Sean Denham



Born April 29, 1969, a former professional Australian Rules Football player who played for the Geelong and Essendon Football Clubs. Sean played in the Essendon 1993 premierships winning team and represented the club in 132 appearances. In the 1997 season he won the club's best and fairest – Crichton Medal – after finishing runner-up in 1994.

Joe Spiteri



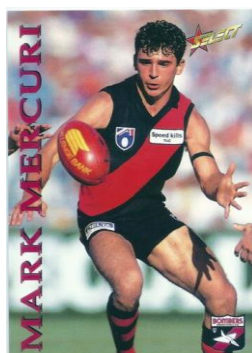
Born May 6, 1973, Joe is a former professional soccer player. He played at club level in Australia, Austria, Belgium and Sweden. While at Lierse he helped them win the 1998-99 Belgian Cup. He represented Australia eight times, including the 1996 Australian Olympic soccer team the Olyroos.

Kevin Muscat



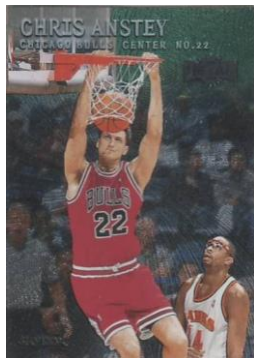
Born August 7, 1973, Kevin began his professional soccer career in the Australian National Soccer League with Sunshine George Cross in 1989, Kevin played eight seasons in the United Kingdom with Crystal Palace, Wolverhampton Wanderers, Rangers and Millwall. He returned to Australia in 2005 to captain Melbourne Victory in the inaugural season of the A-League. Kevin retired from professional soccer in 2011. During his international career he represented Australia U-20 side at the 1991 & 1993 FIFA World Youth Championship. He also represented the national side at the 1996 Atlanta Olympics, 1997, 2001 & 2005 FIFA Confederations Cup – he captained the national side five times in his career. Kevin has gone on to be the manager at Melbourne Victory (won premiership in 2015), Sint-Truidense and Yokohama Marinos in the J1 League – winning the title in 2022.

Mark Mercuri



Born February 21, 1974, a former professional Australian Rules Football player who played for the Essendon Football Club. Mark played in the 1993 premierships winning team which defeated Carlton and in the 2000 premierships team which defeated Melbourne. In the 1999 AFL season he finished runner-up in the Brownlow Medal.

Chris Anstey



Born January 1, 1975, Chris is a former professional basketball player. His career included stints in the National Basketball Association (NBA), Russia and Spain. Chris was selected by the Portland Trail Blazers in the first round (18th pick overall) of the 1997 NBA draft – he was traded to the Dallas Mavericks and later played for the Chicago Bulls. Chris represented the Australian Olympic side the ‘Boomers’ in 2000 and 2008. He also played for the Melbourne Tigers, South East Melbourne Magic and Victorian Titans in the NBL. He retired at the end of the 2009-10 season while with the Tigers and later became the team’s head coach in 2012.

Mark Viduka



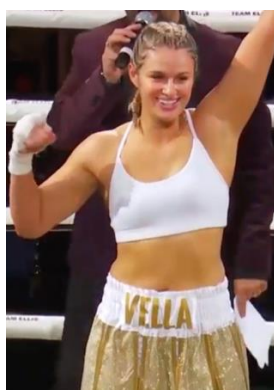
Born October 9, 1975, Mark captained Australia at the 2006 FIFA World Cup in Germany which was the culmination of a playing career that began with Melbourne Croatia juniors and took in Dinamo Zagreb, Celtic, Leeds United, Middlesbrough and Newcastle United.

Adam Kennedy



Born July 12, 1992, Adam is a professional Australian Rules footballer playing for the Greater Western Sydney Giants in the AFL. He was recruited from the Western Jets in the TAC Cup in the 2011 AFL draft, making his debut in the 2012 AFL season.

Samantha Vella



Samantha is a lightweight professional female boxer who made her boxing debut on 15th November 2019, her fight against Marissa Kuewan at the Melbourne Pavilion in Flemington resulted in a win by knockout. Samantha then went on to fight again against the VABL Australian Champion Paige Holmes and won on points in three rounds.

Thomas Deng



Born March 20, 1997, Thomas is a professional soccer player. He represented Melbourne Victory's U21's side and in 2015 he was elevated up into the senior squad. Thomas made his A-League debut against Melbourne City during Round 2 of the Melbourne Derby in 2015/16. Shortly after this Thomas went on loan for the 2016 season to PSV U21s in Holland, returning to Melbourne Victory in 2017. As he progressed in the Australian Olyroos, his defensive brilliance and leadership not only cemented his status in the team, but also his role as captain.

Thomas bid farewell to Melbourne Victory and moved to the J1 League in 2020 signing with Urawa Red Diamonds. He also made his debut at the Tokyo 2020 Olympic Games in 2021 and the following year with Albirex Niigata. Thomas earned his second senior international cap against New Zealand in Auckland, almost four years from his maiden appearance. He was named in Australia's final 26-player squad for the 2022 FIFA World Cup.

Luke Duzel



Born February 5, 2002, a professional soccer player who was selected in the Joeys squad for 2019 FIFA U17 World Cup. Luke plays in the midfield and was recruited by Western United in the Australian A-League Men's competition in 2020. Luke currently plays for Adelaide United in the same league.