



Melbourne Archdiocese
Catholic Schools

CATHOLIC REGIONAL COLLEGE SYDENHAM



RTO3059



NEURO • SKILLS • SPEED • STRENGTH
PERFORMANCE HUB



**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 of 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 longed 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

To capitalise on this unique opportunity, in 2027 the CRC Sydenham Sports Academy will offer placements to 20 VM students and 20 VCE students in Year 11 and 20 VCE students in Year 12, all of whom would have applied and been identified as talented in their chosen sporting field. Successful applicants will share their Home Group and classes with other members of the sports academy. They will be housed in our new state of the art indoor Runnalls 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 Sports Academy Program

The program is split into two streams: VCE and Vocational Major. Both have their own dedicated timetable block, allowing students to access the Sports Training Skills element of the program. The Sports Training Skills component of the Sports Academy timetable comprises of three x 70-minute periods a week, where students will take part in a recovery and rehabilitation session, a personalised strength and conditioning session in CRCFIT (onsite personal training studio) with two qualified personal trainers and finally a sport specific skills session with a qualified coach that aims to improve the students' technical skills of their chosen sport. Our highly competent instructors and coaching staff comprise of individuals who have an extensive and vast range of experience having worked in the AFLW (Carlton), Basketball at the Keilor Thunder and we have current members of the high-performance teams at the Essendon Football Club and Melbourne Victory. Our soccer program is overseen by the Performance Hub – a group of dedicated UEFA-licensed coaches who specialise in the development of soccer players.

Students from both the VCE and VM streams 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.

- Sleep and Recovery Strategies and Sports Massage
- Hydrotherapy – Peak Fitness
- Injury Prevention and Rehab (Physiotherapist)
- Sports Nutrition and Hydration
- Referee / Official Appreciation
- Time Management (Goal Setting)
- Self Care/Hygiene/Vitamin Supplements/Immune System
- Sport Psychology
- Performance Enhancing Drugs
- Teamwork Building Challenges
- Leadership Development - Guest Speaker
- Richmond Institute of Training - MCG Tour and Australian Sports Museum

The Victorian Certificate of Education (VCE) Stream

The VCE stream of the CRC Sydenham Sports Academy program will require students to undertake the following subjects:

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

***PLEASE NOTE:** Student's choosing this stream MUST complete a VCE Unit 3-4 subject in their first year.

The Vocational Major (VM) Stream

The VM stream of the CRC Sydenham Sports Academy program will require students to undertake the following subjects:

- VM Literacy (sport-focused)
- VM Numeracy (sport-focused)
- VM Work Related Skills (sport-focused)
- VM Personal Development Skills (Sports Specific Skills Technical Training, Strength and Conditioning Training and Recovery & Preparation Sessions)
- VET Certificate III in Sport, Aquatics & Recreation - Year 1
- VET Certificate II in Applied RE (Certificate II in Outdoor Recreation and Certificate II in Workplace Skills)

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.

Scored (ATAR) and Unscored (No ATAR) VCE Pathways

We are proud to advertise that we have a partnership arrangement with the **Richmond Institute (AFL Richmond/Swinburne University of Technology)** – which provides our students with a direct entry into a list of courses that requires no ATAR score. In conjunction with this, we have also forged strong relationships with **Victoria University** over many decades, with many of our students finding their way into their courses (ATAR score and No ATAR score).

OPTION #1: Scored (ATAR) Pathways

Richmond Institute (Swinburne University of Technology)

- **Bachelor of Exercise and Sports Science – Code: HEA10006** – Study Score Requirement 25 English (EAL) OR 20 any other English – **ATAR Score: 60**
- **Bachelor of Business (Sports Management)** – Study Score Requirement 25 English (EAL) OR 20 any other English – **ATAR Score: 60**

Victoria University

- **Bachelor of Exercise Science (Sports Practice)** – Code: ABHD – Study Score Requirement 25 English (EAL) OR 20 any other English – **ATAR Score: 55**

OPTION #2: Unscored (No ATAR) with a VCE Scored English Pathways

Victoria University

- **Bachelor of Exercise Science (Clinical Practice)** – Code: ABHE – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Fitness** (Code: SBFI – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Physical Education and Sport Science** (Code: SBPH – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Sports Science** (Code: SBSA – Study Score Requirement 25 English (EAL) OR 20 any other English – **No**

ATAR Score

- **Bachelor of Exercise Sports Science/Psychological Studies** (Code: SBHP – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Exercise Sports Science/Sports Management** (Code: SBHS – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Sports Management/Bachelor Business** (Code: SBSB – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Sports Management** (Code: SBSM – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Bachelor of Outdoor Leadership** (Code: SBOL – Study Score Requirement 25 English (EAL) OR 20 any other English – **No ATAR Score**
- **Diploma of Remedial Massage** (Code: HLT52015 – Must complete Pre-Training Review (PTR) and BKSB Literacy and Numeracy Test – **No ATAR Score**
- **Certificate IV in Fitness** (Code: SIS40221- Must complete a LLN Test)
- **Foundations at VU** (Code: JYAC – Must complete a Personal Statement – gains access to higher education courses) – **No ATAR Score**

OPTION #3: VM - Unscored (No ATAR) Pathways

Richmond Institute (Swinburne University of Technology)

- **Diploma of Sport/Diploma of Leadership and Management (Dual Diploma)** – Code: SIS50321/BSB50420 – No ATAR Score
- **Diploma of Sport (Online Only)** – Code: SIS50321 – No ATAR Score
- **Certificate IV in Leisure and Health** – Code: CHC43415 – No ATAR Score
- **Sports Medicine Australia Course (Level 1 – Sports Trainer)** – No ATAR Score

The two links below will take you to the **Richmond Institute** and **Victoria University** websites that outlines the opportunities that are available for students under the pathway models prescribed above:

Richmond University Link:

<https://richmondinstitute.com.au/our-courses/>

Victoria University Link:

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

Additional Information - Entry Requirements

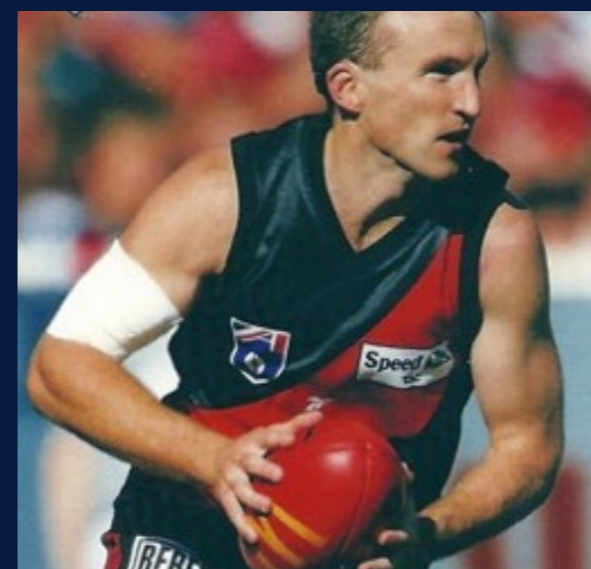
- Complete Application Form and an interview at CRC Sydenham (if you are short listed)
- Levy \$150 (coaching tuition, excursions etc.)
- Expectation that students purchase the CRC Sydenham Sports Academy Training Top from school supplier Academy Uniforms - \$55
- Reference Letter from Year 10 Co-ordinator
- Reference Letters from Coaches or Employers
- Year 10 Semester 1 and Interim Reports
- Expectation that students will represent the College at SACCSS events, Cluster Sports Days and the CRC Sydenham Athletics Carnival
- Expectation that students and their parents sign a contract that outline the standards that need to be upheld in order to maintain a place inside this specialised program
- Expectation that upon entry into the program students will undertake fitness testing in order to establish a set of baseline data for further improvement

CRC Sydenham Sports Hall of Fame



Grant Leury

Born November 5, 1967, is a former Australian sprint canoeist who competed in the mid-1990s. He finished seventh in the K-2 1000m double event at the 1996 Summer Olympics in Atlanta.



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 premiership winning team and represented the club in 132 appearances. In the 1997 season he won the club's best 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.



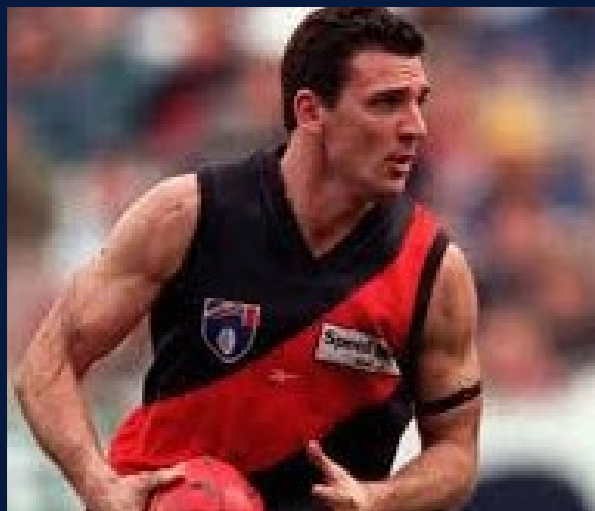
Kevin Muscat

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 and 1993 FIFA World Youth Championship. He also represented the national side at the 1996 Atlanta Olympics, 1997, 2001 and 2005 FIFA Confederations Cup – he captained the national side five times in his career. Kevin has gone onto be the manager at Melbourne Victory (won premiership in 2015), Sint-Truidense and Yokohama Marinos in the J1 League – winning the title in 2022.



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.



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 premiership winning team which defeated Carlton and in the 2000 premiership team which defeated Melbourne. In the 1999 AFL season he finished runner-up in the Brownlow Medal.



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.



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.



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.



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.



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.

Kevin Muscat
Mark Mercuri
Chris Anstey
Mark Viduka

Adam Kennedy
Samantha Vella
Thomas Deng
Luke Duzel



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