



**Welcome to the  
2025 SPP  
Information  
Night**

**We will commence  
our presentation at  
6:30pm until 7:00pm**

# Outline of tonight...



**The Team**



**The  
Program**



**The  
Application**



**Q&A**





# THE TEAM

**SPORTING PATHWAYS PROGRAM**

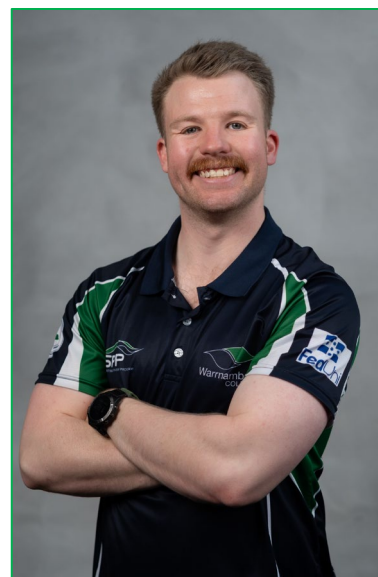
# The SPP Team



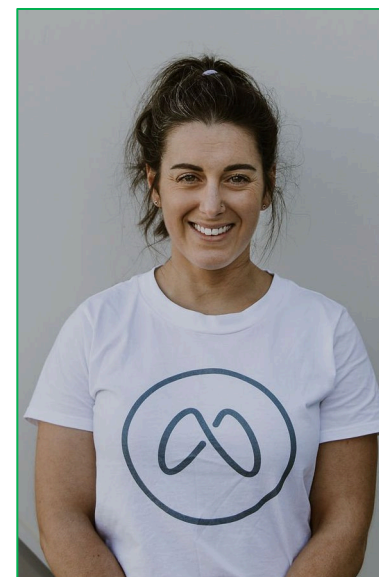
**David  
VEALE**  
SPP Manager



**Dan  
LEE**  
Assistant. Principal  
SPP Coordinator



**Jack  
PUNSHON**  
S&C Coach  
Masters in S&C  
ASCA



**Lucy  
MANGANIELLO**  
Physiotherapist  
Owner of Motionspace  
ASCA



**Mia  
MILLS**  
SPP Trainee



# Lucy (Physiotherapist)

Lucy, who works at Motion Space in Warrnambool, is passionate about helping people return to the activities they enjoy and keeping them active.

All SPP classes have a qualified physiotherapist (Lucy) from Motion Space attend one session per week (most weeks of the year). This is to provide assessment and recommendations for students and families. No treatment takes place during these appointments. All assessment notes are shared with parents/guardians. At times we will contact home if further external assessment should take place.



# The SPP Mentors



Jenna  
**GRAHAM**  
Yr 7



Zacc  
**STRUTH**  
Yr 8A



Dean  
**COLLISHAW**  
Yr 8B



David  
**VEALE**  
Yr 9A



Gault  
**McCLUGGAGE**  
Yr 9B







# THE PROGRAM

## SPORTING PATHWAYS PROGRAM

# Long Term Athletic Development (LTAD) Framework

Sporting Pathways Program - Warrnambool College



		Year 7	Year 8	Year 9	Year 10	Year 11/12	
Stage		Level 1: Foundational Learning	Level 2: Learn to Training	Level 3: Train to Train	Level 4: Train to Compete	Level 5a: Train to Compete	
						Level 5b: Active Life	
Main Focus		Movement Literacy	Introduction to Load	Strength Development	Sports Specific Training	Lifelong Development	
Learn	Focus	Introduction to Gym Life	Introduction to Barbell	Autonomous Learning	Holistic Management Post-SPP	Self-Driven Training	
	Major CAT	Nutrition Challenges & Choices	Health Promotion Strategy Training Plan Theory	Fitness Components Performance Enhancement	Training Plan Implementation		
Strength	Strength	Muscular Endurance	Muscular Endurance	General Strength	Specific Strength		Level 1 ↔ Level 5
		Bodyweight Focus Gymnastics Mobility	Low Level Loading Focus Intro to Barbell / Spotting	Barbell Loaded Focus Intermediate Progressions	Different Training Models Advanced Progressions		
	Power	Technical Emphasis BW Loaded Olympic Lifts	Extensive Emphasis Olympic Lift Derivatives	Extensive Emphasis Loaded Olympic Lifts Derivatives	Loaded Extensive Emphasis Olympic Lifting		
		Trunk	Bracing	Postural Control	Rotational Control	Trunk Stability Under Load	
Speed	Acceleration	Postural Awareness Shapes	Postural Control Cyclic Motions	Technique Refinement Application in Field	Power Production Repeated Exposures		
	Multi-Direction	Controlled Environment Postural Awareness Basic Footwork	Stimulus Environment Postural Control Intermediate Footwork	Stimulus Environment Technique Refinement Field Sport Manoeuvrability	Chaos Environment Postural Maintenance at Max Speed Repeated Exposures		
		Max Speed	n/a	Postural Awareness Shapes	Postural Control Cyclic Motions	Anaerobic Capacity Running Technique Refinement	
Performance Measures		BELT Endurance Squat • Push Up • Chin Up • Plank		Sub-Maximal Strength Back Squat • Conventional Deadlift • Bench Press			
		0-20m Sprint • 5-10-5 Pro-Agility • Countermovement Jump • 2kg Seated Medicine Ball Throw • Yoyo Intermittent Recovery Level 1 • Functional Threshold Power					





# Year 7 – Foundational Learning

## Educate

- Movement Literacy
- Introduction to Gym Life
- Training Standards

## Strength

- Muscular Endurance
- Functional Mobility
- Technical Emphasis
- Bracing

## Speed

- Acceleration
  - Postural Awareness + Shapes
- Multi-Directional
  - Controlled Environment
  - Posture / Basic Footwork

# YEAR 7

How does SPP  
fit into their  
weekly  
timetable?

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOME GROUP	BELFAST	BELFAST	BELFAST	BELFAST	BIG LIFE
1	PRODUCT DESIGN	ENGLISH	SPP PRACTICAL	SPP PRACTICAL	FRENCH
2			HUMANITIES	SPP THEORY	
RECESS					
3	HUMANITIES	SPP PRACTICAL	MATHS	SCIENCE	SCIENCE
4				DIGITAL TECHNOLOGIES	
LUNCH					
5	ENGLISH	FRENCH	DIGITAL TECHNOLOGIES	ENGLISH	MATHS
6	SPP THEORY	PRODUCT DESIGN			

**Year 7 students have 4 periods of practical SPP classes and 2 periods of theory.**





During the theory lessons we cover the same Health Vic Curriculum as a mainstream Year 7 class, however we incorporate more meaningful, relevant links to sport, which the students love.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOME GROUP	BELFAST	BELFAST	BELFAST	BELFAST	BIG LIFE
1	PRODUCT DESIGN	ENGLISH	SPP PRACTICAL	SPP PRACTICAL	FRENCH
2			HUMANITIES	SPP THEORY	
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3	HUMANITIES	SPP PRACTICAL	MATHS	SCIENCE	SCIENCE
4				DIGITAL TECHNOLOGIES	
LUNCH					
5	ENGLISH	FRENCH	DIGITAL TECHNOLOGIES	ENGLISH	MATHS
6	SPP THEORY	PRODUCT DESIGN			

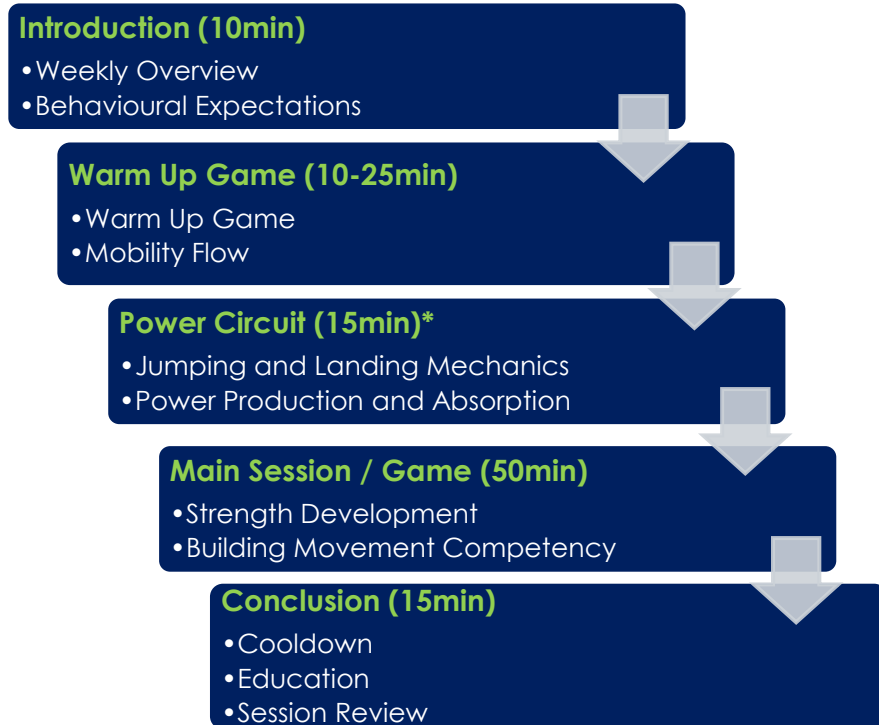


The same Mentor takes the class for Health

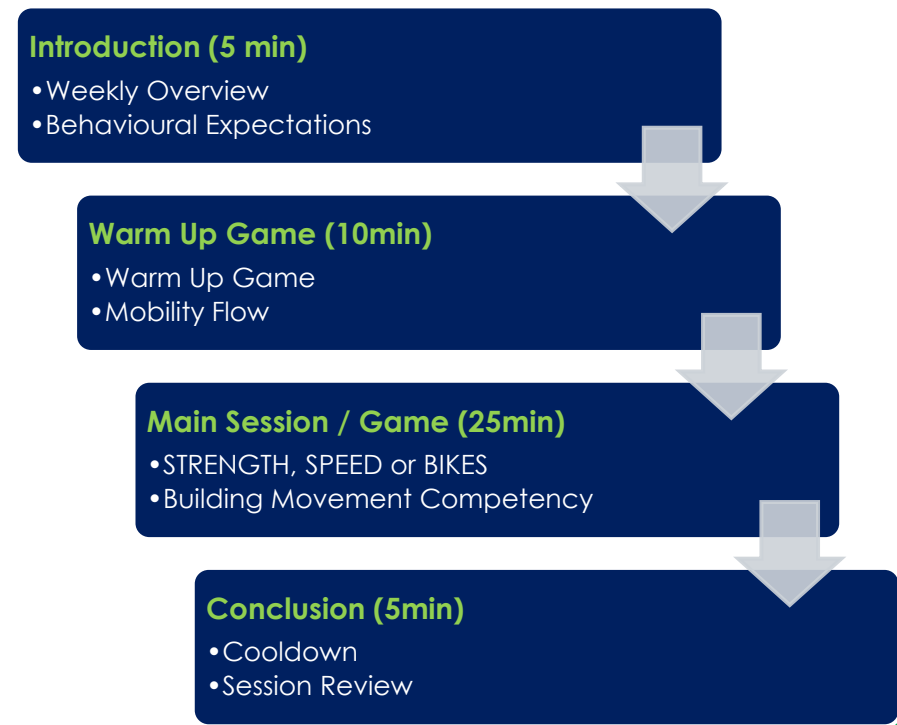


# What is happening in SPP Classes?

## DOUBLE PERIODS (100min)



## SINGLE PERIODS (50min)



\*Lucy MANGANIELLO (Physio) will be in on Mondays

# Student/Athlete Health & Wellbeing

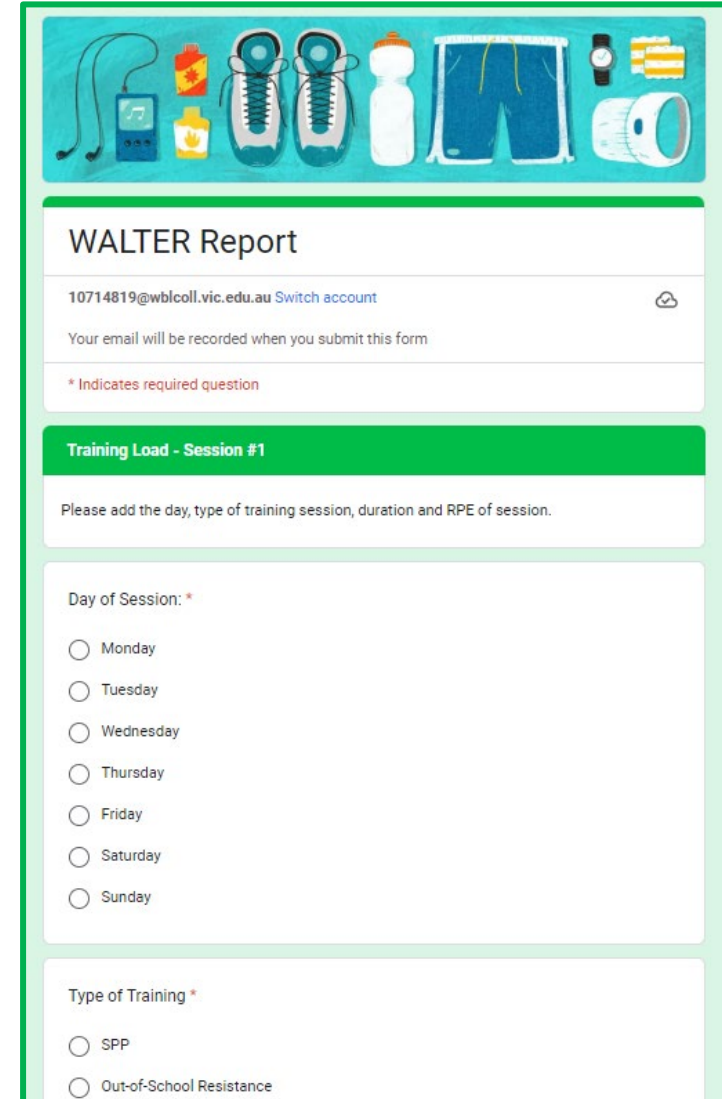
- S&C Coach
- All SPP sessions have multiple staff in every session
- Wellbeing data (both physical & mental) is collected
- Data is saved on an online platform for the lifetime of the program

***A point of difference from other programs***



# WALTR

- Everyone in SPP is required to complete a **Wellness and Load Tracking Report** a.k.a. **WALTR**
- This report requires student to fill out a document that recounts the previous week's training activity
- This report is designed to:
  - Monitor Training Load
  - Evaluate external training stress
  - Provide SPP staff with any important information.
  - **Book in the physio**
  - For your child to ask questions that they may not be comfortable to ask in front of class
- Students are required to complete by **8:30am Tuesday** each week (Best to do it Sunday)



The image shows a digital form titled "WALTER Report". At the top, there is a header bar with various sports-related icons: a stethoscope, a first aid kit, a pair of sneakers, a water bottle, a pair of shorts, a watch, and a whistle. Below the header, the form has a white background with green accents. The title "WALTER Report" is in bold. Below it, the email address "10714819@wblcoll.vic.edu.au" is displayed with a "Switch account" link. A note states "Your email will be recorded when you submit this form". A red asterisk indicates required questions. The form is divided into sections by green bars. The first section is titled "Training Load - Session #1". Below this, a prompt asks the user to "Please add the day, type of training session, duration and RPE of session." The next section is "Day of Session: \*" with radio button options for Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The final section is "Type of Training \*" with radio button options for SPP and Out-of-School Resistance.

WALTER Report

10714819@wblcoll.vic.edu.au [Switch account](#)

Your email will be recorded when you submit this form

\* Indicates required question

**Training Load - Session #1**

Please add the day, type of training session, duration and RPE of session.

Day of Session: \*

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

☐ Saturday

☐ Sunday

Type of Training \*

☐ SPP

☐ Out-of-School Resistance



# Accountability

All SPP students must maintain a level of **70% or more** for Attitude and Effort across all subjects.

Students reflect on their reports after every cycle (six cycles across year).

If a student falls below 70% they must have a document signed by the specific teacher that identifies three things to improve on before the next cycle. There are consequences for a student not showing improvement.

<b>100%</b>	A student at this level exceeds all other attitude and effort descriptors <ul style="list-style-type: none"><li>• <i>Constantly</i> gives and receives useful feedback to improve learning</li><li>• <i>Constantly</i> responsible, independent learner who monitors their own progress</li><li>• <i>Constantly</i> displays all College values in their actions, in and beyond the classroom</li><li>• <i>Constantly</i> follows Warrnambool College Expected Behaviour Matrix</li></ul>	<b>EXCELLING</b>
<b>90%</b>	A student at this level: <ul style="list-style-type: none"><li>• Gives and receives useful feedback to improve learning</li><li>• Responsible, independent learner who monitors their own progress; submits all work</li><li>• Displays College values in their actions, in and beyond the classroom</li><li>• <i>Consistently</i> follows Warrnambool College Expected Behaviour Matrix</li></ul>	
<b>80%</b>	A student at this level: <ul style="list-style-type: none"><li>• Asks for and then applies feedback willingly to improve learning</li><li>• Responsible, independent learner</li><li>• Displays mutual respect by encouraging and assisting others in and beyond the classroom</li><li>• <i>Consistently</i> follows Warrnambool College Expected Behaviour Matrix</li></ul>	<b>EXPECTED</b>
<b>70%</b>	A student at this level: <ul style="list-style-type: none"><li>• Asks for feedback as an opportunity to learn and improve skills</li><li>• <i>Regularly</i> displays responsibility for their own learning, including submitting work</li><li>• <i>Regularly</i> displays mutual respect, treating others with courtesy and kindness</li><li>• <i>Regularly</i> follows Warrnambool College Expected Behaviour Matrix</li></ul>	
<b>60%</b>	A student at this level: <ul style="list-style-type: none"><li>• Welcomes feedback to improve skills for learning</li><li>• Developing skills to take responsibility for their learning</li><li>• Displays mutual respect treating others with courtesy and kindness</li><li>• <i>Regularly</i> follows Warrnambool College Expected Behaviour Matrix</li></ul>	<b>BELOW EXPECTED</b>
<b>50%</b>	A student at this level: <ul style="list-style-type: none"><li>• Accepts feedback but struggles to implement this effectively</li><li>• Somewhat responsible for their learning; <i>occasionally</i> submits work</li><li>• Displays mutual respect using SLANT</li><li>• <i>Occasionally follows</i> Warrnambool College Expected Behaviour Matrix</li></ul>	

# Sport Specific Training Sessions

- 5 Sports on offer currently in 2025:

- Athletics
- AFL
- Basketball
- Cricket
- Other



# Cost of the program

The cost of the program in 2025 is \$950 per student. This amount is additional to school fees (can be on a payment plan).

This does not include uniform, but covers all other costs associated with the program.

We anticipate the cost to be the same next year, if not, very very similar.

# UNIFORM

You ideally will have 2 lots of SPP uniform (SPP polo & Warrnambool College shorts). So that 1 uniform can be in the wash.

These can be purchased with the rest of your Warrnambool College uniform (trackies, jackets, etc.) through Lowes.

\*We do have some second hand SPP/school uniform that can be available for purchase if you require.





# THE APPLICATION

## SPORTING PATHWAYS PROGRAM

# SPP Applications



- Cover sheet - basic student/family details
- Sporting Coach Referral **OR** Grade 6 PE Teacher - teacher may want to send straight to WC (use the teacher referral form again). Focus is on coachability and growth mindset.
- Student Referral - please take the time to include all relevant information
- Confidential Referral from Grade 5 or 6 teacher - must be sent straight to WC



# Student Details

If the sport a choice isn't listed then you can list it in 'other'.

If we get sufficient interest in an additional sport, we may consider running this in 2026 (for example: Swimming).

## SPORTING PATHWAY PROGRAM | 1 of 5 APPLICATION FORM



PLEASE RETURN TO SCHOOL OFFICE BY MONDAY 17TH AUGUST 2020

**STUDENT DETAILS**

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Current Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**PARENT/GUARDIAN DETAILS**

Mother/Guardian: \_\_\_\_\_

Father/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email address: \_\_\_\_\_

**Sport of Interest** - please rank your top 3 choices (1 is first preference)

<input type="checkbox"/> Basketball	<input type="checkbox"/> Netball	<input type="checkbox"/> Australian Rules Football
<input type="checkbox"/> Tennis	<input type="checkbox"/> Cricket	<input type="checkbox"/> Swimming
<input type="checkbox"/> Athletics	<input type="checkbox"/> Non-Sporting Athlete	<input type="checkbox"/> Other (please print) _____

*Please note: Sports will only be offered if there is enough student interest.*

**COSTS:** Cost of the program for 2020 was \$900. There is a payment plan available for all families which includes a four payment schedule; one per term.

Please Note: • All other school fees must be paid before a student can take their place in the SPP.  
• The SPP uniform is ordered online and is separate to the \$900 payment.

### What the Sporting Pathway Program payment includes:

- 40 week specialised program.
- Specialised coaching sessions in their chosen sport conducted by qualified coaches with accreditation and working with children's checks. Warrnambool College staff will also be present at all training sessions.
- Two periods per week of strength and conditioning sessions – programs will be supported and guided by Federation University (Ballarat) and implemented by qualified strength and conditioning coaches in the High Performance Centre with the latest sporting equipment including spin bikes, heart rate monitors and weights room.
- Cardio Enhancement sessions conducted and supervised by qualified instructors and qualified Strength and Conditioning Warrnambool College staff will be in attendance at all sessions.
- Two trips to Federation University to conduct pre and post testing under the supervision of qualified Exercise and Sport Science professionals/lecturers.
- Access to a qualified Sport Physiotherapist – assessment and advice given to injured athletes.
- Access to online wellness Training Peaks program.

# Sporting Coach Referral

**The other option is to ask your Grade 6 PE teacher to fill out either this 'Sporting Coach Referral Form' OR they can fill out a second teacher referral form.**

**ALSO - some coaches don't put enough effort into the referral and students have missed a place in the program due to this.**

SPORTING PATHWAY PROGRAM | 2 of 5

## SPORTING COACH REFERRAL FORM

PLEASE RETURN TO SCHOOL OFFICE BY MONDAY 17TH AUGUST 2020



Full Name of Student: \_\_\_\_\_

Name of Coach: \_\_\_\_\_

Position held: \_\_\_\_\_

Contact No.: \_\_\_\_\_

Present Club/Training Venue: \_\_\_\_\_

Student's Position in team (if applicable): \_\_\_\_\_

Student's sporting strengths: \_\_\_\_\_

Student's sporting weaknesses: \_\_\_\_\_

Student's training commitment and coachability: \_\_\_\_\_

Student's attitude and sportsmanship: \_\_\_\_\_

Sporting Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Student Referral

It is **VITAL** that each student puts effort into this referral. We encourage students to complete a draft first before filling out the final referral form.

SPP has more than just a focus on sport; think about what you would like to achieve and improve upon as a student at our school in more than just sport.

***Reminder this is a student referral, NOT a parent referral.***

**SPORTING GOALS**

Briefly describe your future goals in your sport. Include goals for 2021 plus longer term goals.

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**ACADEMIC GOALS**

Briefly describe your learning goals, including subjects for improvement and future academic studies.

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**ACHIEVEMENTS**

List the achievements that make you feel most proud.

These may be positions of responsibility you have held or awards you have earned, etc.

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**Parent and Student Signatures**

Please ensure all details are correct, to the best of your knowledge, and sign in the space below.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Teacher Referral

Preference is for your Grade 6 classroom teacher to fill this referral out.

PE teachers can complete a second teacher referral in the place of a coaches referral.

Teacher referrals must be sent directly to Warrnambool College.

To be completed by student's current Yr 6 teacher, or if more appropriate, student's former Yr 5 teacher.

Full Name of Student:

Current School:

Teacher's Name:

Grade(s) that I taught this student:

Contact phone number at this school:

How long have you known this student:

Please indicate the degree to which you believe the student demonstrates the following behaviours:

BEHAVIOURS	VERY HIGH	HIGH	MEDIUM	LOW	VERY LOW
Demonstrates persistence towards learning in the classroom.					
Supports peers with their learning.					
Demonstrates mutual respect towards other teachers and students in the yard (during recess and lunch).					
Actively works on weaknesses in their learning.					
Welcomes feedback as an opportunity to learn.					
Demonstrates resilience when confronted with challenging learning in the classroom.					
Is a leader and accepts responsibility.					
Applies learning to real world situations.					
Willingly extends their own learning.					
Is friendly, has the ability to mix well with peers and displays sensitivity to the feelings of others.					
Selects a range of ways to communicate with their teachers and peers.					

# Teacher Referral



- Please give this to your **year 5 or 6 teacher**  
– whoever you believe knows your student better.
- This is **confidential information** and should be given to you in a sealed envelope or mailed directly to Warrnambool College.
- You can drop this off at school up until August 15, 2025. (We may still contact the teacher for a verbal referral if we require additional information).



# Key Dates



## TERM 2

**Friday 9<sup>th</sup> May**

- Year 7 applications for 2026 placements.
- In 2026 we are not at capacity so we are able to accept any student.

## TERM 3

**Wednesday 2<sup>nd</sup> July**

- Welcome letter sent to all students offered a placement at Warrnambool College.
- SPP and Scholarships applications open.

**CAN'T BE CONSIDERED FOR SPP UNLESS ENROLLED AT WC**



# Key Dates



## TERM 3

### **Friday 15<sup>th</sup> August**

- Last day for SPP applications to Warrnambool College (including teacher references).
- Last day for scholarships.

### **Monday 15<sup>th</sup> September (week thereof)**

- Offers for SPP finalised





# Q&A

## SPORTING PATHWAYS PROGRAM

[David.veale2@education.vic.gov.au](mailto:David.veale2@education.vic.gov.au)