




Year 7

Sporting Pathways Program 2027





We, the staff and students of Warrnambool College, acknowledge that we are learning on the traditional lands of the Peek Whurrong people of the Maar Nation.

We pay our deepest respects to their Elders; past, present and emerging and to their continuing connection to the lands and waterways.

We also extend that respect to all other Aboriginal and Torres Strait Islander people who gather here.

We stand side by side with our First Nations people and commit to building a brighter future together.



Purpose of tonight...



The Team



The Program



The
Application
Process



Q&A





The Team



The SPP Team



David Veale

SPP Manager



Dan Lee

**Assistant
Principal**



Jack Punshon

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



Riley Owen

Physiotherapist



Jada Shand

SPP Trainee

The SPP Team



**Jenna
Graham**

Year 7A



**Kasey
Barling**

Year 7B



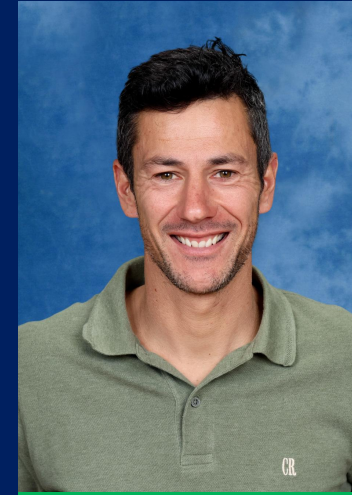
**Gault
McCluggage**

Year 8



**Zacc
Struth**

Year 9A



**Dean
Collishaw**

Year 9B



**David
Veale**

**Year 10
SPP Manager**



The Program



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 8 - Learning to Train

Educate

- Introduction to Load
- Introduction to Barbell
- Nutrition + Recovery

Strength

- Muscular Endurance
- Introduction to Barbell
- Extensive Emphasis
- Postural Control

Speed

- Acceleration / Max Velocity
 - Postural Control + Cyclic Motions
- Multi-Directional
 - Stimulus Environment
 - Posture / Basic Footwork



Year 9 - Learning to Train

Educate

- Strength Development
- Autonomous Learning
- Anatomy + Biomechanics

Strength

- General Strength
- Barbell Loading
- Olympic Lift Development
- Rotational Control

Speed

- Acceleration / Max Velocity
 - Technique Refinement
- Multi-Directional
 - Stimulus Environment
 - Field Sport Implementation



Year 10 - Train to Perform

Educate

- Sports Specific Training
- Holistic Management
- Training Plan Development

Strength

- Specific Strength
- Different Training Methods
- Loaded Extensive Emphasis
- Trunk Stability Under Load

Speed

- Acceleration / Max Velocity
 - Power Production / Exposure
- Multi-Directional
 - Chaos Environment
 - Repeated Exposure



Year 11/12* - Train to Perform

Strength

- Individualised
- Specific Strength
- Advanced Resistance Training
- Practical Power Implementation

Speed

- Acceleration / Max Velocity
 - Power Production / Exposure
- Multi-Directional
 - Chaos Environment
 - Repeated Exposure



***New Program – Before School
7:30-8:30am Monday to Friday**

Long Term Athletic Development (LTAD) Framework

		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 Bodyweight Focus Gymnastics Mobility	Muscular Endurance Low Level Loading Focus Intro to Barbell / Spotting	General Strength Barbell Loaded Focus Intermediate Progressions	Specific Strength 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				

VCE:
Unit 1-4 PE

Victorian Certificate of Education
Physical Education
Study Design

VET

VCE VET Sport and
Recreation

4 Key Elements to SPP

- Practical and S & C
- Theory Classes
- Sport Specific Training Sessions
- Student/Athlete Health & Wellbeing



1. Practical and S&C SPP classes

	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. Mainstream Year 7 have P.E, which is only 2 periods a week.

Therefore, SPP students do miss out on Music & Drama.

Double Periods (96 mins)

Introduction (10 min)

- Weekly Overview
- Behavioural Expectations

Warm Up Game (10-25 min)

- Warm Up Game
- Mobility Flow

Power Circuit (15 min)

- Jumping & Landing Mechanics
- Power Production & Absorption

Main Session / Game (50 min)

- Strength Development
- Building Movement Competency

Conclusion (15 min)

- Cooldown
- Education
- Session Review

Single Periods (48 mins)

Introduction (5 min)

- Weekly Overview
- Behavioural Expectations

Warm Up Game (10 min)

- Warm Up Game
- Mobility Flow

Main Session / Game (25 min)

- STRENGTH, SPEED or BIKES
- Building Movement Competency

Conclusion (5 min)

- Cooldown
- Session Review

2. SPP Theory classes

	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			

Two theory lessons per week covers the Health curriculum.

Year 7 SPP classes cover the same Health Curriculum as the rest of the Year 7 cohort, but with specific and relevant links to sport, which SPP students really engage with positively.

3. Sport Specific Training Sessions

5 Sports currently on offer in 2026:

- AFL
- Basketball
- Netball
- Additional S&C
- Cricket



4. Student/Athlete Health & Wellbeing



Riley Owen

Physiotherapist

Riley works as a physiotherapist in both private and public practice here in Warrnambool. He is a past student of Warrnambool College and is passionate about helping people return to the activities they enjoy and keeping them active.

All SPP classes have access to Riley throughout most weeks of the year. He provides assessments and recommendations for students and families; however, no treatment takes place during these appointments. All assessment notes are shared with parents and guardians, and families may be contacted if further external assessment is recommended.

Our point of difference from other programs



- S&C Coach
- Physiotherapist onsite – Riley Owen
- All SPP mentors are either Level 1 Strength and Conditioning Coaches or currently studying
- All SPP sessions have three or four people in every session
- Regularly monitoring training loads
- Fitness Testing
- Additional Semester Report

Warrnambool College Expectations

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

We expect that how students act in SPP is reflected in ALL classes throughout their time at Warrnambool College.

As such students reflect on their reports after every cycle (six cycles across year).

Students are required to attend study hall if they have an A&E below 70% overall.



The Application





APPLICATION FORM

RESPECT • RESILIENCE • RESPONSIBILITY

Part A

SPORTING PATHWAY PROGRAM | 1 of 5

APPLICATION FORM

PLEASE RETURN TO SCHOOL OFFICE BY FRIDAY 24th JULY 2026



STUDENT DETAILS Surname: _____

SPORTING PATHWAY PROGRAM | 2 of 5

STUDENT REFERRAL FORM - to be completed by student

PLEASE RETURN TO SCHOOL OFFICE BY FRIDAY 24th JULY 2026



SPORTING GOALS

Briefly describe your future goals in your sport. Include goals for 2026 plus longer term goals

Part B

SPORTING PATHWAY PROGRAM | 3 of 5

CONFIDENTIAL CLASSROOM TEACHER REFERRAL FORM

PLEASE RETURN TO SCHOOL OFFICE BY FRIDAY 24th JULY 2026



To be completed by

SPORTING PATHWAY PROGRAM | 4 of 5

CONFIDENTIAL CLASSROOM TEACHER REFERRAL FORM



Please list additional information that highlights the student's effort and attitude toward learning (in and out of the classroom), which may be relevant in determining this child's suitability for the Sporting Pathway Program.

Part C

SPORTING PATHWAY PROGRAM | 5 of 5

SPORTING COACH REFERRAL FORM

PLEASE RETURN TO SCHOOL OFFICE BY FRIDAY 24th JULY 2026



Full Name of Student: _____



Important Dates

TERM 1

Monday 30th March

- Year 7 Information Evening for placements in 2027

Tuesday 31st March

- Year 7 applications open for 2027 placements.

TERM 3

Friday 24th July

- SPP applications close

Friday 28th August

- Offers made to families

Warrnambool College is not zoned

Cost of the Program



The cost of the program in 2026 was \$975 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 or similar next year.

SPP Uniform

Ideally, students will have two sets of the SPP uniform (SPP polo and Warrnambool College shorts), allowing one set to be worn while the other is being washed.

These items can be purchased along with the rest of the Warrnambool College uniform through Lowes.

Second-hand SPP and school uniforms are also available for purchase if required.





If you have any questions please contact:
david.veale2@education.vic.gov.au