

WHAT IS A
GOALKEEPER'S
FAVOURITE
SNACK?

Beans on Post



Quote of the Month
"AGE IS NO
BARRIER.
IT'S A
LIMITATION YOU
PUT ON YOUR
MIND"

Jackie Joyner-Kersey

AUGUST 2022

Northern Bay P-12
College

Newsletter

Authors: Monique and Ms Jolly

MESSAGE FROM THE DIRECTOR OF SEED

What a year so far SEED has had. Not only have we had multiple flag wins, but the participation in sports such as Football, Basketball, Soccer, Badminton and Volleyball in SEED have led to the student's participating in these sports of a Recess and Lunchtime on a daily basis. This has really created the energy in Northern Bay College. It is great to see the students and staff members talking about their major topics/interests while utilising our SEED Podcast equipment. Mr Lowery and I would like to thank you for displaying respect towards peers, teachers and coaches during all SEED sessions.

Keep up the great work!



Volleyball Recess and Lunchtime Team



SEED Year 7 Volleyball Team

YEAR 7 GIRLS VOLLEYBALL

We had two teams win the Geelong Competition, both the Year 7/8 boys Volleyball team and the Year 7 girls Volleyball teams will compete in Western Metro Competitions next Term. Well done and Congratulations to the two teams.



Northern Bay P-12
College

Max FORTI

SEED STAR OF THE MONTH

Congratulations to our SEED Star of the Month- Max Forti. Max was selected as he always displays the ABC characteristics. He always tries his best, respectful to all staff members, coaches and peers. Always participates to the best of his behaviour and tries to improve his skill level. Max always puts his hand up to represent the college in interschool sports. Keep up the good work Max.



Max Forti



Year 7 - 8

DEVELOPMENT SQUAD

The SEED Development Squad had the opportunity to visit the MCG for a tour of a lifetime. They got to see the Museum, walked through the MCG member's long room and stepped onto the ground. The student's got to witness the footballer's change rooms, recovery pools/spas and coaching facilities. They also were able to walk through commentary boxes and media rooms. Great opportunity to see how the elite operate.



SEED 7 and 8 Program Excursion to MCG



SHAYLIN'S FITNESS

Warm up:

- 30sec jogging (on the spot)
- 30sec high knees
- 30sec butt kicks
- 30sec star jumps
- (repeat 2x for total of 4mins)

Circuit #1: Upper body & core.

- 20 seconds of push ups
 - follow with 10 seconds rest
- 20 seconds of shoulder tap planks
 - 10 seconds rest
- 20 seconds of bench/tricep dips
 - 10 seconds rest
- 20 seconds of sit ups
 - 10 seconds rest

(Repeat circuit 3-5 times in total.

Lvl.1 = 3 rounds, Lvl.2 = 4 rounds, Lvl.3 = 5 rounds.)



Shaylin teaching Tasha how to squat

Circuit #2: Lower body & cardio.

- 20 seconds of jump squats
 - 10 seconds rest
- 20 seconds of star jumps
 - 10 seconds rest
- 20 seconds of calf raises
 - 10 seconds rest
- 20 seconds of lunges
 - 10 seconds rest

(Repeat circuit 3-5 times in total.

Lvl.1 = 3 rounds, Lvl.2 = 4 rounds, Lvl.3 = 5 rounds.)

Cool down:

1-2mins light jog/walk.

Static quad stretch, hamstring stretch, calf stretch, cross body shoulder stretch.



Spin class in action

SPORT OF THE MONTH

Football

Mr Lowery's Upcoming Events

FOR SEED STUDENTS

Intermediate boys
cricket,
table tennis
and basketball

13th of October

Intermediate Girls
cricket,
table tennis
and basketball

13th of October

AFL stands for Australian Football league and is available to all ages to play. Starting with Auskick then working your way through to a football club where you can play juniors, and once you get older you move on to resses and then go to seniors. If you're lucky you might get drafted to an AFL team because of your talent. Football is an enjoyable sport because you get to collaborate with your team and get to make new friends. By collaborating with your team you get to know each other play and tell them what they need to improve on and with games you all work together to play against another team. At the end of each season there are finals and a grand final and you fight to win the premiership. The top 8 teams go into finals and whoever wins the final goes to the preliminary final, which will eliminate the teams that lose. After then it'll come down to 2 teams for grand final. The team that wins the Flag will get to take it back to there club and have it there in history- By Monique Tabor 9F

"Football is available to all ages to play"

Coach of the Month

Get to know Max Simovic By Monique Tabor

- He is the SEED Soccer Coach
- His favourite movie is Rush Hour
- His favourite artist is Post Malone
- His highest level of sport is playing NPL for North Geelong Warriors
- His favourite sportsperson is Cristiano Ronaldo
- His favourite sporting team is Manchester United
- His favourite part about SEED is that he likes how everyone joins in and is given opportunities to excel
- What motivates him to be a sportsperson is the fact he doesn't like losing which motivates him to do his best
- His best character quality is he is organised and a good motivator
- His most memorable sporting moment is coming second in Australia with triple jump and javelin
- His favourite sports quote is "Never say never because limits, like fears, are often just illusions"



Coach Max

**MAX
SIMOVIC**



**Northern Bay P-12
College**

SEED Year 9/10 Team Photos



SEED Basketball Team



SSEED Football Team



SEED Soccer Team



SSEED Netball Team



SEED Badminton Team



SEED Volleyball Team