

Specialist Sports Program Newsletter

SSP News

Student-Athlete News and Achievements

A huge congratulations to some of our student-athletes who have been doing incredible things in their chosen sport.

Georgia Tyrell (AFL) – Our wonderful school captain Georgia Tyrell has recently capped off an incredible national championships where she was named MVP for Vic Country and has also been invited to the AFLW state combine camp.

Daniel May (AFL) – Recently competed in the U/15 National Carnival for School Sport Australia, where our Victorian team took home the ultimate prize, winning the Grand Final against WA. Super proud of you Daniel.

Jade Chow, Ayisha Balogun, Eli Whiteford, Emmanuel Majak (Basketball) – have all recently been at the Centre of Excellence (AIS) in Canberra on a training camp for the National Performance Program as a part of Basketball Victoria's performance program. Well done everyone – a great way to experience what the AIS environment is like.

Hayley Evans and Lexie Whatly (Netball) – congratulations on recently making the State Netball squad final 50. What a wonderful achievement in such a deep talent pool, in one of the highest participated sports for female athletes. Lexie has also just progressed through to the top 25 for the U/19 team – WOW!

Evie Stosic (Soccer) – congratulations on the Croatian U/16 national team representation. What a fabulous achievement. Evie is currently in Croatia whilst writing this newsletter and we can't wait to hear all about her experience. Evie is also a current member of the National Training Centre, out of the home of the Matilda's.

Gemma Barrand, Willow Rugers, Nikolas Didulica, Evan Horvat, Ritchie Mahon, Darcee Westerloo, Alazar Demissie and Tomi Prusac (Soccer) – All of these amazing student athletes are currently involved in talent development pathways with either Melbourne Victory or Western United. A terrific achievement that requires a tonne of commitment, dedication and time travelling up and down the highway. We have more student-athletes currently being Talent-Identified as well, so watch this space. Well done and keep up the awesome work!

Mikaaela Witt, Tyson Cuci, Nikolas Didulica, Evan Horvat, Ritchie Mahon (Soccer) – recently competed in the Nationals, representing Victoria (across 3 teams). Our student-athletes all represented their state with pride. There were some mixed results, however some teams made it through to the quarter finals – a fantastic achievement. Well done everyone, including Coach Sean Mahon who leads one of the U/15 teams for Victoria.

Zahlie Snidjers (swimming) – has recently returned back to WHC after attending the *next wave* training camp at the AIS for the top 60 swimmers in the country. In true Zahlie form, she was awarded the 'most versatile swimmer' for the duration of the camp. Well done Zahlie!

FREE Parent-Carer Information Session: Fuelling for sport and school performance (nutrition)

We are pleased to announce that we are running our Term 3 parent-carer event, and of course all student-athletes are welcome to come along with their families.

Renowned Sports Dietician Sam Coppinger will be the lead presenter on the evening. Sam is an Accredited Practising Dietitian & Sports Dietitian, currently working as the sports dietitian for the [Western Bulldogs Football Club](#) & the Melbourne United Basketball Club. Sam has experience working with athletes at both the elite and recreational levels in numerous sports, including netball, AFL, soccer, horse racing, athletics, endurance/ultra events and many more. Sam privately consults clients from everyday active individuals to elite athletes. Sam is currently the WHC SSP sports dietitian consultant, delivering nutrition education to our student athletes.

Please see the details below and register via the event flyer (attached) QR code.

Date: Tuesday 9th September

Time: 5.45-7.15pm

Location: PAF, Western Heights College

Topic: Fuelling for sport and school performance (nutrition)

Cost: Free of Charge

Topics covered

- Fuelling for sport and school performance
- Lessons from professional sports, what can we learn and utilise at the youth athletic development level
- The student-athlete's training week – how to plan & prepare nutrition for high performance
- How to fuel yourself on a budget
- Supplementation - what works, what doesn't, when is it appropriate and at what age level

We hope to see you all there to support this wonderful event.

Melbourne Victory Sport and Business Program Information Night

All WHC Year 12 students are invited to *Join us at our next information session to hear directly from teachers, staff and alumni about the opportunities as part of the Melbourne Victory Sport & Business Program.*

Date: Monday 1st September

Time: 7-8pm

Where: AAMI Park

For More info: <https://seda.edu.au/register/mv/>

- *Program flyer attached*

Drawstring Bags and SSP

We are requesting that all student-athletes continue to bring their drawstring bags to SSP for all of time tabled sessions. No WHC backpacks should enter into the green building or travel on a bus – and detentions will be issued if they do. Back packs are to be stored in student lockers. Drawstring bags and boot / shoe bags are permitted for training / in the green building. Please remind your child of this process and if you require a drawstring bag they can be purchased for \$10 at our administration office.

SSP - Competition and Team Selection Friendly Reminder

It is an exciting time for our program with over 600 students across the four pillar sports: AFL, Basketball, Netball and Soccer. However, this also creates complexities around team selection for tournaments and competitions. It is simply not possible for all student-athletes to be selected.

Please understand that although student-athletes are a part of the SSP, this does not guarantee automatic entry to any WHC interschool or representative team. Head coaches are responsible for team selection and many factors contribute to this process, including; skill, ability, team dynamics, effort, behaviour and attendance across the entire College.

We know that non-selection can be difficult for parent-carers, but we thank you for your understanding and support of our program and all student-athletes, whilst we move in to a heavy phase of competition over the next three terms.

If you or your child has any concerns about selection or non-selection, we would encourage all of our student-athletes to have direct conversations with their coaches regarding feedback for improvement.

We thank you for your continued support. We love that your child is a part of our program, and please endeavour to remember the program was established for our student-athletes to reach both their academic and athletic potentials. It is about growth in both learning and sporting pursuits, not who is or isn't selected for a team.

Renee Lane

SSP Leader