

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 continues her run of accolades, as she was named in the squad for the 'Coates' team of the year, recognising her talent and effort across all teams in the competition. Many more good things to come Georgia.

Addison Baars and Dani Rhodes (Trainee and former student at WHC) – congratulations on your final year within the Geelong Falcons, we know it wasn't the season you hoped for, but a super achievement to be regular members of the team all year.

Macy Brdar (AAP) – Macy has recently competed in the SSV state championships and was 3rd overall in the 400m. Macy will find out next week if she has made Team Vic to compete at Nationals in Canberra.

Lexie Whatly (AFL) – Not only has Lexie has also progressed through to the top 25 for the U/19 team State Netball team, she has also been identified for the Geelong AFLW Academy development squad.

Kade Witney, Noah Monohan, Zack Monohan, Finn Harrison, Angus Henderson, Finn Rentsch, Trae Beckley, Jayden Conroy, Mitch Cowley, Archie Hepburn, John Tattersall and Shavarntay Edwards – After a successful AFL Barwon season, all of the listed student-athletes have all been identified for the Geelong Cats 'Emerging Talent and Development Squad' – Congratulations and go well with your training program in September, as well as your matches against the Western Bulldogs Academy.

Zahlie Snidjers (swimming) – Recently competed at the Open Age Short Course State Championships and was crowned champion in the 200m and 400m Freestyle swimming events. Not only is Zahlie the fastest in her age group in the country, but she is the best in the state of *all* female athletes (open) for these events – WOW! Go Zahlie.

Netball State Champions

A massive congratulations to our male netball teams, who have recently been crowned School Sport Victoria State Champions. The Senior boys team have been so close for so long, and what a wonderful way to complete their schooling and sporting achievements at WHC – as State Champions. The Junior boys team were also crowned victorious for the entire state-wide competition – how exciting for future years to come!

European Soccer Tour

We wish our boys soccer team every ounce of luck as they head over to Europe to embark on a 17 day tour of the Netherlands, Germany and Belgium. The team will be competing against the best of the best whilst in country. They will also have multiple experiences with Amsterdam Ajax and the Ajax Football Academy. The experience will truly be of the highest quality and a trip of a lifetime for our student-athletes. Go well team and we look forward to hearing all about the tour.

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-athlete 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.

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