

ALBERT PARK COLLEGE SAILING ACADEMY

Introduction: The Albert Park College Sailing Academy aims to provide students that have an interest in sailing with the opportunity to extend their skills and represent the school. Students who join the program have the opportunity to become part of a team that competes for the school at local regattas throughout Term 1. Sailors train and compete in Pacer sailboats that are sailed by a crew of two.

Enrolment criteria:

- Students with previous sailing experience may apply to enrol for the Term 1, 2023 program (subject to availability).
- As the sailing calendar begins in spring and finishes after summer, new Sailing Academy members are invited to enrol in August 2023, for the 2023/24 program.

Academy philosophy: The philosophy of the sailing academy is to be upheld by the coaching staff, by the sailors participating in the program and by their parents and carers.

- Working together to help everyone realise their potential
- Commitment to improving skills and fitness through hard work and attendance
- To foster enjoyment and a team approach through respect and collaboration
- Personal development through self-awareness and helping others
- Working towards being proactive and self-sufficient as an athlete and student

Coaching staff: The coaching staff are all accredited sailing coaches with many years' experience coaching at all levels of the sport.

Program dates: The school sailing season runs over summer including Term 4 and Term 1 of the following year. Term 4 is used mainly for training and preparing teams, whilst Term 1 includes competing in local regattas and culminating in the School Team Sailing State Championships.

Training: Training is held at Albert Park Lake, on Tuesday afternoons. An extra training session is available on Thursday afternoons at Royal Melbourne Yacht Squadron, St Kilda. All training sessions begin at 3.45 pm and finish at 6:30 pm.

Regattas: Selected students will compete as Albert Park College Sailing Academy. Regattas are generally held on Wednesday afternoons whilst the State Championships is held over a three day event in March.

Travel: Sailors are expected to get themselves to and from all training sessions and regattas.

Cost: Every effort is made to keep costs minimal and fees vary depending on numbers and training structure. Previous fees have been between \$300 - \$420 per term.

**EXPRESSION OF INTEREST FOR
ALBERT PARK COLLEGE SAILING ACADEMY**



Students Full Name: _____

Year Level: ____ Age: ____

Address: _____

Suburb: _____ Postcode: _____

DOB: _____

Health Issues: _____

The undersigned hereby acknowledges that participation in this program and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant hereby assumes all such risk and does hereby release and forever discharge APC Sailing Academy and all employees and agents thereof from any and all liability of whatever kind or nature rising from and by foreseen and unforeseen bodily injury and personal injuries, damage to property and that of equipment or defect in the premises.

Signature

Parent or Carer Name: _____

Phone: _____ Email address: _____

Emergency Contact Name: _____ Phone: _____

Previous sailing experience:

Would you like your child considered for the Term 1 2022 program?

Yes

No

For more details please contact:

Please email to reception@albertparkcollege.vic.edu.au
or print and mail to: College Reception, Albert Park College
83 Danks Street, Albert Park, VIC 3206



ALBERT PARK COLLEGE FOOTBALL ACADEMY

Albert Park College is pleased to announce a partnership with the Middle Park Football Club to run the APC Football Academy for 2023. The Academy is open to girls and boys from Albert Park College.

Head Coach, Strati Xynas will oversee the program which will be professionally run and will work within the framework of the Football Federation of Australia (FFA). He has extensive experience coaching and directing in Australia and Internationally; and his qualifications include UEFA AFC/FFA 'A' License and Football Conditioning License.

The Albert Park Football Academy will have Middle Park FC support and be able to use and share its facilities during the year. Middle Park FC has a strong community base and is looking forward to working closely with Albert Park Football Academy in growing the Academy and further promoting greater female participation in the world game.

The program will consist of 2 sessions per week on Tuesday and Thursday at 7.30am, held at Lagoon Reserve just a 5 min walk from the College. Games against other schools will also be part of the program.

The Football Academy is a fee for service program that provides the opportunity for students to enjoy themselves, while developing football and personal development skills in a healthy, disciplined and ethical environment.

Football vision and philosophy:

- Football should have a balance of skill, tactics, and physical presence.
- Football should be beautiful and entertaining to watch.
- Teams should make use of effective possession with a pro-active and positive forward movement.
- The football should have personality with the emphasis on working as a team.
- Football should have an inspiration and motivation to all elements of the game.
- There should be a complete understanding of the continuously changing situation during the game and the ability to adapt.
- All involved in football should be passionate and committed to these principles, aiming to build a balanced, clear, strong and structured football philosophy.
- Players will have progress reporting during each term and feedback weekly.

Cost: \$1020

How to register: Registration and payment is due 8 December 2022.

ALBERT PARK COLLEGE FOOTBALL ACADEMY
REGISTRATION FORM



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____ DOB _____

Health Issues: _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

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I hereby state that I am the legal carer of said registrant

Parent/Carer Signature Date _____

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ALBERT PARK COLLEGE ROWING ACADEMY

The Albert Park College Rowing Program aims to provide students that have a strong interest in rowing with the opportunity, to trial, to become part of the school rowing squad. The program is a sculling program with students rowing in coxed quad sculls. Students who join the program have the opportunity to become part of a team that competes for the school at regattas throughout the summer rowing season.

Albert Park College Boat Club (APCBC) had its inaugural season in 2015-2016 and has now developed into a club that accommodates over 70 athletes across boys and girls.

Enrolment Criteria: All students, regardless of Rowing experience, skill level or fitness level can trial for the school rowing squad in term 3 of Year 8 or 9. Students begin in the Learn-to-row program in Term 3, completing a 5-6 week program with the aim of gaining selection into the competitive program that begins in term 4 and then carries on into term 1 of the following year.

In term 4, all selected rowers are put into squads that are appropriate for their skill level and fitness. As the skill level and fitness of rowers improves crews are adjusted accordingly. Students may be required to compete in a higher year level in order to create the optimal crews. All crew selections are at the discretion of the coaching staff.

All participating students are expected to attend all scheduled sessions (Injury and illness aside) as the absence of a crew member means that the remainder of the crew cannot train.

Academy Philosophy: The philosophy of the Rowing Academy is to be upheld by the coaching staff, by the rowers participating in the program and by their parents and carers.

- Working together to help everyone realise their potential
- Commitment to improving skills and fitness through hard work and attendance
- To foster enjoyment and a team approach through respect and collaboration
- Personal development through self-awareness and helping others
- Working towards being proactive and self-sufficient as an athlete and student.

Coaching Staff: The coaching staff are all accredited rowing coaches with many years' experience coaching at all levels of the sport.

Program Dates: A winter training program is available in terms 2 and 3 for returning rowers with a learn to row program for new rowers commencing in term 3. The main rowing season is a 2-term program that begins in the first week of term 4 and continues in term 1 of the following year concluding towards the end of March. APC Boat club trains out of the Albert Park College Boatshed at the Lord Somers Camp and Powerhouse building, 34 Lakeside Drive on the far side of Albert Park Lake.

Training: Rowers are expected to attend 4 training sessions per week and all nominated regattas. All training sessions will be held at our boatshed on Albert Park Lake on the



nominated mornings from 6-8am and afternoons from 4.00-6.00pm. The rowing camp will be held on Albert Park Lake over 5 days in late January. Attendance at all training sessions is compulsory.

For returning rowers the season runs throughout the year with winter training in term 2, pre-season training in term 3 and then the competition season in term 4 and term 1.

Regattas: Students will compete as Albert Park College Boat Club at all regattas. Regattas are generally held on Saturdays with some on Sundays. They can be either day long events or half day events, with the exception of Head of the Schoolgirls which is Friday, Saturday and Sunday all day. Regattas are held in a number of locations including:

- The Barwon River, Geelong
- Lake Nagambie, Nagambie
- Lake Wendouree, Ballarat
- The Yarra River, Melbourne
- The National Water Sports Centre, Carrum

Crews will compete in regattas throughout the season that are suitable for their skill level culminating in an end of season regatta:

Travel: Rowers are expected to get themselves to and from all training sessions and regattas.

Cost: As a guide, the fees are \$2200 for rowers and \$200 for coxswains. Learn-to-row and winter training fees are a separate cost.

Fees cover all coaching at training, regattas and Rowing camp, regatta entry fees, Rowing Victoria affiliation fees, boat trailer transport costs to regattas, equipment such as boats & oars and rowing ergometers and boat shed usage including boat racking.

There is a reduced fee for coxswains which includes expenses such as RV affiliation & regatta entry fees.

Rowing suit for racing and training kit is an additional cost. All other uniform items are as per the school sport uniform

How to register: Registration and payment due in term 3 2023.

ALBERT PARK COLLEGE ROWING ACADEMY



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____

T-Shirt Size _____ DOB _____

Health Issues _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

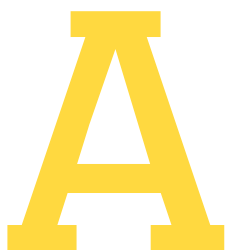
The undersigned hereby acknowledges that participation in this program and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant hereby assumes all such risk and does hereby release and forever discharge APC Rowing Academy and all employees and agents thereof from any and all liability of whatever kind or nature rising from and by foreseen and unforeseen bodily injury and personal injuries, damage to property and that of equipment or defect in the premises.

I hereby state that I am the legal carer of said registrant

Parent/Carer Signature Date _____

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ALBERT PARK COLLEGE BASKETBALL ACADEMY

The Albert Park College Basketball Academy provides interested students the opportunity to pursue their chosen sport of basketball as part of their school subject selection. Students will undertake intensive basketball tuition through the course of their studies, having access to the highest quality coaches, mentors and teachers that the program can provide.

Albert Park College boasts a state of the art basketball facility and the Basketball Academy will utilise this location along with the world class Melbourne Sports and Aquatic Centre courts to conduct its program. The academy aims to introduce basketball as a means for students to full personal fitness and developmental goals through sport.

Albert Park College and basketball have had a long association through the involvement of Australia's premier basketball player Andrew Gaze. Andrew conducted his high school studies at Albert Park and maintains connected to the school through the Basketball Academy program.

The Academy is open to all interested students, is a fee for service program and will offer a mentoring, health and wellbeing component that ensures a rounded and ultimately elite sporting pursuit. Registration to the academy is open to all enrolled students and will be offered dependent upon availability.

The Albert Park College Basketball Academy will draw on the highest quality committed, verified and qualified coaches to be involved in the Academy program. The Basketball Academy philosophy will reflect the coaching principles of the head coaching staff and are based on the four cornerstones of the Academy philosophies:

- Enjoyment/Fun
- Basketball skills development
- Fitness from a strong work ethic
- Personal Development.
- Basketball Academy Program

All students who enrol at Albert Park College are welcome to place an application for inclusion in the Basketball Academy.

All participating students will be categorised into Beginner, Intermediate and Advanced levels and the Academy curriculum will be customised to suit these levels.

Players can move from one level of the academy to the other at the coaching staff 's discretion.

The Basketball Academy Program will run for 32 weeks (2 x 1.5 sessions per week)

Cost: \$1650 (excluding uniform)

How to register: Registration and payment due by 8 December 2022.

**ALBERT PARK COLLEGE BASKETBALL ACADEMY
REGISTRATION FORM**



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____ DOB _____

Health Issues: _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

The undersigned hereby acknowledges that participation in this program and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant hereby assumes all such risk and does hereby release and forever discharge APC Basketball Academy and all employees and agents thereof from any and all liability of whatever kind or nature rising from and by foreseen and unforeseen bodily injury and personal injuries, damage to property and that of equipment or defect in the premises.

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ALBERT PARK COLLEGE AFL ACADEMY

The AFL Academy was established in 2020.

The academy will allow students to pursue their love of Australian Football League through organised training and matches that run alongside their timetabled school classes.

The Academy will be led by professional coaches and mentors from the Sandringham Dragons and supervised by the South Melbourne Districts Football Club. Ben McGee is the APC Aussie Rules Academy Director of coaching and the program is managed by APC Physical Education and Outdoor Education Teacher James Wallace-Smith.

The Academy's connection with the Sandringham Dragons - this region's Under-18 NAB League Football Representative Competition team - means players will be watched over by the Dragons' Talent Identification Manager, Mark Wheeler providing a potential pathway into the Sandringham Dragons and higher level competition.

The Academy is a great way to develop AFL skills and potentially move up into the world of senior AFL football. It is also about fun, fitness, nutrition, teamwork, game awareness, self-discipline and leadership.

Details:

Who can participate: The Academy is for boys and girls from years 7–12 in junior and senior groups. **Time commitment:** It will consist of two morning training sessions per week, targeted to each student's level of skill and experience, and will include general fitness development. There will be approximately 70 training sessions, beginning in February and continuing through terms 2 and 3. We expect 144 contact hours in total.

Competition: Our APC AFL Football Academy teams will play at least six matches per year against other AFL Academies in Melbourne, giving players the chance to shine.

Where: Training will take place at Albert Park Reserve and the APC Gym and Fitness Room.

Cost: \$1020

How to register: Registration and payment due by 8 December 2022.

**ALBERT PARK COLLEGE AFL ACADEMY
REGISTRATION FORM**



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____ DOB _____

Health Issues: _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

The undersigned hereby acknowledges that participation in this program and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant hereby assumes all such risk and does hereby release and forever discharge APC AFL Academy and all employees and agents thereof from any and all liability of whatever kind or nature rising from and by foreseen and unforeseen bodily injury and personal injuries, damage to property and that of equipment or defect in the premises.

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Date _____

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ALBERT PARK COLLEGE NETBALL ACADEMY

The Albert Park College Netball Academy provides students with the opportunity to engage in extra-curricular netball skill development, match play and fitness training. Our expert coaches have experience working with players of all abilities and have created a program to develop their skills, teamwork, health, fitness and wellbeing. The Academy will help students to fulfil their personal fitness and development goals and provide an avenue for potentially elite players to reach the top of the sport.

The Academy will compete in a range of different tournaments throughout the year. These include the Bayside Inter School Netball Competition in Term 2 and the Netball Victoria Schools Championships in Term 3. Friendly games and tournaments with local schools and netball clubs will also be organised throughout the year, allowing students to compete in their teams at least once per term.

Enrolment Criteria:

- All Albert Park College students may enrol, regardless of netball experience, skill or fitness level.
- All participating students will be grouped into appropriate teams for their skill and age level. The Netball Academy curriculum will be customised to suit these levels.
- Players can move from one level of the Academy to another at the coaching staff's discretion.

Netball Development Curriculum:

- netball skills and drills
- strategy, game sense and match play
- strength and conditioning

Academy Philosophy:

- enjoyment and fun
- skill development
- fitness and work ethic
- sportsmanship

Cost: \$770 (excluding uniform)

How to register: Registration and payment due 8 December 2022.

**ALBERT PARK COLLEGE NETBALL ACADEMY
REGISTRATION FORM**



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____ DOB _____

Health Issues: _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

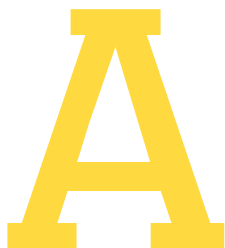
The undersigned hereby acknowledges that participation in this program and related activities involves an inherent risk of physical injury. The undersigned on behalf of the registrant hereby assumes all such risk and does hereby release and forever discharge APC Netball Academy and all employees and agents thereof from any and all liability of whatever kind or nature arising from and by foreseen and unforeseen bodily injury and personal injuries, damage to property and that of equipment or defect in the premises.

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ALBERT PARK COLLEGE VOLLEYBALL ACADEMY

The Albert Park College Volleyball Academy is running for its seventh year in 2023, following a successful 2020 and 2019. Over the last 6 years, we have seen participation rates increase, with six teams competing in the annual Volleyball Victoria Schools Cup Championships in 2021.

The academy provides interested students the opportunity to pursue the sport of Volleyball through participation in organised training and events, running alongside their school time-tabled learning. Students will have access to the highest quality coaches, mentors and teachers that the program can provide.

Following feedback from junior participants this year, the APC Volleyball Academy will be implementing a specific junior program for students from Years 7 – 9. They will train separately to the senior years program (two sessions per week), enabling targeted development for their experience levels whilst continuing to foster relationships across multiple year levels. Also new to 2021 was the incorporation of Beach Volleyball training sessions, utilising our local world class facilities at South Melbourne Beach.

Albert Park College is partnered with Melbourne University Renegades Volleyball Club, one of the premier Volleyball Clubs in Victoria, which boasts numerous National and International representatives as graduates of their development program. This partnership will provide a pathway for Albert Park College Volleyball participants to graduate to state-level representative competitions.

The Albert Park College Volleyball Academy aims to introduce Volleyball as a means for students to fulfil personal fitness and developmental goals through sport, whilst also participating in competitive matches throughout the year. This opportunity enables Albert Park College students with the ability to foster relationships with students and school communities across Victoria, representing their passionate local community here in Albert Park.

The Albert Park College Volleyball Academy will culminate with participation in the following events in 2023:

- Volleyball Victoria Beach Schools Cup (VVBSC)
- Volleyball Victoria One-Day Schools Cup (ODSC)
- Volleyball Victoria Three-Day Schools Cup (VVSC)

Australian Volleyball Schools Cup (for selected participants) will be held on the Gold Coast in December 2023. This is the single largest school sporting event in Australia, attracting over 3000 school aged participants from Australia and New Zealand across a week-long tournament, catering for various ability levels.

The Albert Park Volleyball Academy is open to all interested students, and aims to be an affordable and accessible fee for service program.

Cost: \$770

How to register: Registration and payment due by 8 December 2022.

ALBERT PARK COLLEGE VOLLEYBALL ACADEMY
REGISTRATION FORM



Student's Name _____

Address _____

Suburb _____ Postcode _____ Age _____ DOB _____

Health Issues: _____

I authorise the person in charge to seek medical attention if necessary

Signature

Parent/Carer Name _____

Phone _____ Email address _____

Emergency Contact Name _____ Phone _____

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