



## **ALBERT PARK COLLEGE SAILING ACADEMY**

The Albert Park College Sailing Academy aims to provide students that have a strong 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.

#### ALBERT PARK COLLEGE FOOTBALL ACADEMY

Albert Park College is pleased to announce a partnership with South Melbourne Football Club (SMFCF) in 2022, to run the APC Football Academy for year 7 and 8 students.

South Melbourne FC AFC A Licence coaches will oversee the program which will be professionally run and will work within the framework of the SMFC and Football Federation of Australia (FFA). The academy will form part of the School timetable for students involved and is open to all students from Albert Park College.

#### 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 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 DIVING ACADEMY

What child doesn't love jumping into a pool? Does your child love to do flips on a trampoline, or they want to learn to do them? It is essential that the athletes who enrol in the Albert Park College Diving Academy enjoy their involvement as much as possible. There will be times when the tuition and coaching will be hard work but the underlying essence of the Academy should be to enjoy the experience, the sport, squad members and time with the coaching staff. The Academy bases the cornerstone of enjoyment and fun on the premise that athletes learn more from their involvement in a sport if they are enjoying the sport. The best learning environment will be generated if enjoyment and fun is the foundation of the program.

# **SPORT**



#### ALBERT PARK COLLEGE NETBALL ACADEMY

The Albert Park College Netball Academy provides students with the opportunity to engage in extracurricular 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.

## ALBERT PARK COLLEGE VOLLEYBALL ACADEMY

The Albert Park College Volleyball Academy is running for its sixth year in 2022. Over the last 6 years, we have seen participation rates increase, with three teams competing in the annual Volleyball Victoria Schools Cup Championships.

The academy provides interested students the opportunity to pursue the sport of Volleyball through participation in organised trainings 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.

## 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 Mathew Teasdale.

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 Sandy 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.