

Lavalla Sports Enrichment Program (SEP)

Vision

Our program is committed to recognise and enrich our Elite Sports Performers by providing exposure to specialised training, support and education.



Aims:

1. Identify and enrich students who are participating or competing in sports at an Elite/State Level.
2. Assist elite student athletes as they look to balance their academic education with their sporting ambitions.
3. Offer weekly Strength and Conditioning and Recovery sessions with trained providers.
4. Encourage and promote Elite Training Principles that will incorporate self-discipline, a positive mindset and goal setting.
5. Provide ongoing guidance and support to students in the program with time management, prioritising, communication (with staff) and stress management techniques.
6. Assist in developing a network for Elite sports performers so they can support and encourage each other to achieve their best.

To qualify for the Sports Enrichment Program:

- Playing at an **equivalent academy level** or above in any sport at years 7 - 10 and at a **State or equivalent level** at years 11- 12.
- Training more than 10 hours per week.

What is SEP?

The SEP is a select entry, sports and training program that aims to assist athletes to achieve at the highest level of performance in their chosen sport. The SEP is offered as an extra-curricular and elective program and students must apply each year.



Pictured right is Jade Melbourne, who attends the Centre of Excellence and Emerson Devenie (Playing basketball in Canada)

Special events within the program:

Electives at year 9 and 10

Guest speakers to motivate and encourage growth and learning.

Excursions to the Victorian Institute of Sport (VIS) and AIS in the future.

Mentoring with selected staff to assist with meeting the academic and behavioural expectations of the college.

Sports Nutritionist, Sports Psychologist and Motivational Speaker visits.

Strength and Conditioning sessions.

Pilates and Recovery sessions.



Chelsea D'Angelo



Emily Beecroft



Blake Townsend

Some of our past SEP athletes:

Abbey Noblett – Hawaii Pacific University

Chelsea D'Angelo – Melbourne Boomers

Blake Townsend – Seattle Mariners

Ben Grumley – William Woods University

David Hough – San Diego State University

Emily Beecroft – Olympic Swimming

Joshua Charlton – University of Oregon

Darcy Guttridge – St. Kilda Football Club (AFLW) Casey

Sherriff – Melbourne Football Club (AFLW) Jade

Melbourne – Centre of Excellence (AIS)

Emirson Devenie – Royal Crown Academy, Canada

Ben Grumley - William Woods Academy