



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 Foot- ball 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.

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: \$1245

How to register: Registration and payment due by 5 December 2024.



Albert Park College Performing Arts Academy

INTRODUCTION

The Performing Arts Academy will support students seeking extension and enrichment in the Performing Arts in years 7-12 at Albert Park College. Students will undertake specialised workshops which culminate in the creation of an original student devised musical.

Students will be encouraged to develop critical and creative thinking skills and seek new ways of creating and sharing stories, and making music. Mixed year level groupings will promote collaboration skills, mentoring, and connection. Students will work holistically across multiple disciplines to develop new skills while also building upon their current strengths.

ACADEMY PHILOSOPHY

- To foster a joy and love for performing arts
- To engage students in music, drama, dance and composition in inclusive environments that value everyone's unique contributions
- To develop skills in playmaking and composition through, collaboration, discussion and peer support in a positive, engaged, and student centred classrooms
- To make connections across performing arts and appreciate how different skills can contribute to a shared outcome
- To be curious, open, and committed to learning new music and dance genres and performance styles that are beyond traditional curriculums
- To develop individuals' personal identity as performers who value depth of understanding, lifelong learning, and the value of the performing arts.

STAFFING

Sessions will be run by highly specialised performing arts teachers and external professionals who will provide specific coaching in music, drama, movement/dancing, script writing, composition and music notation.

PROGRAM DATES

Students will participate in two sessions per week, one after school and one before school. Sessions will be held at the Danks St campus and run for one hour each, commencing at 3.30pm or 8 am.



Albert Park College Performing Arts Academy

CREATIVE RESULTS

The year will culminate in the creation of a completely student devised musical to be performed in the following school year.

PERFORMANCES

Students will participate in a number of performances throughout the year, including Vaudeville/musical, Performing Arts Festival and a Performing Arts Academy Showcase.

COST

\$820 per year. The program will run year round within the school terms.

FEES COVER

- 2 sessions per week
- Two artists in residence to work with and support students
- 2 excursions to the theatre (Billy Elliot and Mamma Mia)
- Workshops with external professionals in dance, singing, drama, songwriting, scriptwriting

ARTISTS IN RESIDENCE

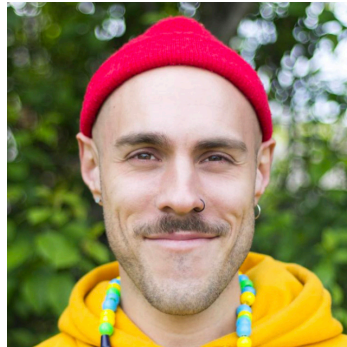


THEATRE WRITING SPECIALISTS

Conor Neylon and Jackson Peele are a young passionate Australian Musical Theatre writing duo. They are determined individuals who have come together to create the kind of shows and stories they want to see on the Australian stage; stories that speak of problems and hardships, of people with things to say and music that sings of emotion and energy. Since fatefully meeting in Perth, Western Australia whilst studying at WAAPA, they have created four musicals, and collaborated together on multiple cabarets. They presented a sold out season of their musical *The House on Fire at The Edge of the World* at Theatre Works at the beginning of 2021. The work has won multiple awards including the award for 'Best Performance Ensemble,' for their 2022 sell-out Melbourne Fringe Season and most recently the Green Room Award for 'Best New Australian Music Theatre Writing.'



Albert Park College Performing Arts Academy



SCRIPT WRITING WORKSHOPS

Dan Giovannoni writes plays for families, young people, and adults. Recent credits include *Air Race* (Arena Theatre Company), *Merciless Gods* (Little Ones Theatre), *Bambert's Book of Lost Stories* (Barking Gecko Theatre Company), *Turbine* (Malthouse Theatre), *Jurassica* (Red Stitch Actors' Theatre), and with Amelia Chandos

Evans, *Cut Snake* and *Mad as a Cute Snake*. Dan was an inaugural writer in residence at Melbourne Theatre Company as a part of the NEXT STAGE program, and is currently under commission from Barking Gecko, Malthouse Theatre, and Melbourne Theatre Company.

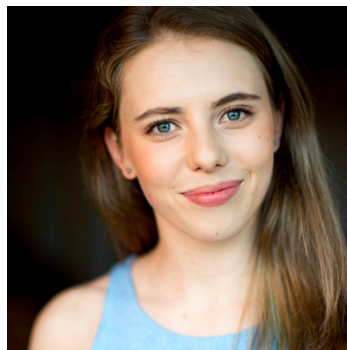


DANCE SPECIALIST

Karla made her professional musical debut at seventeen years old in the Australian Tour of *High School Musical Live on Stage* as an ensemble member and cover to the lead roles of Sharpay and Martha.

In 2012 Karla graduated from The Western Australian Academy of Performing Arts as a Music Theatre student and immediately

joined the Australian touring cast of *Legally Blonde* as Gabby/Stenographer and cover to Margot. Immediately after she was cast in *Grease The Musical* as her first principal role as Marty and understudy to Sandy.



DRAMA SPECIALIST

In 2013, Monique graduated from The Western Australian Academy of Performing Arts as a Music Theatre student. After a string of performance highlights including The Anchor Theatre Company's international award winning play '*Pillow Fight*', Immersive Cinema's touring production of '*Dirty Dancing*' and

commercials for Vicks VapoDrops and Toyota, Monique wrote her debut season of '*Coach Mon*' at Melbourne International Comedy Festival (MICF).



Albert Park College Performing Arts Academy



SINGING SPECIALIST

Stacey is a Greenroom Award nominated actress who is a seasoned musical theatre and cabaret performer. Recent stage credits include Barb Holland in *Stranger Sings – The Parody Musical* (Salty Theatre), Elizabeth in *If/Then* (Theatrical) and a season of her most recent cabaret 'Life According to the Mouse' at The

Butterfly Club. Stacey is also a musical director, pianist, flautist, percussionist, ukulele player and the co-host of the popular podcast 'Dissecting Disney Ditties'. She has written syllabi for two musical theatre diploma courses and led ensemble voice classes. Her most recent creative credits include musically directing productions of *The Wizard of Oz*, *West Side Story*, *Rent* and *Spring Awakening*.



SONGWRITING SPECIALIST

Liam is a Songwriter, Musician and Educator based in Melbourne, and studied a Bachelor of Music (Improvisation) from the Victorian College of the Arts (University of Melbourne). Over the last 15 years, Liam has performed, recorded and toured as a multi-instrumentalist with acts such as: Sampa the Great, Felix Baloy

(Buena Vista Social Club), Vance Joy, You Am I, Alex Lahey, Nic Cester (Jet), Gordi, Daniel Merriweather, The Rubens, Oh Mercy, Alice Ivy, Ella Thompson, as well as featuring regularly on Triple J's *Like a Version*, *Rockwiz*, *Marngrook Footy Show* and much more. With his own groups, Saskwatch, Dorsal Fins and Ex-Olympian, he has written, recorded and released 7 successful albums to date (with generous radio support), and toured extensively throughout Australia, and across Europe & America, performing at festivals such as Glastonbury (UK), End of the Road (UK), Splendour in the Grass, CMJ (USA) and The Great Escape (UK).



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 **\$2350** for rowers and \$360 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 ergo-meters 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 2025.



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: \$1763 (Uniform: \$95)

How to register: Registration and payment due by **5 December 2024.**



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:

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

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

Cost: \$820

How to register: Registration and payment due by 5 December 2024



ALBERT PARK COLLEGE MATHEMATICS ACADEMY

Introduction: The Mathematics Academy will support students seeking extension and enrichment in Mathematics in years 7-12 at Albert Park College. Students will undertake specialised training sessions and compete against students from schools across Australia in a series of mathematics challenges.

Students will be encouraged to develop critical and creative thinking skills and seek new ways of seeing the world. Mixed year level groupings will promote mathematical communication skills, mentoring, and connection. Students will learn how they can act as mathematicians as they grapple with puzzles and problems from both abstract and real world contexts.

Academy philosophy:

- To foster a joy and love for mathematics.
- To engage students in investigations, problems, puzzles and mathematical modelling in inclusive environments that value everyone's unique contributions.
- To develop skills in group work, collaboration, discussion and peer support in a positive, engaged, and student centred classrooms.
- To make connections across mathematics and appreciate how different approaches can support learning.
- To be curious, open, and committed to learning new perspectives in mathematics that are beyond traditional curriculums.
- To develop individuals' personal identity as mathematicians who value depth of understanding, lifelong learning, and the beauty of mathematics.

Staffing: Sessions will be run by highly specialised mathematics teachers who will provide specific coaching in advanced mathematics problem solving, reasoning and modelling to support students to perform their personal best in all competitions and activities.

Program dates: Students will participate in two sessions per week, one after school and one before school. Sessions will be held at the Danks St campus and run for one hour each, commencing at 3.30 pm or 8 am.

Competitions: A selection of competitions that students may participate in are through the Academy as follows:

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|---|---|
| • Kangourou San Frontieres Competition | • Statistics Research Competition |
| • Computational and Algorithmic Competition | • Mathematics Association of Victoria |
| • Australian Mathematics Competition | • Mathematics Talent Quest |
| • Oxford University Computing Challenge | • International Mathematical Modeling Challenge |
| • Australian Informatics Competition | • Mathematics Association of Victoria |
| • Melbourne University Mathematics and | • Games Days |

Cost: \$640, two scholarships are available.

ALBERT PARK COLLEGE ATHLETICS ACADEMY



Introduction: This training is group focused, we work together to get better individually for our own goals. Whether they are for team sports, running and general fitness. The training is fun, age and fitness appropriate and we aim to build together as the year progresses.

Membership includes:

- professional athletics coaching
- attendance at highly competitive race meets
- strength work and injury prevention
- a personalised development program of training suited to each member's needs and goals
- a professional merchandise pack (Spicer Track Club 2025 Merchandise Pack)
- other benefits of the Spicer Track Club Network.

commitment required: The academy will run all year round and include opportunities to train and compete on holidays and weekends.

Training will take place on Tuesday and Thursday mornings 7.30 am – 8.30 am at Albert Park Lake, Albert Park.

Race Options:

Cost:

- One session per week – \$1425.
- Two sessions per week – \$2560.
- Options are available to pay yearly, per semester or per term.
- Registration and payment due by 5 December 2024



ALBERT PARK COLLEGE TRIATHLON ACADEMY

Introduction: The Albert Park College Triathlon Academy aims to provide students with a strong interest in Triathlon the opportunity to build fitness, specific skills and opportunities for racing.

Coaches: MEC Coaches Chris White and Sam Janssen will be the lead coaches for the Academy using their experience of developing both beginner and high performance junior athletes. Chris and Sam are accredited by Triathlon Australia.

Developing skills to compete locally and nationally: The Academy will focus on developing skills and fitness for local racing AND support junior athletes who are looking to take their racing to state and national level.

An all-year program: While triathlon is typically a summer sport, the academy will run year round with the following emphases:

- Term 1 – race specific training and techniques, building base fitness.
- Term 2 – developing skills on the bike (turning, drafting, mounting, dismounting, group riding etc...), building endurance in swimming, riding and running, and refining individual technique to create efficiency and build strength.
- Term 3 – building on term 2 with a focus on Duathlon races and running events.
- Term 4 – race specific training and techniques, continuing to build fitness.

One-on-one professional guidance: All athletes will meet with coaches to discuss their individual goals and chat through their current sporting commitments, creating an individualised plan for the term ahead. Coaches will continuously monitor progress and development.

Enrolment Criteria:

- Athletes who are already competing in swimming and running programs locally are encouraged to apply.
- Athletes must have a bike and basic training gear (goggles, runners, helmet, swimmers).
- All other skills and fitness required will be developed during Academy training sessions.
- Athletes are expected to commit to the two training sessions per week as a minimum requirement.

Race Options:

Term 1

- Dates to be confirmed.

ALBERT PARK COLLEGE TRIATHLON ACADEMY



Terms 2 & 3

Focus will shift to duathlon and running events over the winter. Dates to be confirmed.

Term 4

There will be one 2XU race in each of November and December. Dates to be confirmed.

Athletes are not required to race all events. All races will be based on individual goals, fitness and skills. Race entry fees are paid separately to Academy fees.

Timetable: Swimming training is Monday mornings 6 am at Melbourne Sports and Aquatic Centre. Running and bike training is Thursday afternoons 4 pm at Albert Park Lake.

Cost: \$1700 per year. The program will run year round within the school terms.

Fees cover:

- 2 coached training sessions per week
- pool entry
- coaching and support for race days
- individual athlete planning and goal setting.

Athletes are expected to get themselves to and from training sessions and races.

Registration and payment due 5 December 2024.

ALBERT PARK COLLEGE GOLF ACADEMY

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



Albert Park boasts a state of the art golf facility around the corner at Melbourne Golf Park where students will complete weekly training sessions with the professionals based there. The academy aims to introduce golf as a means for students to develop the skills and knowledge to participate in sport and personal development that they can use on and off the sporting field.

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 a 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 Golf Academy will draw on the highest quality committed, verified and qualified coaches to be involved in the Academy program. The Golf Academy philosophy will reflect the coaching principles of the head coaching staff and teachers and are based on philosophies surrounding

- Enjoyment/Fun
- Golf Skills & Knowledge Development
- Fitness
- Personal Development

Golf Academy Program

- All students who enrol at Albert Park College are welcome to place an application for inclusion in the Golf Academy.
- All participating students will receive customised coaching from Melbourne Golf Park coaches and Albert Park College teachers.

The Golf Academy Program Runs for 36 weeks and include:

- 9 x 1.25 hour sessions per term (36 in total)
- 8 x Rounds of 18 at courses around Melbourne & Regional Victoria
- 4 x Rounds of 18 at Golf24 Indoor Golf Centre
- Entry into the APC Parent-Student-Teacher Scramble Cup
- Individual Golf Journal
- Albert Park College Golf Polo

Cost: \$1,800.00

How To Register: Registration and payment is due by December 5, 2024

ALBERT PARK COLLEGE FOOTBALL ACADEMY



Albert Park College is pleased to announce a partnership with the 1 on One Soccer Academy to run APC Football Academy for 2025. The academy is open to girls and boys from Albert Park College.

Head Coach Zlatko Tomic ran this program 9 years ago and was the best program with over 80 students involved in this program.

He has extensive experience coaching and directing in Australia and achieved many championships and produced many young players. Zlatko will oversee the academy which will be professionally run and will work within the framework of the Football Federation of Australia (FFA).

The academy will form part of the School timetable for students involved and is open to all students in Year 7, 8 and 9.

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.

The Academy includes three components:

- Football Skills Acquisition
- Football Game Training and
- Individual skills.

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. Players will receive Albert Park College Football Academy shorts, shirt and rain jacket.

Academy Fees:

- Tuition: \$1300 per annum
- Equipment \$150 per annum
- Total Cost: \$1450 per annum

How to register: Should you wish to enroll, the school needs to know by early December and the fee of \$1450 is required by December 5, 2024.

The program can be paid in 2 installments (Dec and July).