

**NORTH
GEELONG**
SECONDARY
COLLEGE

Excellence in Sport

Program Booklet 2025

Australian Rules, Soccer and Volleyball

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Vision Statement



Vision Statement

The Excellence in Sport Program aims to enhance students' skills, knowledge, and practical application in Australian Rules, Soccer, and Volleyball.

It also extends into crucial areas like sport science, well-being, nutrition and physical conditioning.

Emphasising a balanced and healthy lifestyle, the EIS program supports students in pursuing both sporting and academic objectives.



Measuring Success



Measuring Success

Fostering High Achievers:

Our ultimate goal is to empower students to realise their academic and sporting potential whilst also fostering organisational skills. The development of high achievers within our college is gauged through tracking attendance and progressive reporting data.

Attaining Sporting Milestones:

Reaching personal sporting milestones involves supporting students in achieving positions on representative teams such as the Geelong Falcons, Western United Academy or Victorian State Volleyball teams.

Competing at Tournaments:

While we are committed to consistently delivering our best performance in representing the college, we place a paramount emphasis on the personal growth of our students and showing respect. The competitive edge showcased in tournaments and inter-school competitions is a natural byproduct of our program.

Student Learning Benefits

The Excellence in Sport program will encourage academic achievement and development of life skills including;

Academic Achievement

- Increased Student Engagement
- Increased Attendance
- Increased Progress Report Scores
- Increased Organisation
- Applying Sports Specific Knowledge within the Curriculum

Developing Life Skills

- Resilience
 - Confidence
 - Wellbeing skills
 - Problem solving
 - Leadership
 - Teamwork and Cooperation
 - Building Friendships
 - Respecting Different Ideas and Opinions
 - Learning New Skills
 - Leading a Healthy and Balanced Lifestyle
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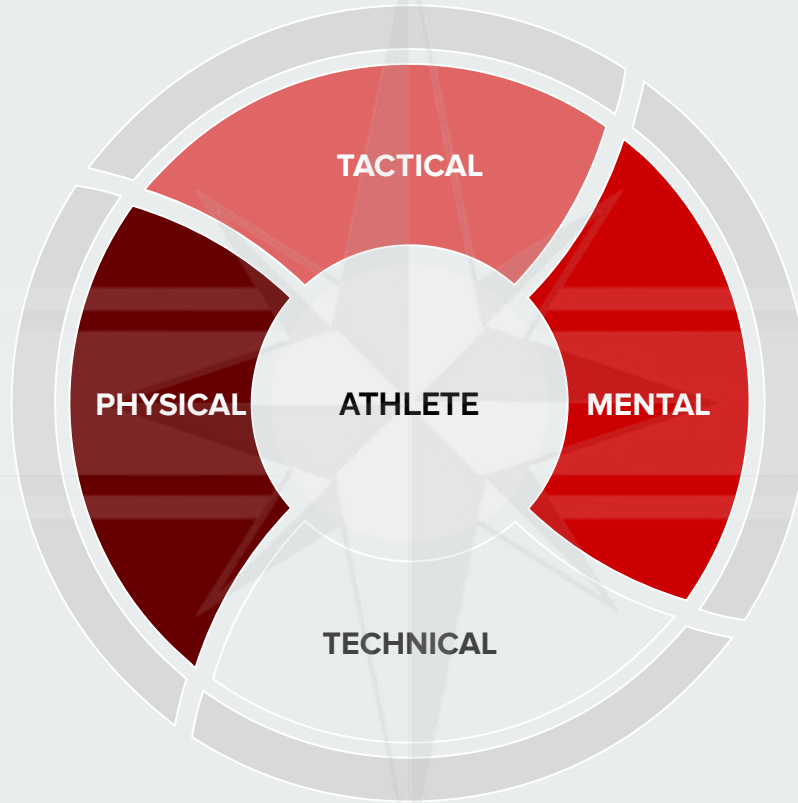
Programs and Learning Activities



EIS Program - 2025

Year Level	Sports	When	Capacity
Junior Year 7 Year 8	Australian Rules Soccer Volleyball	2 x 40 Minute Weekly Lunchtime Sessions	20 Students per Session
Intermediate Year 9 Year 10	Australian Rules Soccer Volleyball	Within Timetabled Classes 5 Periods per Week 2 x Double Periods Weekly 1 x Single Period Weekly	25 Students per Class

Athletes Four Core Pillars



Junior Program

In Year 7 and Year 8, students will complete **two weekly 40 minute sessions** where they will learn sports specific skills for their chosen sports. These sports specific skills include;

Australian Rules:

- Kicking, Handballing, Marking and Tackling

Soccer:

- Striking the Ball (Passing, Shooting), First Touch (Receiving), Running with the Ball and 1v1 (Attacking and Defending)

Volleyball:

- Digging/Passing, Setting, Spiking, Blocking, Serving



The Junior Program provides a pathway to the Intermediate Program in Years 9 and 10, where students refine skills, deepen game understanding, and prepare for advanced performance.

Consistent participation in the program offers preferential selection for inter school competitions and opportunities to showcase teamwork in friendly matches

Intermediate Program

In Year 9 and 10, students will complete **five periods per week** of their chosen sport. Students will complete the following tasks in both practical and theoretical environments for their specific sport;

- Practical Skills Sessions
- Practical Tactical Sessions
- Carbon Gym Sessions
- Sports Psychology Unit
- Sports Tactical Analysis Unit
- Sports Recovery Unit
- Fitness Testing
- Veo Video Analysis
- Intra and Inter School Practice Matches and Tournaments
- Excursions to Elite Training Facilities



Students will be given preference in interschool sports competition at Intermediate Levels. This will be determined by their ongoing participation in the program.

Periodised Planning

Periodised planning in sports coaching is a key component of the EIS Program, ensuring training is systematically structured to align with individual student goals. It optimises performance, prevents injuries, and supports long-term development tailored to each students needs.

Session	Week 1	Week 2	Week 3	Week 4	Week 5
	Building (BP 1)	Press (BPO 1)	Creating (BP 2)	Finishing (BP 3)	Block (BPO 2)
Practical 1	Technical	Technical	Technical	Technical	Technical
	Striking The Ball	1v1 Defending	Striking the Ball	Striking the Ball	1v1 Defending
	Up / Back / Through	1st and 2nd Man Defending Principles	Diagonal/Long Balls	Finishing with Placement	1st and 2nd man defending principles
Practical 2	Tactical	Tactical	Gym	Match	Tactical
	Through/Around/Over	1v1 Defending	CrossFit	Intra School Game 1	Block / Zonal Defending
	Solutions vs High Press / Line	Win Structure Force Outside	Upper Body - Strength		Unit Work
Practical 3 / Theory 1	Physical	Physical	Mental	Theory	Theory
	Fitness Testing	Fitness Testing	Individual Development Plan	Recovery Assessment	Recovery Assessment
	1km Time Trial + Timed Push Up	Vertical Jump + Yo Yo Level 2	Goal Setting	Formative Assessment	Formative Assessment
Home Skill	Juggling	Sole Rolls	Flicks	Scoop Pass/Shot	Heading
Physical Dev Focus	Endurance	Speed	Strength	Endurance	Speed
GK Focus	Short Distribution (Feet)	Smother/Block	Long Distribution (Feet)	Outside Third Saves	Reaction Saves
Set Piece Focus	Kick Off	Throw In Against	Throw In For	Corner For	Corner Against
Life Skill Focus	Hardwork	Expressive	Aspire	Teamwork	Hardwork

Individual Development Plans (IDP)

Individual Development Plans (IDPs) play a crucial role in our program by providing a structured framework for the holistic development of students.

These plans are tailored to meet the unique needs and goals of each individual student, fostering both their athletic and personal growth.

Students are provided time within EIS sessions to develop and add to their IDPs.

Students will then attend their Parent Teacher Conferences to discuss their progress of their IDP with teachers and coaches throughout the year.

Player Profile		'Insert Player Name Here'	
Review Date: XXXXXX (#1) Sport: X Years Playing Chosen Sport: X Years in EIS: X DOB: XXXXXX Foot/Hand (Preferred): X Position 1 (Preferred): X Position 2: X Position 3: X	Targets: Your WHY (Why you play): Words here Long Term TARGET (1+ Year): Words here Mid Term TARGET (Semester 1) Words here Short Term TARGET (Term 1) Words here		
Background / Culture / Personal History: Words Here What you enjoy doing outside of football: Words here			

Individual Development Plan (IDP)			
Technical PLAYER REVIEW: Enter comments here. Eg. My 1 st touch under pressure is very good but I let myself down with the quality of my passing. COACH REVIEW: Coach comments here		Physical PLAYER REVIEW: Enter comments here. COACH REVIEW: Coach comments here	
Tactical PLAYER REVIEW: Enter comments here. COACH REVIEW: Coach comments here		Mental PLAYER REVIEW: Enter comments here. COACH REVIEW: Coach comments here	





Our students will benefit from exclusive fitness sessions at Carbon Gym, which is located in North Geelong. These sessions will be guided by professional trainers who will focus on strength, conditioning, and fostering lifelong fitness habits.

Carbon Gym Highlights

- Comprehensive equipment, including Arsenal strength machines, Atlantis benches, and Olympic lifting platforms.
- Functional training zones, group exercise rooms, and a four-bay cross rig with chin-up stations.
- Extensive cardio options: rowers, ski/bike ergs, assault bikes, treadmills, and X-trainers.
- A wide range of weights and tools like kettlebells, resistance bands, medicine balls, and power bikes.
- Recovery facilities, including ice baths and saunas.





Program Structure

Sport Specific Skill Development

Australian Rules and Soccer students will focus on lower body strength, balance, agility, and endurance. Volleyball students will target jumping power, core stability, and shoulder strength for spiking and blocking.

Mobility, Flexibility Agility, & Speed Drills

To include dynamic and static stretching to prevent injuries, while enhancing reaction time and sport-specific movements.

Plyometric Training

To gradually build explosive power and coordination.

Conditioning

To incorporate aerobic training and interval exercises.

Injury Prevention

To focus on strengthening and stabilising muscles while educating students on proper techniques and warm-up routines.

Tracking Progress

To monitor progress and adjust intensity based on individual development.

Teachers and Coaches



Australian Rules



James Allen

Since 2020, James has been a valuable educator at North Geelong Secondary College, assuming leadership of the Australian Rules Football component from early 2022. His diverse teaching experience spans various levels of Health and Physical Education, coupled with coaching roles for the Senior and Intermediate Boys Australian Rules teams in 2022.

With an impressive nine-year senior football career at GFL club St Joseph's, James played a pivotal role in securing the team's 2018 Senior GFL Premiership. Guided by Geelong legend Garry 'Buddha' Hocking throughout his playing days, James brings a wealth of experience to his coaching endeavors.

In the 2022 season, James embraced the role of Assistant Coach for the St Joseph's reserves team, benefiting from mentorship under esteemed coaches, including Paul Hood, former AFLW coach for Geelong, and Paul Carson, the Senior Head Coach of St Joseph's GFL team. James's commitment to excellence in both education and coaching underscores his dedication to advancing Australian Rules Football at North Geelong Secondary College.

Experiences and Accreditations:

- Level 1 AFL Coach Accreditation
- Current Coach at Barwon Heads Football Club (BFNL)
- Bachelor degree in physical education (Deakin University)
- St Joseph's GFL Reserves Coach in 2022
- St Joseph's GFL Premiership Player in 2018



Tom Lonergan

Tom played an impressive 209 AFL games with the Geelong Cats from 2003 to 2017, initially drafted as a forward. Notably, he played a key role in the 2008 Grand Final, kicking the opening goal.

In 2006, Tom faced a career-threatening injury, losing a kidney and suffering internal bleeding from an on-field collision. After a rigorous recovery, he returned to football via the VFL, securing six goals and earning best on ground in the 2007 VFL Premiership with the Geelong Cats.

Transitioning to a key defender, Tom contributed significantly to the Geelong Cats' 2011 Premiership. Renowned for his matchups, he notably held a strong record against Lance 'Buddy' Franklin of Hawthorn and the Sydney Swans. Throughout his career, Tom earned Top-10 placements in the Geelong Cats Best & Fairest seven times and received All-Australian Squad honors in 2012 and 2014.

Experiences and Accreditations

- Hall of Fame inductee Geelong Cats 2018
- Current Assistant Coach at the Carlton Football Club (AFL)
- Bachelor of Management Majoring Marketing (Deakin University)
- Level 2 AFL Coaching Accreditation
- AFL Executive Management Course 2021



Soccer



Cameron Siketa

Cameron, an educator at North Geelong Secondary College since 2020, assumed the role of EIS coordinator in 2021. His tenure at the college has been marked by teaching diverse year levels in Health and PE, along with coaching both male and female inter school soccer teams across junior, intermediate, and senior levels.

Initiating his coaching journey at the miniroos level, Cameron progressed to coaching squads at the North Geelong Warriors in the Junior Boys National Premier League (JBNPL). In 2023, he joined the inaugural Western United Youth Academy setup, and by 2024, ascended to the position of head coach for the Under 15 JBNPL squad, comprising the region's top footballing prospects in the Western suburbs.

Notable Experiences and Accreditations:

- FFA B Licence
- Former NPL Youth Academy Head Coach at Western United
- Bachelor's in Health and Physical Education (Deakin University)



Steven Lustica

Joining Western United midway through the 2019/20 season after a three-year stint overseas, Steven boasts a decorated career, including three seasons at Croatia's top flight club Hajduk Split and winning an A-League championship with Brisbane Roar.

His standout performance was in the 2021/22 season, where he scored five crucial goals in the regular season. Despite overcoming a late-season injury, Steven demonstrated remarkable determination, returning for United's semi-final second leg against Melbourne Victory and starting in the Grand Final. This pivotal match resulted in Western United clinching the A-League Men Championship with a 2-0 victory over Melbourne City.

Beyond his playing career, Steven has cultivated a passion for coaching, leading to the establishment of his coaching academy, 'Lustica Football.' Through this initiative, he conducts 1 on 1 sessions, group training, and position-specific coaching.

Experiences and Accreditations:

- Former A-League player at Western United
- 2 x A-League Men's Champion in 13/14 (Brisbane Roar) & 21/22 (Western United)
- Owner and Coach at Lustica Football
- Overseas playing experience with Hajduk Split in Croatian First League



Robbie Noggler

Robbie, a former local player with an unwavering passion for the game, currently serves as a Leading Senior Constable at the Victoria Police Force. In this role, he dedicates himself to ensuring the safety of young people in the community through valuable education initiatives in schools.

During the 80s and 90s, Robbie showcased his dynamic skills as a player at Corio SC. His commitment to the club extended to serving as Head Coach from 2010 to 2016. Following this, he contributed to the North Geelong Warriors' JBNPL program before returning to Corio SC in their pursuit of promotion in 2024.

Robbie's remarkable ability to unite people and foster a culture of excellence, togetherness, and passion for the game positions him as a crucial asset to the EIS Program.

Experiences and Accreditations:

- FFA C Licence
- Current Leading Senior Constable in the Victoria Police Force
- Current State League 1 Head Coach at Corio Soccer Club
- Former Junior NPL Head Coach at North Geelong Warriors



Volleyball



Rob Straube

Rob was introduced to volleyball in 1981 whilst serving in the military. By 1983 he had been invited to train with the Bendigo State League team. In 1985 Rob was in the starting six in the Bendigo State Squad and competed in the top state division in Victoria against metropolitan teams.

Rob continued playing at a high level with the premium team for a number of years which exposed him to high calibre players from whom he learned considerable playing skills. In his later years, 2000 and onwards, Rob took an interest in the matters that underpin the sport, namely administration, coaching and officiating as well as compete in the World Masters Games (2002 Melbourne, 2005 Edmonton, 2009 Sydney and 2017 Auckland).

Overall, Rob has had a diverse involvement in volleyball which has spanned some 40 years. Rob is eager to pass on his passion and knowledge to students at NGSC.

Experiences and Accreditations:

- Member of Geelong Amateur Volleyball Association (GAVA) since 2002 to present (ordinary member and President)
- Current Grading Level 3 Referee Accreditation
- Current Level 2 Coaching Accreditation.



Fran Forsyth

Fran, a dedicated veteran educator at NGSC, has taught a range of subjects, including PE, Health, and Outdoor Education. With a deep-seated passion for ensuring inclusive sporting opportunities for all students, she has consistently served as the school's Sports Coordinator.

Throughout her tenure, Fran has undertaken various roles within the school and exhibited her commitment by coaching both male and female teams across a spectrum of sports at all levels, from Junior to Senior.

In her extensive coaching career, Fran has cultivated a distinctive coaching style through mentorship from exemplary leaders in Basketball, Netball, and Volleyball. A notable highlight includes her successful collaboration with the Barwon Heads Football and Netball Club, where she contributed to multiple premierships in A Grade, adding to the richness of her coaching achievements.

Experiences and Accreditations:

- Level 2 Netball Coaching accreditation
- Bachelor Degree: Physical Education (Ballarat University)
- Graduate Diploma in Outdoor Education (Latrobe University)
- Coached NGSC Senior Girls Volleyball Team to State Finals



John Hines

John, a seasoned educator with a tenure at North Geelong Secondary College since 1997, has made a multifaceted impact on the school community. His teaching portfolio encompasses a diverse range of subjects, including Physical Education, Health, Outdoor Education, and Mathematics. Throughout his tenure, John's dedication has extended beyond the classroom, as he has taken on coaching responsibilities for various school teams across all year levels in inter-school competitions.

Beyond the school setting, John is an avid sports enthusiast with a particular penchant for net/wall sports, with tennis emerging as a focal point of his athletic endeavors. His commitment to the sport is evident in his ongoing participation, as he continues to compete regularly in tennis on a weekly basis. John's engagement in both the academic and sporting realms reflects his holistic approach to education and his enduring passion for fostering a well-rounded student experience.

Experiences and Accreditations

- Bachelor of Education - Physical Education & Mathematics (Ballarat University)
- Faculty leader of Health & Physical Education at NGSC (8 years)



Student Expectations



Student Expectations

Attitude and Behaviour:

Students are expected to;

- Demonstrate respect, excellence, achievement, and diversity in all opportunities.
- Serve as ambassadors and role models for the College and peers.
- Represent the College positively in all areas, not just sports.
- Avoid detentions and suspensions by upholding school values.

Academic Achievement:

- Academic performance will be monitored across all subjects by program coordinators.
- Students must work to their full potential and act as role models in class.
- Students must achieve a minimum progress report score of 2.75 at each reporting stage.

Students Unable to Meet Expectations:

Students who are unable to meet the program's expectations may be removed from the program.

Attendance and Commitment

Injury and Illness:

- Full engagement in prescribed classes and training activities is mandatory.
- In cases of injury or illness, a note or phone call from a guardian is required.
- Program coordinators can provide physiotherapy contacts for students requiring medical attention.
- Injured students are expected to attend sessions and assist as directed.

Uniform and Equipment:

- Compliance with the full EIS uniform and necessary training gear is expected.

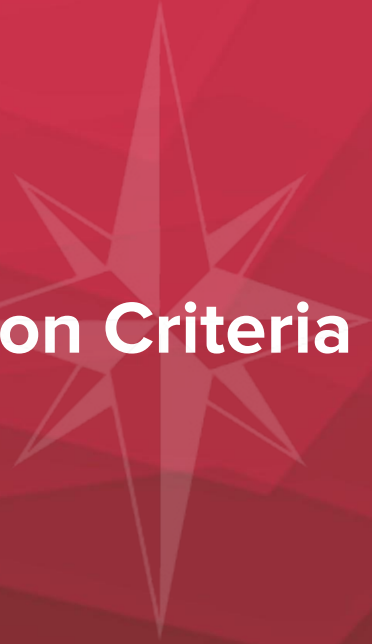
Parent-Teacher Conferences:

- Attendance at both Semester 1 and Semester 2 conferences is expected.
- Discussions with students, parents, and coaches will be conducted using students' Individual Development Plan.

Club Commitments:

- We acknowledge that students have club and sporting commitments outside of school.
- A survey will record training and playing commitments for 2025.
- Club coaches are encouraged to contact the Program Coordinator for necessary modifications for the student's safety and health.

Application Process and Selection Criteria



Application - Junior Program

Application Process:

- Interested students will receive a student contract form from Year Level Coordinators in Week 1.
- Students must return their form by the end of Week 2.
- Students may be required to undergo trials if numbers exceed capacity.
- Lunchtime sessions will begin in Week 4.

Selection Criteria:

- Aspire to have a career in the sports industry.
- Agree to meet and exceed the student expectations.
- Passion for their selected sport.

Application - Intermediate Program

Application Process:

- Students will complete their subject selections for the following year in Term 3.
- Program coordinators and coaches will determine the talent and behaviour of the student by assessing;
 - Previous involvement in the program
 - Previous progress and academic reports
- Students may be required to undergo trials if numbers exceed capacity.
- Students successful in applying for the program will be notified mid way through Term 4.

Selection Criteria:

- Aspire to have a career in the sports industry.
- Agree to meet and exceed the student expectations.
- Passion for their selected sport.

Costs and Payment



Program Costs

Year Level	Sport	Costs	Total Cost
Junior	Australian Rules	Program Cost - \$50	
	Soccer		
Year 7	Volleyball	- Venue/Facilities Hire	
Year 8		- Transport	\$50
		- Excursions	
		Uniform purchased at additional cost through providers website.	
Intermediate	Australian Rules	Program Cost - \$160	
	Soccer		
Year 9	Volleyball	- Venue/Facilities Hire	
Year 10		- Transport	\$160
		- Excursions	
		Uniform purchased at additional cost through providers website.	

Payment Process

- Payment can be made from **Monday 3rd February 2025** and must be paid by **Friday 4th of April 2025.**
- Payment can be made via the Compass portal, over the phone or at the main administration office.
- Students who leave the program for personal engagement, medical illness/injury or inability to meet student expectations, will pay a portion of the required fee and be remunerated for the outstanding balance. Uniform costs will not be reimbursed.
- Students will be moved into a different subject depending on circumstances.
- Wellbeing can provide financial support and must be notified by program coordinators from a parent/carer.

Uniform



All students are required to purchase their own uniform through the online locker room provided by One Team Sports Puma. The cost of these items is the responsibility of the student, with the following items being mandatory:

- Training Shirt
- Training Shorts
- Long socks (for Australian Rules/Soccer)

Additional items are available but optional. Uniforms are shipped directly to the students' home addresses, and the school does not manage delivery. For any sizing or delivery issues, students must contact One Sport Puma directly.

The online store link will be provided in students' Google Classrooms.

Click on Link: [One Team Sport - Puma - Locker Room](#)

Those with the previous uniform are exempt, but purchasing the new one is encouraged for uniformity in team representation.



Program Coordinator Contacts



Further Information

For any further information please contact the following college staff.

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