

# SPORTS AND PERFORMING ARTS ACADEMY



FOREST HILL  
COLLEGE

# ACADEMY GOALS AND OBJECTIVES

## Welcome to Forest Hill College and thank you for your interest in our Sports & Performing Arts Academy Program.

Forest Hill is a highly focussed government school with the added benefit of an elite sporting pathway that enables students to achieve their best, in both academics and sporting performance.

Forest Hill College offers students access to high performance training modules in the areas of basketball, tennis, netball, AFL, soccer and golf whilst participating in a rigorous and comprehensive academic program. Further to the Sport Academies we offer a wonderful Performing Arts Academy that provides significant opportunities across a broad range of the skills required for success in the visual and performing arts.

Successful completion of Forest Hill College Academic and Academy Programs opens up a number of pathways. Forest Hill College has active and growing relationships with Tertiary level providers including La Trobe University and Victoria University.

Students at all year levels are eligible to apply for the program and places are limited. Once enrolled in an Academy Program students are required to maintain minimum levels of performance in their athletic and academic programs. It is also expected that they are keen participants in the life of the College and model the values of the school.

**Please contact the school on 9814 9444 if you have any queries.**

## WHY ENROL IN THE SPORTS & PERFORMING ARTS ACADEMY AT FOREST HILL COLLEGE?

Research on gifted and talented practitioners in sport and other environments has acknowledged the correlation between frequency of deliberate practice and the achievement of expertise. Appropriate time on task in specific learning/practice environments is known to enhance personal growth and development both on field and off.

In the FHC Sports & Performing Arts Academy, students have access to elite training facilities, expert coaches and industry leaders. Time spent training and practicing as part of the school day contributes to the hours required to achieve expertise. Students are encouraged to maintain playing commitments in their existing club structures.

## HIGH PERFORMANCE TRAINING / PERFORMANCE MODULE

**Our Applied practical sport components are based on:**

- ✓ Movement screening and athlete recovery and management
- ✓ Individualised strength and conditioning
- ✓ Activity specific sessions based on age and ability
- ✓ Individual feedback and development
- ✓ Competitive match program opportunities
- ✓ Tactical development
- ✓ Skill Development for specific playing positions/game modes

**Performing Arts components are based on:**

- ✓ Improvisation
- ✓ Basic stagecraft, including vocal projection and clarity
- ✓ Character development
- ✓ Interpretation of text
- ✓ Direction
- ✓ Audition technique
- ✓ Creating Performance Text
- ✓ Storytelling
- ✓ Basic elements of performance making including understanding lighting, sound, costume and design elements
- ✓ Basic principles of acting for the camera
- ✓ Practical approaches to securing an acting agent

Not only will the student athlete receive elite training and development in the areas of recovery and performance, fitness profiling and conditioning along with the fundamental concepts of their activity, they will also have legitimate access to a high quality academic program that is themed around sport, health, fitness and leadership development such as coaching and sport specific skills.

## PHYSIOTHERAPY SERVICES

**Back in Motion Physio** are a Physiotherapy provider. They have a representative at Forest Hill College each Thursday morning during the training session time. This service exists to provide the initial consultation and diagnosis of a potential injury. If an injury is diagnosed they will provide information in regards to the next step. The next step could be:

- Return to training
- Return to training with modification
- Need to seek further physiotherapy or medical treatment – via own local physiotherapist or Sports Doctor or via the Back in Motion clinic

# WHAT DOES THE DAY LOOK LIKE?

## ATTENDANCE

Time	Mon	Tues	Wed	Thur	Fri
8:00am–8:45am	VCE Strength & Conditioning Program				
8.30am	Sports Specific Strength Training OR Strength & Conditioning Session				Normal Class
9.15am	Sports Specific Strength Training OR Strength & Conditioning Session				Normal Class
10.12am	<b>RECESS</b>				
10.37am–3.15pm	Students Individual Academic Timetable				

All student athletes are required to attend and train/perform at every session. Consistent training/practice is important for the development of each student athlete/performer.

All training is **compulsory**

- If a student athlete is unable to train the appropriate policy must be followed



## ATTENDANCE POLICY

- Students must have written permission (parent/guardian/physio/doctor) advising their inability to complete their regular training
- Complete private study in the 'Academy Study Room'
- Failure to follow this policy on more than three occasions per Semester will result in a review of their position within the Academy

## UNIFORM

Students are expected to wear the uniform to all sessions and be presented in a professional manner at all times whilst wearing the Academy uniform (in and out of school hours).

Please ensure all your child's garments are clearly labelled. **Students are required to change into full school uniform for the remainder of their day to ensure student community engagement.**

All Academy participants will be provided with appropriate uniform for warm up and training which includes; shorts, tops, jacket/jumper, and an Academy Hoodie.

The College's uniform policy must be followed by all students.

- Academy uniform is to be worn **ONLY** during Academy sanctioned training or events
- Following the conclusion of Academy sanctioned training or events, students must return to appropriate school uniform
- Failure to follow the uniform policy will result in the Student Athlete being taken through the relevant procedure

## COST OF THE PROGRAM

**What does this cover?**

**The cost outlaid will cover the entire program experience:**

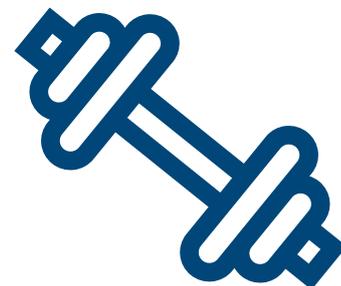
- ✓ Elite and individualised programs
  - Skill training
  - Tactical training
  - Strength and Conditioning
  - Wellbeing monitoring
  - Elite Pathway's
- ✓ Links to clubs and elite sporting organisations
- ✓ Academy clothing
- ✓ Travel Requirements\*

\*There may be additional costs involved in competitions which are supplementary to the Academy Program.

# BALANCING ACADEMY & SCHOOL

## Middle Years

Period	Monday	Tuesday	Wednesday	Thursday	Friday
1	Academy	Academy	Academy	Academy	LOTE
2	English	Maths	English	Maths	Galileo
3	Science	Galileo	Galileo	English	English
4	LOTE	Maths	Science	Galileo	Maths

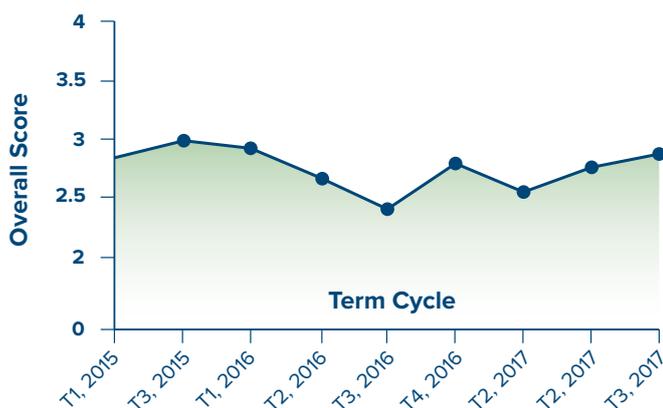


## Later Years

Period	Monday	Tuesday	Wednesday	Thursday	Friday
1	Academy	Academy	Academy	Academy	English
2	Business Management	English	Business Management	English	Media
3	Media	Visual Communication	Visual Communication	Business Management	Visual Communication
4	English	Media	Media	Visual Communication	Business Management

## GRADE POINT AVERAGE

Forest Hill College challenges students in the classroom to achieve excellence. We believe that excellence is attained through the development of what we call, 'Elite Behaviours'. These are best developed if applied consistently across all involvements at school. One of our measurement tools is the use of a Grade Point Average (GPA) to reflect your child's learning behaviours. The GPA is calculated each term by your teachers. The descriptors are all based around your effort to maximise your learning and personal development in the classroom. As a member of the Academy at Forest Hill College you will be expected to work hard on maximising and improving your GPA.



Example: GPA Progress Report Graph

## COACHING STAFF

We are very excited about the quality of coaching and mentoring being offered in the Academy programs. All staff are highly regarded in their area and provide the best of opportunities for our young people to explore, develop and grow in their chosen activity.

**Soccer (Futbal First):** Neb Stojkovic, Roddy Vargas

**Golf:** Michael Cooney, Marty Joyce

**Basketball:** Dain Swetalla

**Tennis (Tennis Train):** Nectar Davos, Tophan Bulant

**AFLW:** Luke O'Shannessy

**AFL:** Jarrod Stafford

**Netball:** Leesa Gallard

**Strength & Conditioning:** Kosta Drakoulakos

**Performing Arts:** Tony Nikolakopoulos

## VCE AND ELECTIVES PROCESS

At Forest Hill College we are committed to ensuring our Academy students achieve best possible individual ATAR results whilst maintaining effective academy involvement. This is facilitated through early access VCE in Year 10 and a flexible approach to study.

*"Today's work and effort is an investment in your future, your reputation and will eventually become a part of your legacy."*  
– Arnold Palmer

**Andrew Christie**  
Director of Sport and Performance

**M:** 0439 105 879

**E:** a.christie@fhc.vic.edu.au



FOREST HILL  
COLLEGE

**E:** fhc@fhc.vic.edu.au **T:** +61 3 9814 9444 **W:** fhc.vic.edu.au  
178/180 Mahoneys Road, Burwood East VIC 3151

**CRICOS Provider Code:** 00861K Department of Education and Training Victoria