



LAVALLA
CATHOLIC COLLEGE

Sports Enrichment Program

Sports Enrichment Program

Vision:

The Lavalla Catholic College Sports Enrichment Program (SEP) is committed to supporting elite student-athletes through specialised training, education, and personalised support that empowers them to maximise their potential in their chosen sport.



◀ Will Hamilton

Aim:

The Lavalla Catholic College Sports Enrichment Program (SEP) is designed to support identified elite student-athletes by providing a nurturing and high-performance environment that promotes both sporting and academic success through:

- Weekly Strength & Conditioning and recovery sessions delivered by qualified providers
- Exposure to elite training principles that foster self-discipline, a positive mindset, and effective goal setting
- Guidance and support in areas such as time management, prioritisation, communication with staff, and stress management
- Access to education and external specialists in areas including nutrition, recovery, sports psychology, training methods, and public speaking
- Opportunities to build strong support networks alongside like-minded peers with similar aspirations and a commitment to excellence
- Ongoing assistance in balancing academic responsibilities with sporting ambitions



◀ Casey Sherriff

ACCEPTANCE TO THE SPORTS ENRICHMENT PROGRAM (SEP)

Students applying for a Sports Enrichment Program placement must meet the following requirements and display elite standards in attitude and work habits.

- Competing at an equivalent academy level or above in any sport at Year 7-10; and at a State or equivalent level at Year 11-12
- Training more than 10 hours per week

All students seeking a placement in SEP are required to submit an application form.

Note: Year 7 students can apply via the application form when it comes out with enrolment packages.



◀ Jade Melbourne

What is Sports Enrichment Program?

The Sports Enrichment Program is a select entry, inclusive 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.

Lavalla Catholic College's Sports Enrichment Program offers:

Electives at Year 7-10.

Strength and conditioning as part of these electives at Years 7-9. These S&C sessions are not only improving strength, reducing injuries, stabilising joints and the spine they are sending the students into their other classes with a fully oxygenated brain and a can-do attitude!

Guest speakers to motivate and encourage growth and learning.

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.

Weekly morning Pilates and Recovery sessions.

Support, and Career mentoring at years 11 and 12.



Blake Townsend ►



Our Sports Enrichment Program has connected with Control High Performance based in Traralgon as its Strength and Conditioning provider, with class sessions monitored by ASCA Level 1 Strength and Conditioning coach Kody Tibballs.

Control High Performance Traralgon is an institute of sport in our very own backyard and has quality coaches and practitioners, quality movement and quality results for all. Control High Performance provides high-performance services to sportspersons of all ages, abilities and levels guiding them to becoming the best versions of themselves.

The aim of the Strength and Conditioning sessions is to enhance physical performance, prevent injuries, and improve overall movement efficiency. S&C builds the foundational capabilities required for sports, daily activities and long-term mental health. It involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.

MEET SOME OF THE TEAM ...



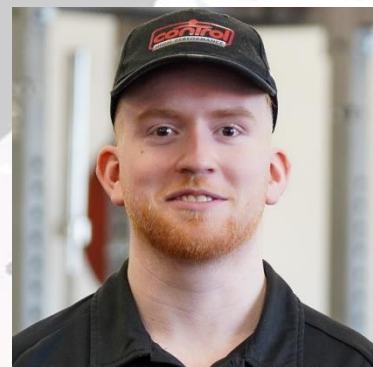
SAM FENTON

DIRECTOR



JORDAN McMILLAN

DIRECTOR OF ALLIED HEALTH



KODY TIBBALLS

**DIRECTOR OF BASKETBALL
PERFORMANCE &
HIGH PERFORMANCE COACH**





The Sports Enrichment Program has been in connection with Andrew Crozier, who is a qualified fitness specialist and trainer. Andrew has been with the Sports Enrichment program for a number of years and has specialised in the Pilates and Recovery sessions.

Why do Pilates

Pilates is a low-impact, whole-body workout that builds deep core strength, improves posture, and enhances flexibility without putting heavy strain on the body joints. It is highly effective for preventing injuries, relieving back pain, and supporting mental well-being through mindful movement and controlled breathing.

Why do Recovery

Recovery is essential because it repairs damaged tissues, replenishes energy stores, and adapts the body to stress. Without it, the risk of injury, burnout, and overtraining skyrockets. It transforms physical strain into growth.



The Sports Enrichment Program has also connected with Megan Eenjes and the team from CME FIT and make a visit to the gym each semester with student athletes.

Whether student athletes are working on strength, endurance, or technique, these spaces give them the opportunity they need to push themselves further. Also, it's not just about physical performance, these facilities also help athletes build discipline and resilience, skills that go beyond sports and benefit them in all aspects of life.

