Attention : Parents and Students

Lakeview Senior College (years 10 – 12) is currently running an Elite Sports Football program in a partnership with Western Jets. The program can be accessed at year 10 and can be completed within the normal school timetable. We are currently taking expressions of interest for 2013 intake, Lakeview Senior College is targeting prospective enrolments that fulfill the following criteria:

1) year 10 in 2013 or VCE in 2013
2) Competent footballer at local, interleague or Western Jets level
3) satisfactory academic record (including behaviour, attitude and effort)

If you are currently in year 8 then this maybe a program you keep in mind for 2014 or if you are satisfied with your current education / school then please disregard this letter.

Please find below further detailed information about the Lakeview Senior College – Elite Sports Football Program, I hope this gives you a clearer picture of how the program operates within the school. I invite you to contact me (Scott Korczynski) to arrange a tour of the school or possible enrolment in 2013.

Email: korczynski.scott.a@edumail.vic.gov.au

Staff
- Scott Korczynski Level 2 Coach / U18 Western Jets TAC Cup assistant coach
- Nathan Rogers Head of Athletic Development (strength and conditioning)
- Western Jets links and involvement eg resources and other staff

Players
- There are 20 places available for the Year 10 program and 10 places available for the VCE program for 2013

Student Training Program
Typical weekly session of Football related classes built into the timetable looks like this:

<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Time</th>
<th>Training Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4</td>
<td>1 Hour</td>
<td>Football Skills or Recovery during the Season</td>
</tr>
<tr>
<td>Thursday</td>
<td>1</td>
<td>1 Hour</td>
<td>Skills / Game Sense / Decision Making / Tactics</td>
</tr>
<tr>
<td>Thursday</td>
<td>2</td>
<td>1 Hour</td>
<td>Weights Session</td>
</tr>
<tr>
<td>Friday</td>
<td>4</td>
<td>1 Hour</td>
<td>Skills / Game Sense / Decision Making / Tactics</td>
</tr>
</tbody>
</table>

Players are also rotated in and out of sessions for specialised football and fitness sessions

Also 3 x 1 hour theory sessions a week – VCE Sport and Recreation Certificate 2 (Fitness Focus)
Qualifications Gained Through the Program at VCE level

- Certificate 2 and partial certificate 3 Sports and Recreation (Fitness Focus) completed over a two year period.
- Completion of unit 1, 2, 3, 4 Sport and Recreation VCE subject (contributes to enter score)
- All completed at school during school hours and qualifications gained can often lead to jobs in the fitness industry

Course Selection / Subjects

- Year 10 AFL development is conducted over 4 periods over the course of the whole year
- VCE Sport and Recreation counts for two subjects
- English is compulsory
- Then a full range of elective choices depending on students' interest and career pathway
- Sport and PE related electives include – Sports Coaching, Fitness Studies, Science of Sport, Sport and the Law, Outdoor Education, Health
- Traditional Subject Elective – Maths, Sciences, Humanities, Arts etc

Facilities

- 2 Football ovals
- Indoor court
- 3 court outside Basketball and Netball courts
- Good Life Health and Fitness Club located opposite the school

Resources

- Students supplied with shorts, shirts and jacket as apart of their Sport and Rec uniform
- Students are supplied with a 1 year Good Life Gym membership (can be in and out of school hours)
- Access to a fully qualified Fitness Coach (implements and monitors student athletic development)
- Program has new footballs, bump bags and various other training tools to help students improve their skills
Technology

- Video filming and analysis of individual skills
- Video filming and individual player review of school football matches
- Analysis using various iPad applications

Program Opportunities for Individual Student / Player

- Exposure to expert coaching
- High class training facilities
- Structured and sequential training session / programs – Football / Weights
- Regular feedback
- School football matches / competition
- Pastoral care and welfare linked into Football and Educational needs
- Western Jets links – AFL resources / related programs and contacts

Scott Korczynski
Lakeview AFL Academy Head Coach