Girls Football Development Program

Box Hill Senior Secondary College (BHSSC) has recently been formally recognised by the Department of Education and Early Childhood Development (DEECD) as a 'Specialist Sports School'.

The main aims of the Specialist Program are for students to:
- Combine academic study with intensive sport training during school hours.
- Develop skills, and knowledge and understanding of Australian Rules football.
- Study subjects relevant to their career goals which contribute to their ENTER score.
- Develop and enhance self-discipline, time management, goal setting and leadership skills.
- Improve ability and performance in Australian Rules football.

RELATIONSHIP WITH SCHOOL PROGRAM

The Sport Development Program acknowledges the development of the student both in their sporting and school program. The college recognises that students must also plan for a career beyond sport.

Students undertaking the Sport Development Program may select their VCE program from the wide range of academic and vocational VCE courses offered at Box Hill Senior Secondary College. It is important that students take into account their individual talents, skills and future career interests when making their VCE course selection. Students will be assisted in appropriate course selection at interview. For students interested in career pathways relating to sport, the college offers studies in Physical Education, Outdoor & Environmental Education, VET Sport & Recreation, Health & Human Development & Biology.

THE FOOTBALL PROGRAM WILL CONSIST OF A YEAR 10-12 SQUAD

The weekly football program includes:
- Weekly physiotherapy assessment
- Cardio vascular session
- Speed and agility session
- Weights and conditioning session

Skills sessions will include:
- Biomechanical kicking analysis
- Game sense and tactical coaching

FITNESS & SKILLS COACH

Chris Matthews

Chris has been the Victorian Metro U18 fitness advisor since 2001. Previously, Chris was the fitness advisor for TAC Clubs Eastern Ranges and Oakleigh Chargers, VFL Club Sandringham Zebras, the Victorian U17 Lacrosse team and the Victorian Cricket team. He is a company director of his own personal fitness company, Active Lifestyle.

...Box Hill Senior Secondary College gave me a great balance of football and studies.

Keltie Blake
BHSSC 2008-2009
2009 Victorian Female Coach of the Year

Further Information

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