Box Hill Senior Secondary College (BHSSC) has been formally recognised by the Department of Education and Training (DET) as a ‘Specialist Sports School’.

This program is specifically designed for those elite and semi-elite athletes who wish to improve their performance through our individualised programs.

The high performance program consists of:

- Weekly physiotherapy assessment
- Cardio-vascular session
- Speed and agility session
- Individualised weights and conditioning program

These sessions are managed and maintained by Active Lifestyle Health and Fitness specialists. Sessions are completed as part of the students’ timetable.

School facilities include:

- Cardio-vascular centre
- Weights room and change facilities
- Pool

If you are a State or National representative we will work with your coaches and develop an appropriate program in conjunction with them.

Box Hill Senior Secondary College (BHSSC) invites applications from students with a keen interest in elite sports.

Further Information

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