Future Sports Stars

Box Hill Senior Secondary College (BHSSC) has been formally recognised by the Department of Education and Early Childhood Development (DEECD) 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

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

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.

FITNESS & SKILLS COACH

Chris Matthews (Active Lifestyle)

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.

Further Information

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