



# HEATHMONT COLLEGE SPORTS ACADEMY HANDBOOK 2025

## CONTENTS

Meet the Director and Basketball Coach, Basketball Program	3
Coaches, AFL/ALFW Program	4
Athlete Development Program (ADP)	5
Training Sessions, Timetable	6
Uniform, Uniform Ordering Process	7
Fee, Term Taster, Attendance, Coach/Student Mentoring	8
Competition, Communication	9
How To Apply	10

## SCHOOL VALUES

Our school values clearly identify what we believe to be valuable across all aspects of education.

These values are:



### CURIOSITY

We have a desire for learning and a sense of hope and positivity. We celebrate growth when we understand new things.



### COMPASSION

We respect each other and celebrate our differences. We show kindness to ourselves and others to help us build the resilience to achieve together



### COMMUNITY

We strive to build positive connections. We listen and respect all contributions and work together so everyone feels a sense of belonging

and they underpin all aspects of education here at Heathmont College.

## MEET THE DIRECTOR!

### BRIAN VAUGHNS: BASKETBALL COACH

Brian Vaughns started with the Heathmont College Sports Academy in 2020 as the Head Basketball Coach. Brian has since been instrumental in implementing the Maribyrnong Sports Academy, which is the largest Sports Academy in Australia and was the first dedicated sports school in Victoria!

One of the little-known facts about Brian's career was that he was the first coach in Australia to beat 3 National Teams with his high school program at Maribyrnong. He guided Maribyrnong Sports Academy to victories over China U16 Girls National Team, New Zealand U16 Girls National Team, and Fiji's U18 Girls National Team. Additionally, Brian guided wins over the AIS on several occasions with both boys' and girls' teams.

During 2022 Brian was appointed the Director of the Sports Academy Program. Since becoming director Brian has implemented the 'Spot Coaches' Program that provides every athlete in the academy with professional coaching, developed a training timetable with sessions being held before and after school in order to avoid interference with students' academics, incorporated a strength and conditioning component into the program and the latest program brought forth by Brian in 2024 has been the "Term Taster Program".



- Former professional basketball player who played in the top leagues around the world including the NBA (Milwaukee Bucks), NBL (Geelong Super Cats) and has played in Greece, Argentina, Germany, Switzerland, France, and Mexico.
- As Head Coach for the Heathmont College Sports Academy Brian has produced more than 100 Victorian State Team players, 24 Australian Representative players, and 6 Professional players.
- Has coached at several diverse levels in Australia including Big V State Championship (Men and Women), Big V Division I (Men and Women), and VJBL Championship Division. Brian has been rewarded for his coaching success by being named "Big V Coach of the Year".
- Honoured as the "Big V All-Star Women's Coach" who's team played against the Japan National Team.

### BASKETBALL PROGRAM:

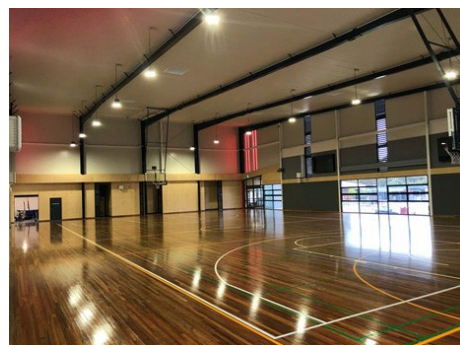
The Heathmont College Sports Academy Basketball Program, similar to other academy programs, provides students with technical and tactical applications of the sport as presented by our coaching staff, ensuring the Sports Academy and its athletes are in an ideal position for success.

Additionally, the program helps student-athletes recognise the importance of training and implementing self-discipline.

Each session provides athletes with comprehensive strategies and individualised programs, this assists students in gaining further insight into their ability levels

The Sports Academy basketball program pathway primary focus:

- State Development Program (SDP)
- State Team
- National Player Program (NPP)
- National Team
- US Collegiate System





## COACHES!

Heathmont Sports Academy recognises the importance of providing designated and professional coaches to implement the program for each sport. This approach allows our student-athletes access to some of the best minds in sport which is instrumental in the development of student personal growth.

Each member of the coaching staff possesses a wealth of knowledge in their chosen sport.

Additional coaches regularly attend the college for sports not listed below.

### **RICH MORROW: AFL/AFLW COACH**

As an experienced Coach, Rich values positivity and discipline in achieving goals and leads young adults with potential and considerable sporting talent to excel on the field and learn about life's opportunities and challenges, as well as what's required to overcome them.

- Senior Assistant Coach at the Western Jets in the Coates Talent League
- Assistant Coach for Vic Metro's Under 16's Boys State Team
- Level 3 Qualified AFL Coach
- Past coaching roles at the North Melbourne Football Club's Next Generation Academy
- Over the past decade Rich has worked with young adults (15-19 years of age) in schools across the country, as a leading facilitator of workshops for the Beacon Foundation's High Impact Programs. These workshops focused on communication, self-awareness, goal setting and confidence building.



### **AFL/AFLW PROGRAM**

The Heathmont College Sports Academy football program focuses on working with the student-athletes to provide in-depth technical and tactical training and game instruction from qualified professional coaches.

With all sporting programs within the academy, the AFL/ AFLW program will provide comprehensive feedback on the development of each athlete, highlighting their progression and stage of learning.

The pathway for students attending the Sports Academy AFL/AFLW Program is the Coates Talent League.

The Coates Talent League is Australia's Premier Under 18 competitions, with Development Squads from each region ranging in age from 15 to 18. This Talent League is run by the AFL with sides competing from 5 of the 7 states of Australia. Each region of Melbourne has a development club, which forms part of this AFL Talent League.

Players may be selected in these squads based off a variety of athletic attributes. This is not an extensive list, but the popular traits used to identify Talented Footballers include the following:

- |                      |                   |
|----------------------|-------------------|
| - Football Skills    | - Power           |
| - Football Knowledge | - Agility         |
| - Speed              | - Aerobic Fitness |

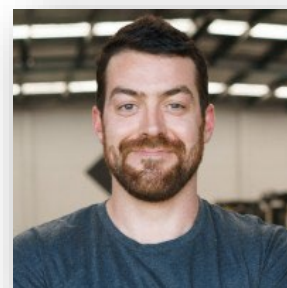
Heathmont's AFL Academy aims to provide an environment where all members can learn about the required attributes above and train to the levels required to be a chance of getting selected in this Talent Pathway once they have reached the required age.



## CAM RIGBY: STRENGTH AND CONDITIONING COACH

Cam has over 30 years firsthand experience in elite sport. He's played as a part of a professional basketball team and is now an accredited strength and conditioning coach and started as a coach in the academy in 2023.

- ASCA Qualified Strength & Conditioning Coach
- Former National Basketball League (NBL) player, with more than 200 games to his credit.
- Former South-East Australian Basketball League / (NBL1) Player, with more than 250 games played
- NCAA Division 1 Player & Graduate
- Australian National Representative, Junior and Senior



## Athlete Development Program (ADP):

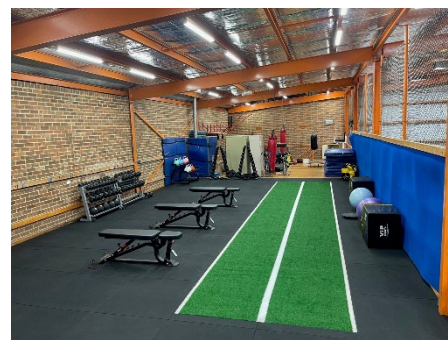
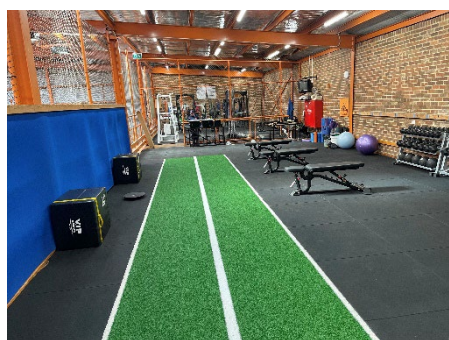
Our ADP is made up of a collection of athletes who participate in various sports.

The Heathmont Sports Academy provides ADP athletes with strength and conditioning programs to assist with focus on individual development that can translate into successful implementation during their scheduled games and training.

Every ADP sport requires athletes to improve in strength, speed, reactivity, agility, stamina, explosiveness, and self-awareness.

The ADP athletes participate in our "Spot Coaching" program. The "Spot Coaching" program provides our ADP athletes with individualised coaching consistent with their chosen sport. For example, if we only have one gymnast athlete in the program, this athlete will receive technical training from a professional coach on a fortnightly basis as part of the "Spot Coaching" program.

**NOTE:** The ADP is focused on the individual development of the student-athlete. The ADP athletes do not compete against other schools as part of the sports academy unless otherwise agreed upon by the Sports Director and College leaders. This program is solely focused on the athlete's individual growth and development





## TRAINING SESSIONS

Training sessions are conducted in levels. This eliminates the risk of injury caused by students participating in training sessions with athletes above their age and skill level. The Sports Academy training schedule has been designed so as not to conflict with regular scheduled classes. This allows student athletes to maintain attendance levels within all aspects of their schooling.

All Sports Academy training sessions are focused on individual athlete development. Our coaches identify and adjust the techniques used in training according to the student's skillset, as we understand that each student will grow and develop differently.

**Note:** Training sessions may be filmed at the coaches' discretion. This is to provide student-athletes with an opportunity to identify and critique their own performances through observation.

For coaches to be able to film students (as above) consent must be provided by parent/guardian. Please see the Photographing, Filming and Recording Students Policy on our website under our policies tab; <https://www.heathmont.vic.edu.au/>. This policies consent form was issued to all community members early September 2024, for completion and returning. Hard copies are available from the college upon request.

Students training sessions are driven by coaches who provide constant feedback, providing each athlete with clear and concise communication and instructions.

Students have a wide variety of equipment available. For example, students will have access to tackle bags, nets, discus, balls, weights, D-men and other training tools.

Please find below an example of what a Sports Academy training schedule may look like, for various groups.



Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Seniors	7:30am-9:00am		7:30am-9:00am		7:30am-9:00am
Intermediates		7:30am-9:00am	3:15pm-4:30pm	7:30am-9:00am	
Juniors	3:15pm-4:30pm	3:15pm-4:30pm	7:30am-9:00am		
ADP	7:30am-9:00am	7:30am-9:00am		7:30am-9:00am	



## UNIFORM

Included in the Sports Academy Fee (annual only) athletes will be provided with a base pack uniform items which include the following:

- x1 T-shirt
- x1 Shorts
- x1 Trackpants
- x1 Hoodie

Please note that Term Taster athletes receive Sports Academy Uniform once they have enrolled in a full year program. Additional items of uniform are available to purchase by following the uniform ordering process below.

## UNIFORM ORDERING PROCESS

- Families are required to collect a 'Sports Academy Additional Uniform Order Form' from the General Office. This can be collected by either student or parent or emailed upon request.
- Complete the order form, submit to Klad Sport for processing. You can do this by handing your order form to Klad during their onsite hours:  
Tuesday 2:30pm – 4:30pm  
Thursday 12:00pm – 2:00pm  
Alternatively, students or parents can submit this form back to the General Office directly to be passed onto Klad. You will be notified when your order is available for collection from the General Office.

All Sports Academy students must be in academy uniform for each session. If you are out of uniform, you will need a note from your parent/guardians with a reason as to why.

**Sizes available: XXS to 5XL**

ITEM	SIZE	QTY	PRICE	DESCRIPTION
<b>T-Shirt</b>			\$30.00	Ink Navy, Red, White with Logo
<b>Trackpants</b>			\$37.00	Ink Navy, Red piping, Straight Leg, Zip pocket with Logo
<b>Shorts</b>			\$35.00	Ink Navy, Red piping with Logo
<b>Hoodie</b>			\$65.00	Ink Navy, Red piping with drawstring and Logo



## **FEE**

The current 2025 annual fee structure for the Sports Academy Program is \$2,000.00 per student. Fee includes the following:

- Training Services
- Sports Academy Uniform
- Mentoring
- Awards Night

## **TERM TASTER 2025**

The Sports Academy is offering students the opportunity to trial the program by means of a “Term Taster”.

The “Term Taster” program will allow students to join the Sports Academy for a full term and enjoy all the benefits of professional coaching, strength and conditioning training, and mentoring.

The “Term Taster” program is a great way to determine whether or not the Sports Academy is the right program to assist you in becoming a stronger athlete, while developing your skills in your chosen sport with a more professional approach.

### **Term Taster Costs (\$500 for a Term 2025)**

- Participation in all group sessions
- Participation in all strength and conditioning sessions
- Access to 1 on 1 / individualised sessions with your coach, upon request
- Participation in all Sports Academy events during a Term

The “Term Taster” program, is only available once per athlete. Please contact Sandra Nebl (Accounts Receivable) if you require assistance with payment plan options [Sandra.nebl@education.vic.gov.au](mailto:Sandra.nebl@education.vic.gov.au) or phone 9871 4888

## **ATTENDANCE**

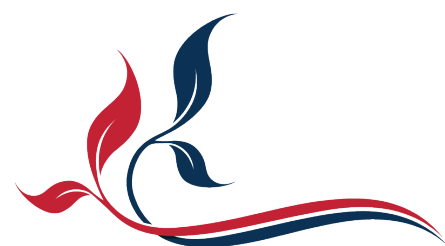
### **Attendance and absence expectations:**

If your child is going to be absent there must be an attendance entry uploaded to their compass. Additionally, please inform Sports Academy Director, Brian Vaughns of your child’s absence at [brian.vaughns@education.vic.gov.au](mailto:brian.vaughns@education.vic.gov.au) or via text on +61 0418 134 217.

## **COACH / STUDENT MENTORING**

Each student-athlete will have a minimum of two scheduled mentoring sessions with their coach per term. These sessions will help students to develop tools needed in order to build on their skills and knowledge. They will be taught how to maintain good training habits and strategies to better their development inside and outside of the classroom.

The Mentoring Program is an integral part of the Sports Academy, and all student-athletes are required to attend all session related activities as instructed through the program.





## COMPETITION

The Sports Academy will facilitate interschool competitions in conjunction with other schools and academies. Although our sports academy's philosophy is based around training development, we acknowledge the importance of growth via competition.

To establish game opportunities, we have existing relationships with the following schools and moving forward we seek to expand our partnership with additional schools.

- Mount Ridley College
- Salesian College
- Bentleigh College
- Ringwood Secondary College

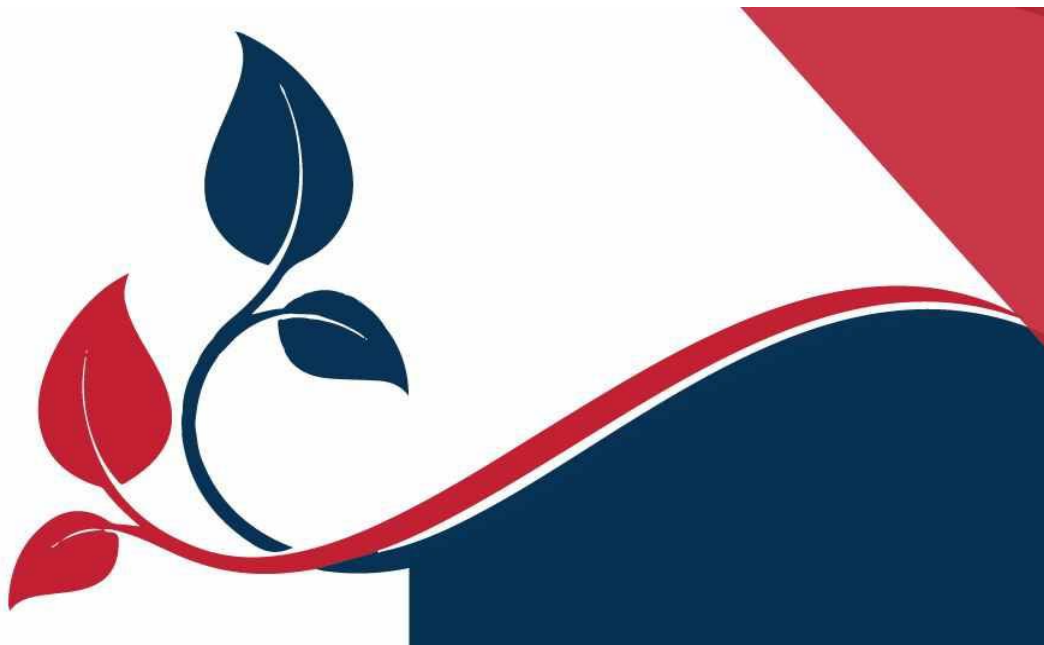
The Heathmont College Sports Academy sources opportunities to participate in the following events:

- School Sport Victoria (SSV) openly promote sporting competitions by year level. SSV offers a range of sports allowing our student-athletes the opportunity to compete.
- Basketball Victoria promotes the Victorian College Championships (VCC), The Victorian Schools 3 on 3, and the Champions Cup

## COMMUNICATION

All correspondence to families concerning student progress/reports, classroom behaviour, attendance, mentoring, adjustments, events, competitions and excursions will be sent via email.

- At the end of each term a new Training Schedule will be distributed to families.
- Student reports will be distributed at the end of each semester (Term 2 and Term 4)
- Parent/ Teacher meetings will be conducted at the start of a new year and at the beginning of Term 3



## REQUEST ADDITIONAL INFORMATION

If you would like to have a 'Coach Conversation' or seek additional information that may not be included in this handbook, please contact Sports Academy Director, Brian Vaughns at [brian.vaughns@education.vic.gov.au](mailto:brian.vaughns@education.vic.gov.au)

## HOW TO APPLY

If you are interested in joining the Sports Academy Program, please submit your application through the Heathmont College website;

[https://www.heathmont.vic.edu.au/Beyond the Classroom/ Sports Academy/ Application Form](https://www.heathmont.vic.edu.au/Beyond%20the%20Classroom/Sports%20Academy/Application%20Form)

Once submitted you will be notified within two weeks of the outcome of your application.



## NOTES:

[illegible]





**Heathmont College**

Wurundjeri Country  
Waters Grove  
Heathmont VIC 3135

ABN 24 370 034 733

☎ (03) 9871 4888

✉ [heathmont.co@education.vic.gov.au](mailto:heathmont.co@education.vic.gov.au)

---

🌐 [heathmont.vic.edu.au](http://heathmont.vic.edu.au)