



Western Heights Aspiring Athletes Program

AAP Trial: Wednesday, 27th March 9 – 10:30 am, WHC Oval

RSVP

Use the QR Code below to register to attend the AAP trial on Wednesday 27th March, 9:00 – 10:30am at Western Heights Oval.



Having difficulty with the QR code? Please use this URL: <https://compasstix.com/e/6b71hcni24>

Western Heights College is accepting applications for the Aspiring Athletes Program 2025, Year 7 class. This trial is only open to students who attend one of our six feeder schools: Ashby, Fyans Park, Hamlyn Banks, Herne Hill, Manifold Heights and Newtown Primary, or live in our school zone. Successful students will be offered a place in the AAP for 2025 and will have the ability to trial for the Specialist Sports Program in August if desired.



37-61 Vines Road, Hamlyn Heights 3215
PO Box 784, Geelong VIC 3220

SSP Operations Manager:
Cate Johnson
T: 0477 689 178
E: cate.johnson@education.vic.gov.au

WHC Enrolment Officer:
Sophie Trezise
T: 5277 1177
E: Sophie.Trezise2@education.vic.gov.au

Follow us on Instagram:
[western_heights_college_ssp](https://www.instagram.com/western_heights_college_ssp)

www.whc.vic.edu.au



**Western
Heights
College**

Western Heights College Aspiring Athletes Program

Western Heights College is committed to providing ongoing guidance, support and learning opportunities to balance academic and sporting excellence.

The WHC Aspiring Athletes Program aims to develop each athlete holistically with a focus on enhancing their sporting performance while motivating them to achieve academic success.

The WHC Aspiring Athletes Program aims to:

- Combine academic study with intensive sports training during school hours.
- Develop skills, tactical, strategic knowledge and athletic ability.
- Complement the student's existing out- of-school sporting commitments and offer a value-adding experiences.
- Provide opportunities and mentoring, enabling students to become leaders and value teamwork. The focus is on fundamental skill acquisition and progressing through our unique format to integrate these skills into game knowledge, incorporating strategic and tactical training.
- Our AAP athletes will be exposed to specialised training and education focusing on holistic development, including:
 - Science of Human Performance
 - Understanding fitness standards for specific sports
 - Preparation to train and injury prevention
 - Movement competencies and mobility for sport
 - Strength and conditioning
 - Long-term athletic development and training
 - Resilience and wellbeing
 - Mindset and successful habits
 - Career pathways

The Aspiring Athletes Program is designed to focus heavily on athlete development through our Athlete Development Program (ADP) while also introducing our aspiring athletes to a wide range of sports, including our four pillar sports: AFL, Basketball, Netball and Soccer. Education is an important component covering game knowledge, concepts, wellbeing and successful habits for sport.



Key Criteria for Selection:

- Have a keen interest in sport
- Considering a career in the sports field
- Play sport at a club or representative level (representative given higher weighting)
- Show competency and high level skill in sport
- Athletes in the Aspiring Athletes Program should have the willingness to improve and develop fitness levels
- Work hard in the gym, on the field, court or pitch to increase current fitness levels and IQ

Meet Sam Johns
Aspiring Athletes Program
Head Coach

Throughout Sam's youth, he played various sports (AFL, Basketball and Cricket) until deciding to focus on basketball. He went on to spend two years playing college basketball in upstate New York. Since returning from College, Sam has coached basketball at a representative level, from U12s to senior basketball. Sam is the Youth League Men's Head Coach for the Surfcoast Chargers.

Sam completed a Bachelor of Health and Physical Education at Deakin University and combines his love of PE with teaching Mathematics.

Sam believes each athlete has a unique journey and pathway to where they dream of getting. He hopes to establish a holistic environment that promotes athletes to be successful. Not just in developing great athletes in their chosen sport but to help create great people who can be successful beyond sport.

Sam is excited to be the Head Coach of the Aspiring Athletes Program to deliver a multi-sport program that will provide student-athletes with an opportunity to develop their capabilities further. He will utilise knowledge and skill acquired as a PE teacher and coach to facilitate a program to meet the varying needs of each athlete within the program.

