

# Nunawading Christian College

## Sports Excellence Program (SEP)

### 2025 Information Booklet

Belong Believe Become

'We want NCC to be the go-to school for Melbourne families to enrol their children and receive excellent movement experiences.'

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# INTRODUCTION TO SEP

Welcome to the Sports Excellence Program (SEP) at Nunawading Christian College. This program is an optional lunchtime or before/after-school training program for interested NCC students to extend their experience in one of our Academies across Primary and Secondary campuses.

The SEP was established in 2021, as a dynamic part of the NCC Community and enrichment opportunities for our students. In 2022, with the success of our Secondary Basketball and Volleyball Academy programs, our Junior Program was launched for our Primary Students in the disciplines of Basketball, Soccer and Volleyball.

In 2023, we finalised our offering with the introduction of our NCC Fit Academy for both Primary and Secondary students with a focus on cardio, strength and conditioning.

This information pack will introduce you to our SEP across the different Academy programs. It will include information about our philosophy, the programs, how to enrol and the expectations we hold for our students.

Each Academy provides students with the opportunity to pursue their chosen sport discipline in addition to the school subject selection. They will undertake intensive skill development having access to quality coaches, mentors and teachers from our NCC staff.

Fees apply to this SEP and each individual program and will work in conjunction with the students before, during and after-school commitments and will tie in with the overall pursuit of academic excellence. It will offer a mentoring, health and wellbeing component that ensures a rounded and high-performing sporting pursuit.

# SEP PHILOSOPHY

The SEP philosophy will be reflected in the coaching principles of the head coaching staff.

The three cornerstones of the SEP are:

Belong  
Believe  
Become

## Belong

It is essential that the athletes who enrol in the SEP develop a sense of belonging as much as possible. There will be times when the tuition and coaching will be hard work, but the underlying essence of the academy should be to enjoy the experience, the game, teammates and time with the coaching staff.

The SEP bases the cornerstone of Belonging on the premise that athletes - who are giving their personal best - learn more from their involvement in a sport if they know they are accepted, affirmed and approved by all coaches and fellow athletes. The best learning environment will be generated if enjoyment and fun is the foundation of the program, not undue pressure, fear of failure or conditional relationships.

Fun and enjoyment, hard work and discipline are not mutually exclusive elements to the program. Every endeavour will be made to make any time in the program as enjoyable as possible, while still working hard on the sporting arena.

## Believe

The SEP is designed to complement the academic activities and goals of the school curriculum. A healthy mind and body are the objectives of the school and the academy. The belief and confidence in self is the very highest priority to the SEP.

The SEP will work in conjunction with the teachers at the school and personal student grades are to be monitored and assessed periodically throughout the year. The academy aims to work in conjunction with the athlete, family, school and peers to pursue both personal and academic excellence. A strong focus on family/faith/school/sport balance will ensure organisation is a priority in the SEP.

## Become

The SEP is built on the development of fundamental skills and the program has coaches who are passionate about teaching skills and moving athletes through from the cognitive, to the associative, to the autonomous stage of skill learning. The development of the individual in relation to skill development will have a direct effect on how far the athlete can progress within their chosen sport in the SEP. All skills associated with each sport will be worked on in accordance with the needs of the training group. Skills will be taught in a way where the students will continue to be engaged with the appropriate level of repetition and instruction through a very wide range of drills. As much as possible, the skill activities designed and done in the SEP can be replicated at home or as often as the athlete wants to outside of sessions for even more consolidation and effect.

Cardio work combined with appropriate levels of strength and conditioning will be a major part of each SEP Academy. The physical component of the sessions will often be challenging for the athlete but also very valuable for their life goals. All fitness targets will be age and skill-level appropriate and will take into account the developmental and emotional background of the participants.

**NOTE:** As a part of being selected in the SEP, each student-athlete will be provided with the opportunity to have an individualised strength and conditioning program which focuses on developing a player's fitness, strength, power, speed and agility, specifically for their chosen sports Academy.

# ON / OFF COURT OBJECTIVES

The SEP will be endeavouring to promote a number of traits that we trust will develop in students/athletes:

## On Court

- Discipline
- Work Ethic
- Sportsmanship
- Teamwork
- Respect
- Skill
- Sport Intelligence

## Off Court

- Integrity
- Responsibility
- Respect
- Resilience
- Discipline
- Leadership
- Confidence
- Community
- Life Balance
- Humility

# COACHING STAFF

## Daniel Selent - SEP Coordinator & Head Coach of NCCVA

Daniel has completed his Level 2 Volleyball Victoria coaching certificate and coached the NCC Volleyball team for the past 4 years. The team has participated in various volleyball tournaments over the years and most recently won Bronze at the Volleyball Victoria Junior Open Yr 10 Division 1.

He is currently the head of Sport and Physical Education at Nunawading Christian College and has a passion for sport (volleyball in particular) and health and fitness that he wants to share and extend to his students.



## Jordan Hutchinson - Head of NCC Basketball Academy



Jordan currently competes on the NBL 3X3 Pro circuit and brings over 12 years of elite level basketball experience to the NCCBA. Through those 12 years Jordan has played across Australia including Western Australia (SBL), NSW (Waratah League) and Tasmania.

Jordan is supported by a teaching background in Primary and Secondary Physical Education and VCE Hospitality.

A high tempo style basketball is what Jordan teaches and desires. Through everything Jordan will always say that positivity and smiling is the first step of success.

## Charles Njock - Head Coach of NCCFit

Charles is a former Olympian and Commonwealth boxer. After he represented Cameroon in Melbourne 2006 Commonwealth Games, Charles decided to start a professional career in boxing. In 2009, Charles decided to pursue further studies and he successfully completed several university degrees including a teaching degree.

Charles joined NCC as a classroom teacher in 2017; and whilst teaching is his main occupation, Charles maintained his physical activities at a professional level training with world class athletes including running and boxing, just to name a few.



## Priscilla de Schwartz - Volleyball Coach & Head of Junior Academy Program



Priscilla has competed at a high level in Volleyball through her secondary school years at Monbulk College. She has completed her Level 2 Volleyball Victoria coaching certificate.

Priscilla is passionate about soccer and volleyball, she has played at state level 1 in outdoor soccer and is currently playing at a high level in futsal. She has a true passion for all sports and coaching teams to achieve their best.

Priscilla is the Primary Head of Sports and oversees all the Junior Academy Programs throughout the year.

The SEP will draw on the highest quality coaches, alumni and athletes to complete the coaching stable used for all Academy sessions. Only committed, verified and qualified coaches will be involved in the SEP.

Coaching staff includes

NCCBA - Jonah Bailey

NCCVA - Kaleb Larkins, Aaron Stephen



# ENROLMENT CRITERIA

All students enrolled at Nunawading Christian College in 2025 are welcome to apply and try out for the Secondary NCC Academy Programs .

## ACADEMY LEVIES -

We have increased the time of session to 75 min for Volleyball & Basketball. NCCFit will still be 60 min.

The SEP levies include the following:

1. Tuition as set out below (includes 1 x 75-minute session a week in Terms 1,2,3 and 4 - 32 weeks of tuition in total over the academic year @ \$15/session
2. Administration Fee: \$120 per annum For Basketball and Volleyball. NCCFit is \$80 per annum
3. Uniform kit:
  - Warm Up Top
  - VA - Competition Set (shirt & shorts)
  - BA - Competition Set (singlet & shorts)
  - Fit - shirt and shorts

### Total Levies for Basketball and Volleyball Academy

Yr 7-11 students - \$600 per Year (\$300 per semester)

Yr 12 students - (\$360 per year)

Total Fees: 32 sessions @ \$15/session	\$480
	+ \$120 admin
	TOTAL: \$600

Total Fees for Year 12 students (first semester only):	\$240
	+ \$120 admin
	TOTAL: \$360

### Total Levies for NCC Fit

Yr 7-11 students - \$400 per Year (\$200 per semester)

Yr 12 students - (\$200 per year)

Total Fees: 32 sessions @ \$10/session	\$320
	+ \$80 admin
	TOTAL: \$400

Total Fees for Year 12 students (first semester only):	TOTAL: \$200
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Additional uniform items are optional extras and will need to be ordered separately.

Levies can be paid via credit card or direct deposit. Once registration is confirmed, you will receive an invoice to complete and return to the school.

# WITHDRAWAL FROM THE SEP

Secondary Students are expected to enrol and attend all sessions in the SEP as outlined below;

NCCBA - 32 weeks

NCCVA - 32 weeks

NCC Fit - 32 weeks

However, we understand that circumstances do change so please be advised that each withdrawal from the program will be considered if there are exceptional or unforeseen circumstances, on an individual basis.

Also, if a SEP student misses any more than two sessions in a single term (without valid medical reason), their application to the SEP program will be put under review.

SEP students must maintain At Standard or above academic performance and submit classwork on time.

# NCCBA PROGRAM

## SCHEDULE

### Term 1 - Week 1 and 2

Selection tryouts/NCCBA Group Allocations

During these two weeks students will be assessed on their current levels of fitness and basketball fundamentals proficiency.

### Term 1 Week 3 onwards until the end of Term 2

Assessing and improving individual skills and fitness.

During Term 1 and 2 players will be put through several fitness tests followed by fitness programs and circuits to put them in expected fitness shape. These sessions are to be conducted in conjunction with individual skills development programs and circuits.

### Terms 3 and 4

Emphasis on maintaining required fitness levels whilst introducing team building processes including offensive and defensive strategies, team structure, defensive structure, offensive and defensive transition.

Consolidate and prepare for year two of the program.

### Session Times

Group sessions will be 75 mins in duration

Group sessions will be conducted once a week

- Introductory - Monday after school, 3:30-4:45pm
- STRETCH - Tuesday after school, 3:30-3:45pm

# DEVELOPMENT CURRICULUM

NCCBA academy players will have a strong focus on skill development and below is a list of offensive and defensive areas, which all players will be expected to concentrate on.

Work rate, intensity and drill selections will be different between each level but all players will be closely monitored during the development process.

Areas in which NCCBA students are expected to work on and develop:

## Offence

### Understanding terms and situations

- 3-second area
- 3pt Line
- Free-throw line
- Foul line extended
- Split line
- Half-court
- Side and Baselines
- Charge line
- Violations, fouls and penalties

### Body Movement

- Running and stopping
- Pivoting
- Change of Direction
- Change of Pace
- Jumping and Landing
- Sliding
- Coordination (hand, ball, feet) and Balance
- Core Stability
- Passing
- Catching

### Passing

- Chest Pass (one and two hands)
- Bounce Pass
- Push Pass
- Off the dribble pass

### Dribbling

- Speed dribble with either hand
- Change of direction – crossovers

Dribble to Shoot  
Dribble to Pass to a stationary target  
Dribble to Pass to a moving target

## **Catching**

Create a target stance  
Moving through the ball to a stop  
Creating space from the defence

## **Shooting and Receiver Spots**

Lay-up with left and right hand  
Correct shooting technique – release and follow through  
Jump shot (set shot, off the dribble)

## **Non-Dribbling Moves**

Pivot to protect the ball  
Pass fake  
Jab step

## **Space**

Creating space to cut  
Seeing and recognising space between you the basket and other players  
Using space

## **Decision making**

When the ball is in your hands  
When the ball is not in your hands

## **Defence**

### **Positioning**

Guarding a player with the ball  
Guarding a player without the ball  
One pass away from the ball  
Two passes away from the ball  
Jump to the ball

### **Boxing out**

Blocking out the Shooter and non-shooter  
Nearest Arm and Foot Pivot and Contact

### **Communication**

## Stance Defending the ball

Low and wide

## Containing the dribbler

Big to Bigger terminology (step – slide)  
Feet play the opponent, the hands play the ball

# PLAYER PROFICIENCIES

## Offence

- **Shooting** – A high percentage from uncontested shots including free-throws.
- **Cutting/Screening** – How to set and cut off screens. Passing to moving targets and receiving on the move.
- **Make plays off on-ball screens** – Ability to read the second line of the defence.
- **Creating plays off the dribble** – Making use of driving and passing lanes.
- **Low post efficiency** – How to create position and make plays in the low post.
- **Understanding game situations** – Time, score, foul count, defensive weak link, offensive hot hand.

## Defence

- **Ball pressure** – Every shot, pass and dribble is contested.
- **Communication** – A consistent use and response to verbal cues.
- **Rotation** – All five players adjust position and stance on the flight of the dribble, pass or shot.
- **Rebounding** – Allow no more than one contested shot.

# NCCVA PROGRAM

## SCHEDULE

### Term 1 - Week 1, 2 and 3

Selection tryouts/NCCVA Group Allocations

During these three weeks, participants will be assessed on their current levels of fitness and Volleyball fundamentals proficiency.

### Term 1 Week 3 onwards throughout the remainder of the year

Assessing and improving individual skills.

During Term 1 and 2 players will be put through various fitness tests followed by fitness programs and circuits to improve specific fitness components relating to Volleyball. These sessions will be conducted in conjunction with individual skills development programs and circuits focusing on serving, passing, setting, spiking and blocking.

### Terms 3 and 4

The focus will be on introducing team-building processes including player positions, defence systems, offence systems and team structure.

### Session Times

Group sessions will be of 75 min duration.

Group sessions will be conducted once a week

- Boys - Wednesday after school, 3:30-4.45pm
- Girls - Thursday after school, 3:30-4.45pm

# DEVELOPMENT CURRICULUM

NCCVA academy players will have a strong focus on skill development and below is a list of offensive and defensive areas, which all players will be expected to concentrate on.

Work rate, intensity and drill selections will be different between each level but all players will be closely monitored during the development process.

Areas in which NCCVA students are expected to work on and develop:

## **Service**

Understanding the biomechanics and work towards becoming proficient in:

- Underarm serve
- Float serve
- Jump float serve
- Jump topspin serve

## **Receiving/Passing**

- Receiving a float serve
- Receiving a topspin serve
- Receiving a spike
- Receiving a freeball

## **Spiking**

- Footwork
- Arm swing mechanics
- Timing
- Reading the block

## **Setting**

- Footwork
- Priorities
  - Accuracy
  - Consistency
  - Selection
- Ball Contact

## **Blocking**

- Purpose
- Hand and Block position
- Timing



## Attacking Systems

Purpose

Serve Receive offense

Transition offense

Setting Systems

## Defense Systems

Footwork

Principles of a defence systems

Court positioning

## Communication

How/when to communicate on court

# PLAYER SKILL PROFICIENCIES

- **Service** – Consistent accurate overhand float and topspin serve.
- **Setting** – Hand positioning, consistent and accurate setting. Set selection.
- **Spiking** – Ability to use correct footwork on spike approach. Use correct arm swing mechanics in the lead-up, contact and follow-through. Directional spiking. Reading the block, spiking through the block, tooling the block.
- **Receiving/Digging** – Consistent serve receiving. Accurate passing. Consistent spike/receive.
- **Block** – How to use correct footwork. Arm mechanics in the leadup, block contact and landing. Hand positioning during the block. Correct timing to ensure maximal block success.
- **Communication** – Match time communication. Building positive team dynamics

# NCC Fit PROGRAM

## SCHEDULE

### Term 1 - Week 1, 2 and 3

Fitness testing

During these three weeks, participants will be assessed on their current levels of fitness and strength to help create their individual goals for the year.

### Term 1

**Physical Fitness:** Students will enhance their cardiovascular endurance, muscular strength, and flexibility through boxing drills and exercises.

**Coordination:** Focus will be on improving hand-eye coordination, footwork, and overall body movement control.

**Discipline:** Emphasis on following instructions, adhering to training schedules, and maintaining proper form during workouts.

**Self-Confidence:** Engaging in challenging activities and achieving physical milestones will boost students' confidence levels.

**Resilience:** Learning to push through physical discomfort and setbacks will foster resilience and determination.

### Term 2

**Technique Refinement:** Students will refine their punching, blocking, and defensive techniques through structured drills exercises (*NO SPARRING*).

**Strategic Thinking:** Introduction to basic boxing strategies, including reading opponents, creating openings, and counter attacking through structured drills exercises (*NO SPARRING*).

**Focus and Concentration:** Developing the ability to maintain focus during training sessions and apply learned techniques effectively.

**Sportsmanship:** Emphasis on respecting others, following rules, and exhibiting good sportsmanship in training settings.

**Goal Setting:** Encouraging students to set specific fitness and skill-related goals and work towards achieving them throughout the term.

### Term 3

**Advanced Techniques:** Building upon previously learned skills, students will explore more advanced boxing techniques such as combinations, feints, and defensive movements.

**Endurance Building:** Intensified training sessions aimed at increasing endurance and endurance for longer training sessions.

**Mental Toughness:** Teaching students to stay composed under pressure, manage stress, and overcome challenges in both training and potential competitive scenarios.

**Teamwork and Leadership:** Collaborative exercises and group activities will foster teamwork skills, while opportunities for leadership roles within the program will be provided.

**Injury Prevention and Recovery:** Education on proper warm-up techniques, injury prevention strategies, and the importance of rest and recovery for optimal performance and long-term health.

## Term 4

**Performance Optimisation:** Fine-tuning skills and strategies for peak performance, focusing on maximising speed, power, and efficiency in boxing movements.

**Sports Psychology:** Introducing mental conditioning techniques such as visualisation, positive self-talk, and goal setting to enhance performance and mental resilience.

**Lifelong Fitness Habits:** Encouraging students to continue engaging in regular physical activity beyond the program, promoting boxing as a lifelong fitness pursuit.

**Reflection and Evaluation:** Providing opportunities for students to reflect on their progress throughout the year, evaluate their strengths and areas for improvement, and set goals for future development in boxing and overall fitness.

## Session Times

Group sessions will be of 60 min duration.

Group sessions will be conducted once a week

- Thursday before school, 7:15-8:15am

Breakfast items will be made available to students who need to refuel before school starts.

## Uniform requirement

Below are the compulsory uniforms for our training session.

- Youth Park 7 Jersey (for everyone),
- Womens Woven Pocketed Short
- Mens Woven Pocketed Short.

# DEVELOPMENT CURRICULUM

NCC Fit Academy players will have a strong focus on skill development on the three areas of fitness.

## **Cardio**

Low-impact workouts.

High-impact workouts.

Steady-state cardio.

High-intensity interval training.

Circuit training

Kettlebell training.

## **Strength & Conditioning**

In our strength and conditioning, we have two primary goals:

- The first is to improve students' performance, which will mean improving students' mobility, stability, strength, endurance, power, speed, agility, and performance.
- The second primary goal is to reduce students' injuries. To that end, we will design routines to strengthen body parts that are disposed to injury in a particular sport.

## **Boxing**

The program will help students improve every type of physical capacity: strength, power, coordination, aerobic fitness, anaerobic fitness, and endurance. Students will learn the basic skills of boxing including the boxer's stance, the jab, the cross, the hook, and the uppercut punches. As they progress through, they will be able to employ a combination of skilled footwork and punches together in close synchronisation.

## PLAYER SKILL PROFICIENCIES

- **Cardio** - build fitness levels and confidence according to their individual goals
- **Strength & Conditioning** - This program is to increase students' knowledge, skills, and abilities with three goals in mind:
  - Increase safety awareness.
  - Develop their abilities to supervise strength training and conditioning activities.
  - Provide an overview of the basic information needed to be effective as a strength and conditioning athlete.
- **Boxing** - The program will improve students' reaction time and increase their endurance.