



**WHITEFRIARS**  
CATHOLIC COLLEGE FOR BOYS



## SPORTS DEVELOPMENT PROGRAM



Whitefriars College is a member of the Associated Catholic Colleges (ACC) and competes in a variety of sporting competitions, where excellence is valued and all are challenged to achieve their best. As a College, we firmly believe that a student's participation in sport whilst at the College assists them in developing skills for lifelong learning.

The Whitefriars Sports Development Program provides opportunities to students for spiritual, social, intellectual, emotional and physical growth through collaboration that fosters positive and supportive relationships. It aims to empower young men to live with integrity through experiences, to be resilient, make decisions and take actions to promote their own health and physical activity.



*Excellence, Honour and Fairness in Student Activities*





**Vision**

Students involved in the Whitefriars Sports Development Program will have access to expert coaching, elite sporting facilities and fixtured interschool sporting competitions. The program has been designed, and timetabled, so that students train, compete and grow during school hours, allowing students the opportunity to remain involved in community-based competitions.

Through the expertise of our experienced and elite coaches, students will further develop their skills, knowledge and fitness specific to their chosen sports. Our coaching staff play an active role in providing feedback, guidance and support ensuring all students of varying abilities can achieve their best.

There is a focus on the individual through specialised programs, with an emphasis on long-term athlete development. We promote a holistic view which assists students in the balance of their sporting and academic ambitions in an encouraging educational environment.







## Program

The Sports Development Program is compulsory for all year 7 & 8 students, an elective at Year 9 & 10 and invitational at Year 11 & 12. Students are expected to participate in the program, as per the Whitefriars ACC Sporting Policy, when enrolling at the College. The Program takes place during the following times:

- Year 9 & 10 - Tuesday afternoons & Friday Mornings
- Year 11 & 12 - Wednesday afternoons
- Year 7 & 8 - Thursday afternoons

Below is a comprehensive list of weekly fixtured sports offered throughout the year in our Whitefriars Sports Development Program.

Football	Basketball	Cricket
Soccer	Hockey	Volleyball
Tennis	Table Tennis	Recreational Sport

In addition, the boys are encouraged to compete in Championship events after participating in House carnivals.

Athletics	Golf	Cross Country
Swimming	Badminton	Lawn Bowls

Whitefriars teams are transported to and from the various venues by College or Chartered bus.







### Affiliations

There is a strong sporting culture at Whitefriars College where we pride ourselves on our high standard of sportsmanship, respect and enjoy a healthy sense of rivalry and competition, against:

- CBC, St Kilda
- De La Salle College, Malvern
- Emmanuel College, Altona North
- Mazenod College, Mulgrave
- Parade College, Bundoora
- Salesian College, Chadstone
- St Bede's College, Mentone
- Simonds Catholic College, West Melbourne
- St Bernard's College, Essendon
- St Joseph's College, Ferntree Gully
- St Joseph's College, Geelong

Whitefriars College is also an affiliated member of School Sport Victoria and has many external sporting relationships with elite and community sporting organisations.



**LEAGUE**



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