



Monivae
College Hamilton

SPORTS ACADEMY

2023

PROSPECTUS

Principal's Welcome



Jonathon Rowe

PRINCIPAL

The Monivae College Sports Academy (MCSA) which launched last year is seeing incredible results already, so much so, the program is being expanded in 2023.

Initially specialising in cricket and basketball for Year 9 students, the 2023 intake will include year levels 7 to 10, and the extra sports of football, netball and swimming added.

Monivae College introduced an expanded curriculum in 2021, which not only included MCSA, but a new range of entrepreneurship subjects and other more specific subjects that are designed to encourage students to follow their hearts. We are very proud of all students who are finding their passion here at Monivae.

SELECTION PROCESS

Being selected to join the Monivae College Sports Academy (MCSA) is a simple two-step process.

STEP 1: Application

The selection process begins with an online application.

- Students NEW to Monivae College: [Click here](#)
- EXISTING students of Monivae College: [Click here](#)

STEP 2: Selection Trials

We have two days set aside to conduct the selections trials.

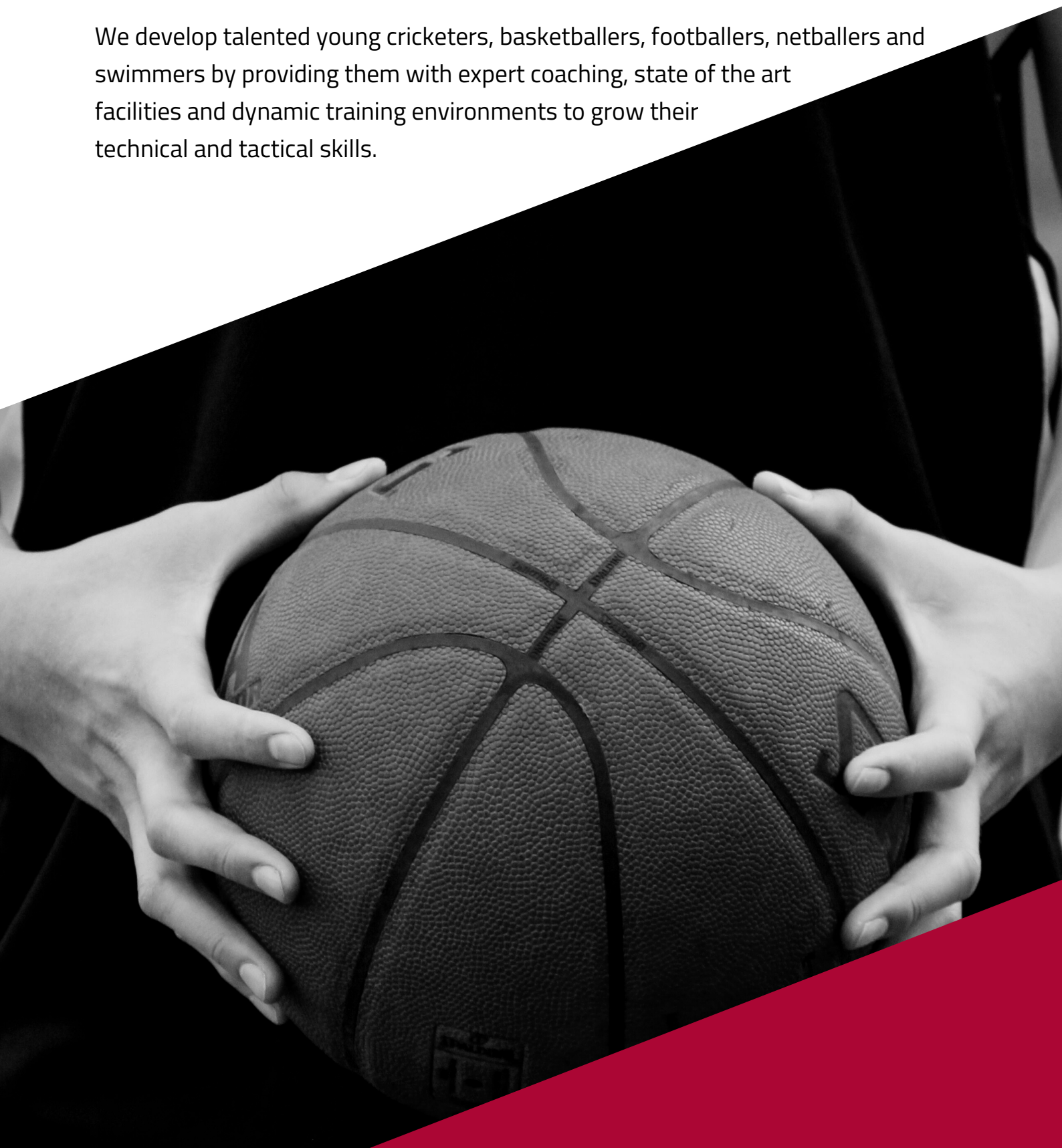
- July 7: Students entering year 7 or 8 in 2023
- July 8: Students entering year 9 or 10 in 2023

During the selection trials, students will perform a series of fitness tests with Federation University, as well as a number of sport specific drills and activities with the respective sport specific coaches

Achieving Athletic and Academic Potential

The MCSA supports and develops each individual student-athlete to reach their full potential athletically, academically and to embody the MSC values of love, positive relationships and compassion.

We develop talented young cricketers, basketballers, footballers, netballers and swimmers by providing them with expert coaching, state of the art facilities and dynamic training environments to grow their technical and tactical skills.



Excellence in all areas

Forging elite student cricketers, basketballers and swimmers, the MCSA develops the whole student as they receive their secondary education in an innovative and integrated approach.



Career Pathways

Beyond the court or field, the MCSA program is designed to create career pathways to the many associated industry fields including physiotherapy, psychology, dietetics, sports marketing, management & administration.



Elite Coaching

MCSA is committed to providing elite state, national and international level coaches, providing the same insight and experience that the professionals get



State-of-the-art Facilities

MCSA provides an elite high performance centre with its internationally acclaimed cricket hub, indoor stadiums, fully refurbished gym, 25m indoor heated swimming pool and mindfulness centre - [click here for a virtual tour.](#)



Athlete Development

Partnering with Federation University, MCSA provides student-athletes with the most effective training methods possible to develop strength, speed, power and to injury proof their body for the rigour of elite sport.

How does the MCSA work?

The **MCSA** is a full time integrated academic and sporting program for talented footballers, netballers, cricketers, basketballers and swimmers

- Open to Years 7, 8, 9 and 10 students in 2023, the MCSA program includes the sports of Football, Netball, Cricket, Basketball and Swimming.
- Each week, between four and seven lessons will be spent with the highly tailored MCSA program. Including;
- Working with a sport specific high-performance coach, developing technical craft and refining skill.
- Development work with an elite performance psychologist, dietitian, physiotherapist, podiatrist and other essential services to develop every aspect of athletic performance.
- Strength and Conditioning (S&C) work in the gym under the watchful of Federation University S&C coaches as students complete an individualised program.
- Additional training times with high performance strength and conditioning coaches available before or after school at the students convenience.