



SPORTS ACADEMY

Monivae College Hamilton

MEET THE COACHES

FOOTBALL

Daniel O'Keefe
Head of Football

- Former Assistant Coach for Carlton FC
- Former Carlton VFL Coach,
- Former Geelong Falcons Head Coach
- Former player Sydney Swans
- Warrnambool FC Senior Coach



Josh Rentsch
Football Coach

- 3 years SANFL with Sturt FC
- Coates Talent League U/18 Best and Fairest
- Former Captain of GWR Rebels
- Vic Country Rep



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More info at monivae.com



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CRICKET

Lachie Field
Head of Cricket

- Premier First XI cricketer for Geelong
- Former HDCA P.F.Christie Medallist



Craig Templeton
Cricket Coach

- Level 2 Aus Cricket coach
- Association representative coach
- Association Junior Coordinator and junior coach with over 7 years of junior coaching experience

More info at monivae.com



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NETBALL

Will Jamison

Head of Netball

- Australian Men's Netball player and captain
- Head Coach Netball Victoria Western Region Talent Academy
- Former Coach Hampden Interleague Open
- South Warrnambool Head Coach



Tegan Phillips

Specialist Coach

- Former Australian Diamond Netballer
- Commonwealth Gold Medalist
- Premiership Player and Vice-Captain with Melbourne Vixens

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SWIMMING

Andy Warren
Swimming Coach

- Current Melbourne Swim Club Development Coach
- Former Geelong Swim Club Head Coach
- 15 years experience coaching swimmers, including medallist at Australian Age Championships.



BASKETBALL

Zac Dunmore
Basketball Coach

- 4 Seasons in the NBL1 Southern Conference
- Current Player with Ballarat Miners
- Ballarat Rising Star Award in 2021

More info at monivae.com

MCSA Format



Year 7 & 8

- 2 periods per week working with a high performance coach
- 1 S&C session a week working with a specialist S&C coach developing fundamental movement patterns



Year 9 & 10

- 2 periods per week working with a high performance coach
- 2 S&C session a week working with a specialist S&C coach developing athletic potential
- One theory session a week working on performance psychology, nutrition, recovery protocols and Level 1 Sports Trainer accreditation



Year 11 & 12

- 2 periods per week working with a high performance coach
- Transitions to career focussed opportunities with Certificate II in Sport & Recreation

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