

La Trobe University Exercise Science Partnership with [Carlton FC](#)



Carlton FC have been a placement partner with La Trobe University since 2016. In that short time, almost 20 students have gained experience with the Sport Science team at Carlton FC, undertaking a range of roles and tasks including athlete monitoring using global positioning system (GPS), filming and coding of training drills, and assessing player wellness.

Madeleine Cavallaro and Justina Balch, both due to graduate from the Bachelor of Exercise Science at La Trobe University this December, began their placements with the club during pre-season in November 2016, and continued throughout the AFL competitive season until August 2017. Sam Ryan, Sport Scientist at Carlton FC, comments “As is the case with many interns, (Maddi and Justina) were quite timid at the beginning of their internship but grew in confidence and assertiveness as the season progressed.”

Both of these students went above and beyond what was required from a University perspective, completing well in excess of 200 hours with the club. Staff at the club describe both Maddi and Justina as very professional, punctual and competent, “showed great initiative and enthusiasm... and demonstrated humility and respect regarding their role within the club.” It is these qualities that enabled Maddi and Justina to be given extended positions with the club for the 2018 season as they “were just too good to let go.” They have also both been offered paid research assistance roles working with some members from the club.

Justina comments “Carlton FC didn’t hold back with giving me responsibility to work on projects for them on my own. The staff were incredibly friendly and helpful and I feel I have learnt and received invaluable experience for the future.” For Maddi, while she intends to pursue a Degree in Physiotherapy next year, she looks forward to when she may be able to return to the club as a practicing physio.

Carlton FC placements provides a unique experience for our Exercise Science students and we are very grateful for having this partnership with the club. The placement positions available with clubs like Carlton FC are highly sought after and attract a strong competitive pool of students vying for these positions.