



LA TROBE SPORT SCHOOLS PROGRAMS

ACKNOWLEDGEMENT OF COUNTRY



La Trobe University acknowledges our campuses are located on the lands of many Traditional Custodians in Victoria and New South Wales. We recognise their ongoing connection to the land and value their unique contribution to the University and wider Australian society. La Trobe University is committed to providing opportunities for Aboriginal and Torres Strait Islander people, both as individuals and communities, through teaching, learning, research and partnerships across all our campuses.

Wurundjeri
Melbourne
(Bundoora & City)

Dja Dja Wurrung
Bendigo

Dhudhuroa/Waywurru
Albury-Wodonga

Latji Latji
Mildura

Yorta Yorta
Shepparton

Gadigal
Sydney

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The La Trobe Sports Park

WHETHER YOU'RE PREPARING FOR AN UPCOMING CAMP, REQUIRE OFF-SITE LEARNING TO ENHANCE YOUR CURRICULUM OR NEED TO PLAN AN ACTIVITY DAY WITH NON-STOP FUN TO CELEBRATE THE END OF THE TERM, LA TROBE SPORT HAS A PROGRAM SUITED TO YOUR NEEDS.

With packages tailored to your individual requirements ranging from one to multiple days, we have more than 15 sport and recreation facilities to choose from across our world-class La Trobe Sports Park precinct and on-campus Sports Centres at both Melbourne and Bendigo campuses.

From high performance to active recreation, we provide a wide variety of programs and services directed to Primary and Secondary-age students to help you accelerate the learning and development of your students.



OUR FACILITIES



Our world-class sport and active recreation facilities at the La Trobe University are available for community hire.

Scan or click the QR code below to view the virtual tour of our sports facilities:



LA TROBE SPORTS PARK PRECINCT

The La Trobe Sports Park is not only a unique learning hub for students, but it also hosts major participation sports events, grassroots sport competitions and recreation opportunities. Whether you're looking to book a school sports carnival or a casual kick around for your class, the La Trobe Sports Park contains a wide range of premium indoor and outdoor sporting surfaces to cater for your school's requirements.



INDOOR SPORTS CENTRE

Our Indoor Sports Centre is based on the opposite side of the La Trobe University Bundoora Campus from the Sports Park. The Indoor Sports Centre contains a wide variety of active recreation facilities, including a fully-equipped gym, 25m heated swimming pool, functional training zone, reformer pilates studio, yoga and mindfulness studio, indoor courts, rock climbing wall and much more.



BENDIGO SPORTS CENTRE

Based at La Trobe University's Bendigo Campus, the Bendigo Sports Centre is home to a fully-equipped gym, reformer pilates studio and an indoor court.

Right next to the Bendigo Sports Centre is the Bendigo Campus Sports Field, which is available to the community to hire for competitions, training, events, social or general use.



HOW TO BOOK

Interested in booking one of our facilities?

To book a sports field or a facility at one of our sports facilities on campus, please scan or click the QR code and complete our Sport Facility Enquiry Form.

PLEASE NOTE: Completing this form does not guarantee your booking. A La Trobe Sport employee will contact you within two business days of receiving your request.



6th WATER SAFETY EDUCATION

Water Safety and survival skills are crucial for students to have before they leave school.

Our Water Safety program provides students with essential life skills, and helps students build a basic level of water safety knowledge and improve their confidence and ability in the water.

The La Trobe Indoor Sports Centre has a heated, five-lane, 25m pool to cater for your school's water safety and learn to swim program. We deliver the Royal Life Saving Society of Australia Swim and Survive Curriculum, which is aligned to the National Swimming and Water Safety Framework – the best way to achieve the national benchmarks for swimming and water safety.



Our pool is closed to the public between 9:00am – 12:00pm, which allows for exclusive access to the facility, including change rooms during program delivery. Our swimming and water safety programs cater to all ages and swimming abilities, cultural needs and backgrounds.



Our qualified instructors bring a breadth of experience in learn to swim, water safety education and lifesaving. They are passionate aquatic educators who will help set your students up for success before leaving school with an understanding and competence in the basics of water safety.



“CONCORD SCHOOL HAS WORKED COLLABORATIVELY AND EFFECTIVELY WITH LA TROBE SPORT FOR THE LAST FIVE YEARS. THE STAFF ARE ALWAYS PROFESSIONAL IN THEIR APPROACH AND MOST IMPORTANTLY, ENCOURAGE OUR STUDENTS TO TRY THEIR BEST AND HAVE FUN. THE WATER SAFETY PROGRAM IS VITAL FOR OUR STUDENTS AND IS ONE WE PARTICIPATE IN ALL YEAR ROUND AT LA TROBE. THE STAFF CONSISTENTLY PREPARE AND IMPLEMENT SESSIONS THAT ARE EXTREMELY ENGAGING AND ALLOW THE STUDENTS TO DEVELOP THEIR CONFIDENCE AND WATER SAFETY SKILLS.”

Rachael McKeown
Outdoor Education Teacher
Concord School

HOW TO BOOK

Interested in booking one of our Water Safety Programs?

Scan or click the QR code to fill out our Schools Programs Enquiry Form, and a member of our team will be in touch with you within two business days to discuss your booking requirements.



DIVERSITY & INCLUSION PROGRAMS

La Trobe Sport proudly facilitates sport and active recreation programs for all communities, with the aim to lower participation barriers and increase physical literacy and capabilities.

Importantly, we aim to foster belonging to encourage lifelong participation and positive health outcomes.

MULTICULTURAL PROGRAMS

La Trobe Sport is committed to providing culturally and linguistically diverse communities the opportunity to participate in instructor-led sport and active recreation programs. We do this through:

- Ensuring our staff are equipped with knowledge of the school and students' needs
- Fostering an inclusive environment through facility adaptation
- Ensure belonging through dedicated games, activities and experiences
- Leveraging our sport-partners to showcase different sporting codes and provide opportunity for hands-on learning

YOUNG WOMEN & GIRLS

At La Trobe Sport, we want to ensure all young women and girls are provided equal opportunity to engage in sport and active recreation. Whether your school has cultural and/or faith-based requirements, or simply wants to create a safe space for female students, La Trobe Sport can help facilitate this by:

- Rostering all female staff during program delivery
- Use of block-out blinds in health and wellbeing studios and aquatic facilities to ensure privacy during program delivery
- Closure of aquatic facility (including change rooms) to general public during program delivery
- Dedicated change rooms during program delivery at the Sports Park

“THE TEAM AT LA TROBE SPORT WERE CONSCIOUS OF PREPARING THEIR FACILITIES TO MEET THE NEEDS OF PARTICIPANTS ENGAGING IN THE PROGRAM. THIS INCLUDED FEMALE-ONLY STAFF AND INSTRUCTORS, AS WELL AS ENSURING PRIVATE SWIMMING AND GYM ENVIRONMENTS BY COVERING WINDOWS AND DOORS ACCORDINGLY. THE TEAM WERE ENTHUSIASTIC AND CONNECTED PROFESSIONALLY AND PERSONALLY WITH PARTICIPANTS, MAKING THEM FEEL WELCOME AND PART OF THE LA TROBE SPORT COMMUNITY.”

REHAM
Vice President
Saudi Students Association in Victoria

FIND OUT MORE

Interested in learning more about our Diversity and Inclusion Programs?

Please scan or click the QR code and complete our Schools Programs Enquiry Form.



SCHOOL ACTIVITY DAYS

Designed to complement your curriculum or celebrate the end of term, our school activity days are fun-filled days of sport and aquatics for all year levels.



Open to all ages and abilities, our Activity Days are a great opportunity to develop students' resilience, team-building and leadership skills, whilst having fun in an active recreation environment.

If you are looking to break up your term with a day out of the classroom, allow us to schedule an activity day unique to your needs. These days are typically delivered over 4-5 hours, with students participating in a range of activities at the Indoor Sports Centre and/or Sports Park. Our expert staff will work with your school to facilitate a day of jam-packed activity ranging from aquatics, rock climbing, scavenger hunts, ball-sports and plenty more.

Students will have the opportunity to challenge their own limits, put their competitive edge to the test or simply relish in a day of sport and active recreation.

If your school has a specific idea or theme you would like included in your activity, we are more than happy to work with you to achieve these. Activity days are a great option for single day-camps, multi-day camps, student retreats or leadership days.



“OUR SCHOOL ATTENDED THE LA TROBE INDOOR SPORTS CENTRE ACTIVITY DAY AS A YEAR 4 NON-CAMPERS EXCURSION. LA TROBE SPORT PROVIDED A FUN-FILLED DAY FOR JUST OVER 100 STUDENTS WITH WATER SPORTS AND DRY ACTIVITIES, INCLUDING TARZAN SWING ROPE, AQUATIC GAMES, TABLE TENNIS AND BASKETBALL. IT KEPT THIS GROUP OF STUDENTS AND STAFF ENTERTAINED FOR THE WHOLE DAY. IT WAS AN ENJOYABLE EXCURSION WITH STUDENTS ASKING IF WE COULD GO BACK THERE AGAIN THE NEXT DAY.”

Physical Education Teacher Testimonial
Epping Views Primary School

HOW TO BOOK

Interested in booking one of our School Activity Days?

Scan or click the QR code to fill out our Schools Programs Enquiry Form, and a member of our team will be in touch with you within two business days to discuss your booking requirements.



SCHOOL OUTREACH PROGRAMS

Outreach programs are a great way for schools to provide students the opportunity to get involved in sport and active recreation onsite and in the comfort of the school environment.

La Trobe Sport can bring incursions to you. From classroom based water-safety education including games and activities, to sport and active recreation carnival days, La Trobe Sport's Outreach Programs are a great way to complement learning, celebrate milestones or the end of school term. We will collaborate with your staff to design the ultimate experience for your students, notably;

- Your choice of program length e.g., half-day, full-day or recurring programs
- Adaptation of sessions to ensure all students are involved regardless of skills or abilities
- Provision of all necessary equipment to ensure a memorable experience

- Trained and passionate staff

Examples of Outreach Programs include;

- Water safety education incursions
- Carnival-style activity days including
- Mini-Olympics activity days
- Team building sessions

La Trobe Sport is also committed to supporting school community events, fetes and fundraisers with event activations, promotional giveaways and special offers to attend our community programs.



HOW TO HIRE US

Want us to come to your school to facilitate an on-site activity day? Or are you looking to provide your students with the opportunity to participate in a range of health, fitness and wellbeing programs?

Scan or click the QR code to fill out our Schools Programs Enquiry Form, and a member of our team will be in touch with you within two business days to discuss your booking requirements.



HEALTH, FITNESS & WELLBEING

Health, fitness and wellbeing are crucial elements to the physical and mental development of young people. If your school is looking to complement its physical education curriculum, La Trobe Sport can facilitate tailored sessions to meet the needs and interests of your students and school.

Our broad offering includes;

FITNESS CLASSES

High-energy, group circuit workouts using functional equipment including kettle bells, slam balls, battle ropes, plyometric boxes, TRX cables and more. Students will rotate between stations using modern interval training methods such as AMRAP (as many reps as possible), EMOM (every minute on the minute), and TABATA (timed intervals with short recovery times).

INTRODUCTION TO STRENGTH TRAINING

A focussed session teaching students the basics to compound exercises and movement patterns used in Olympic lifting, which are beneficial in developing strength, power and functional fitness. Classes take place in a structured learning environment, using squat racks, Olympic barbells and weights. This class has a strong focus on form and function, providing students with knowledge and understanding of strength training.

WELLBEING CLASSES

• **Reformer Pilates** – facilitated in our 10-bed studio, this class will introduce students to the basics of Reformer Pilates, with a focus on isolating muscles during specific movements such as lying, sitting and standing, whilst utilising the equipment add-ons such as straps, foot-bar and blocks to add to the movement challenges.

A popular choice for those looking to balance their health and wellbeing goals, Reformer Pilates is guaranteed to improve physical and mental wellbeing.

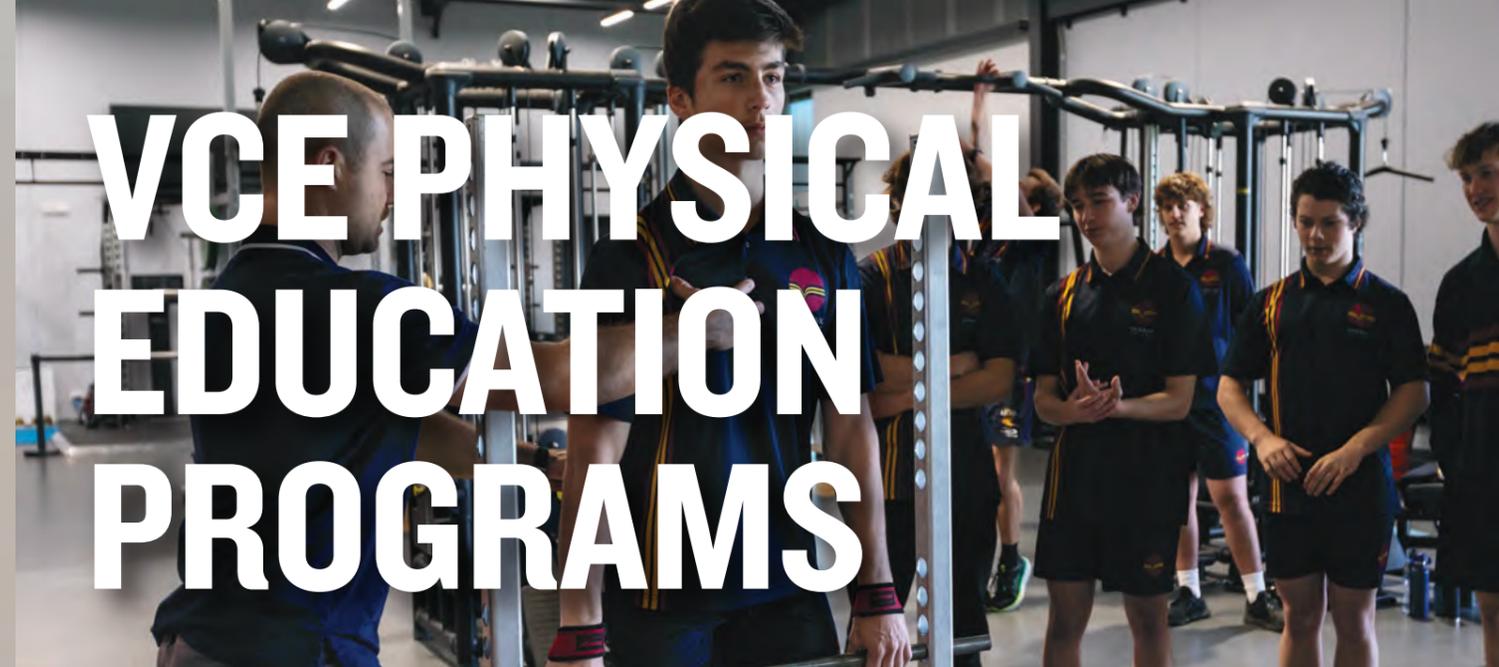
• **Mat Pilates** – a floor-based workout which involves performing body-weight exercises and movements, with a focus on developing muscular strength, flexibility, mobility and posture. These classes may be performed at both room-temperature and in a warm environment.

• **Yoga** – a mind-body workout using postures, breathing exercises and meditation to improve overall physical health (including flexibility, muscle strength, posture and mobility) as well as mental wellbeing. These classes may be performed at room-temperature and in a warm environment.

All classes are facilitated by qualified gym and/or group fitness instructors, and Level 1 Australian Strength and Conditioning qualified instructors.



HIGH PERFORMANCE SPORT PROGRAMS



VCE PHYSICAL EDUCATION PROGRAMS

ATHLETE TESTING (YEAR 7 - 12)

Enhance the training experience of your students or sports academy and test their athletic performance in our world-class Sports Performance Hub. Our athlete testing services provide your students with measures in strength and field performance-based tests for both individual and team-based sports. Take your teachings from the classroom to our Sports Park Stadium for the ultimate sport science experience.

DURATION
2 hours

MINIMUM NUMBERS
12 students or more

TOUR OF THE SPORTS PARK

Our Sports Park tours showcase the state-of-the-art indoor and outdoor sport research and performance facilities at La Trobe. Discover where innovation meets performance as your students explore where they may one day study a sport-related course or even train as an elite athlete.

MAXIMISING ATHLETE HEALTH AND MENTAL WELLBEING (YEAR 7 - 12)

The importance of health and mental wellbeing for athletes is crucial to ensuring their success. Hear from La Trobe's team of in-house academics and professional staff who work with Elite Athletes on a weekly basis in the areas of nutrition, sleep, recovery and athlete mental wellbeing. Our experts are ready to share their tips and tricks to help students understand the importance of living a happier and healthier life.

DURATION
1 hour including question time

MINIMUM NUMBERS
15 students or more

ELITE ATHLETE PRESENTATION

La Trobe University has over 150 elite athletes studying on campus and they love sharing their stories! Our athletes will take you on a journey as they share their sporting successes, challenges and all the ups and downs that come from juggling their sport, studies, work and life commitments.



WANT TO KNOW MORE?

Click or scan the QR code below to download our Secondary Schools High Performance Sport Schools Programs booklet:



1. EXERCISE PHYSIOLOGY LABORATORY

This laboratory will explore the characteristics of the three energy systems active during exercise, focusing on their interplay in relation to exercise intensity, duration and type.

Students will conduct hands-on activities, including VO2max tests to assess maximal oxygen consumption and evaluate endurance limits, and Wingate tests to measure anaerobic capacity. We will also explore the physiological factors contributing to fatigue under different conditions.

2. STRENGTH & POWER LABORATORY

This laboratory will examine athlete testing methods, including lower body power and the basic biomechanical factors of a jump.

Activities will include lower body power testing and vertical jump testing and examine the parameters involved in exercise programming to ensure specific performance gains are obtained.

3. THERMOREGULATION & HEAT TRAINING LABORATORY

This lab will examine how the cardiovascular system helps regulate body temperature, focusing on maintaining balance and managing conditions like hyperthermia and hypothermia. We will explore what happens to the body when exercising in the heat by completing bouts of exercise in an environmental chamber, before looking at some cooling strategies to enhance performance and offset exercise-induced fatigue.

4. BIOMECHANICAL PRINCIPLES LABORATORY

This laboratory will introduce you to two common biomechanical principles – velocity summation of body segments, and the speed-accuracy trade-off that exists within movement. Using video cameras and motion analysis software (Kinovea), we will investigate how these principles affect our technique during Australian Rules Football kicking and a basketball free-throw.



"THE VCE PHYSICAL EDUCATION/SPORTS LABORATORY SESSIONS AT LA TROBE ARE OUTSTANDING. THESE ENGAGING, HANDS-ON EXPERIENCES STRENGTHEN STUDENTS' UNDERSTANDING OF VCE KEY SKILLS AND KNOWLEDGE WHILE SHOWCASING THE PRACTICAL APPLICATIONS OF SPORTS SCIENCE. STUDENTS CONSISTENTLY FIND THE SESSIONS INSPIRING, GAINING CONFIDENCE THROUGH EXPOSURE TO ADVANCED FACILITIES AND CUTTING-EDGE TECHNOLOGY."

Royce Light
Senior School Leader
Macleod College

SHORT-STAY ACCOMMODATION

Book a short-term stay at La Trobe University's Bundoora campus for your next event or trip.

Whether you're organising a school camp, participating in a sports competition, arranging a study tour or hosting a conference at La Trobe, we have a variety of short-stay on-campus accommodation to ensure your visit is both comfortable and unforgettable.

HOW TO BOOK

If you're interested in staying with us on campus, please click or scan the QR code below and fill out the form underneath the drop down menu option of 'Sporting Groups'.

One of our team members will be in touch to discuss your options.



ACCOMMODATION & AMENITIES

Our buildings feature spacious rooms, communal areas for team meetings, and 24/7 dedicated staff to make your stay seamless and enjoyable.

Located just a short-walk away from our Indoor Sports Centre and the La Trobe Sports Park, our accommodation offers easy access to on-campus sports venues, training facilities and other recreational areas. Other amenities such as the Dining Hall, our food precinct and car parks are also within close proximity.



CATERING SERVICES

To keep your students fuelled and ready to take on the day, we offer comprehensive catering services including breakfast, lunch and dinner whilst catering for all dietary requirements.

Our catering partners, Peter Rowland Group, prepare a variety of meals tailored to meet the dietary needs of staff and students, ensuring that everyone is fuelled and ready for a big day of activities.



"AS THE ORGANISER OF A SPORTS EDUCATION PROGRAM FOR SECONDARY SCHOOLS IN HONG KONG, I SELECTED LA TROBE UNIVERSITY FOR COLLABORATION BECAUSE OF ITS OUTSTANDING SPORTS SCIENCE CURRICULUM. WE STAYED IN A NEWLY RENOVATED DORMITORY WITH SINGLE-ROOM ACCOMMODATION ON CAMPUS FOR A WEEK, GIVING THE STUDENTS A VALUABLE GLIMPSE INTO UNIVERSITY LIFE. OVERALL, OUR LEARNING JOURNEY AT LA TROBE WAS AN UNFORGETTABLE EXPERIENCE."

Wendy Lee

Former Programs Manager

Asian Academy for Sports and Fitness Professionals





**LA TROBE
SPORT**

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