

FC11, in Collaboration with NSW Combined High Schools Football Teams 2016

Firstly to give you some context, FC11 is an organisation that engages in the design of sports specific education and the delivery of Vocational Education level opportunities for students wishing to pursue a career in sport, fitness and recreation. We currently educate through four different Sports – Football, Rugby League, Cricket and Netball and in three different states – QLD, NSW and VIC.

The courses have been designed in consultation with sporting industry experts to meet the demands of modern day high performance sport and its associated career opportunities. The program merges sports science, coaching methodology, high performance training, professional and academic development, mentoring by current professional athletes and business theory.

Our mission is to create a ‘best practice’ applied high performance model that embraces a holistic approach to athlete development, supported by the latest methods, processes, protocols, facilities and personnel by which our student athletes can achieve their optimal potential.

This leads us to our partnership with NSW CHS. As part of our educational program, FC11 provides students with valuable industry experience by placing them in realistic opportunities where they can develop the skills they need to progress into a career in sport or the wider work force.

FC11 began this partnership with NSW CHS late last year by sending two students to the 2015 Pacific School Games in Adelaide, to assist both the boys and girls NSW All Schools high school and primary school teams. The FC11 students assisted at training sessions and camps in the lead up, roles included setting up warm ups, pre-game strapping, cool downs & stretching, providing ideas and advice when asked by coaches/managers. These students then went on to assist at the games in Adelaide competing against all the other states and some countries in the Pacific in a football tournament. It was a great opportunity for FC11 students to not only gain coaching experience at a high level, but also to have access to the Event Management side of sport being able to network with industry experts.

In 2016, FC11 has been able to grow its’ partnership with NSW CHS by providing the opportunity to more students in the tournaments that lead up to the Australian All Schools competition. Firstly our campus in Newcastle provided 10 students to be allocated to each team competing in the NSW CHS Boys Championships held in Tomaree. These students were engaged in the same roles as previously mentioned and were able to help team



coaches/managers immensely throughout the tournament. Our Sydney campus then provided another 10 students to assist in the same role at the NSW CHS Girls Championships held in Manly.



This then lead to the NSW All Schools competition held at Valentine Sports Park, the home of FNSW and also FC11. We were able to provide 4 students who were allocated to the NSW CHS boys and girls' firsts and seconds' teams. Again this provided an amazing opportunity for our students to network and gain valuable experience they will use in future endeavours. Some encouraging feedback

was received by FC11 by one of the coaches who was assigned an FC11 assistant stating "During the two days she was able to quickly create a rapport with the coaching staff and the players. Her input to scouting was invaluable and her approach was honest and concise. I couldn't recommend her highly enough to any future employer and she is a credit to your organisation and herself."



This partnership between FC11 and NSW CHS has proven to be mutually beneficial to all parties involved. The next step for 2016 is to provide two of FC11's most outstanding students to be involved in the lead up training with the boys and girls NSW All Schools teams. They will then travel to Perth with them for the 2016 Australian All Schools Football Championships, to again gain valuable experience at such a high level.

FC11 would like to thank NSW CHS for our strong partnership and all opportunities involved so far, and we look forward to growing together in the years to come.