



Vinnie Newsletter



Week 1 - 5

Welcome back to 2020 in what has been a massive start for the Vincentia Academy. We began with re-registering members from 2019, also welcoming the new Year 7 cohort. Our cottage also had a make-over, re-arranging furniture, the fit out and installing our Honour Board, which showcases our best alumni, leaving a wonderful legacy behind for younger academy members to aspire to. Academy operations kicked off early in Week 2. The goal of getting lads back into routine with training twice a week and attending afternoon sessions as soon as possible. Participating in at least two consistent activities is fundamental in building strong relationships and creating positive lifestyle choices. Everything we do as an Academy has a purpose, whether it be small or large and is guided by the Foundations Six Pillars; Education, Sport, Employment, Partners, Well-Being and Leadership.

Training Tuesday/ Friday's 7am



Training this year has been a real highlight for our academy, with at least 30 kids in attendance, beating the alarm clock and creating and sustaining good habits. This terms' focus has been on team building and having as much fun as possible keeping it fresh and vibrant to keep the boys coming back week after week. Our sessions on Tuesday are footy based on the bottom field of the school and Fridays are down the beach with team activities. Everyone is welcome to join if you feel like getting some training under your belt!

Afternoon Activities



This years' Monday & Wednesday afternoon activities has been a variety of activities ranging from tennis and mountain biking with the juniors on Wednesday and hitting the gym with the seniors on Mondays. Afternoon activities gives us an opportunity to spend time with lads, have fun, and strengthen the relationships we have. Activities are structured and well planned out in advanced with a purpose behind everything we do. Teaching staff or school community are more than welcome to join, giving those who are not early birds the opportunity to join in on the fun!

NRL Resilience Project



We were lucky enough to have the NRL Resilience project come along to the academy and give a presentation to members. The lads were fortunate enough to meet with two St George Illawarra Dragons players Tyran Wishart and Luke Gale. The group took away with them a 21 day resilience journal, which consists of content created by NRL players in regards to resilience and how they became professional footballers.

Player Profiles

PLAYER PROFILE
Liam Anderson



DOB - 27/03/2002

Favourite sportsman - Luke "the general" Pattern

Academy I'd like to visit - SA

Hobbies - Football, Gym & MMA

Dream job - Army


AKA - Dundee

Liam Anderson – Liam is one of our best academy members we have here at Vincentia. Liam is always up to any task given to him, turns up at every morning training and is willing to help out where needed and called upon. Liam also has the highest class attendance rate in the academy which is great to see from one of our older boys.

AKA - Caleb

Caleb Saunders – Caleb is one of our new energetic year 7 academy members, he has not missed a training run thus far and is a pleasure to have around the room during the breaks. Caleb also joined in on morning training runs whilst he was in year 6 at Sanctuary Point, turning up with us then getting dropped off at school for the day.

PLAYER PROFILE
Caleb Saunders



DOB - 11/05/2007

Favourite sportsman - Andrew Ryan

Academy I'd like to visit - Cairns

Hobbies - Football

Dream job - Construction

PLAYER PROFILE
Drai Cowan



DOB - 25/09/2007

Favourite sportsman - Greg Inglis & Cody Walker

Academy I'd like to visit - Darwin

Hobbies - Bodyboarding, Football, Ocean & AFL

Dream job - Work with Aboriginal youth

AKA - Dr DRE

He is a pleasure to have around the room whilst smiling everywhere he goes. Drai has a great attitude towards his education thus far at high school and we can't wait to see the progress this fella makes throughout his time with us at VHS.

Coming Up this Term

WEEK 6	2 Afternoon Activity!	3 Morning Training 7am Toastie Tuesday	4 Adventure Wednesday! Moruya Cricket Camp	5 BRA Time	6 Morning Training 7am Didge Academy	7	8
WEEK 7	9 Afternoon Activity!	10 Morning Training 7am Toastie Tuesday	11 Fox Sports Visit Sydney	12 BRA Time	13 Morning Training 7am Didge Academy	14	15
WEEK 8	16 Afternoon Activity!	17 Morning Training 7am Toastie Tuesday	18 Adventure Wednesday!	19 BRA Time	20 Athletic's Carnival	21	22
WEEK 9	23 Afternoon Activity!	24 Morning Training 7am Toastie Tuesday	25 Adventure Wednesday! Super Training	26 BRA Time	27 Morning Training 7am Didge Academy	28	29
WEEK 10	30 Afternoon Activity!	31 Coast to Capital Cup	1 April Adventure Wednesday	2 BRA Time	3 Morning Training 7am Didge Academy	4	5
Week 11	6	7 Morning Training 7am Senior South Coast Team Sydney	8	9	10 Morning Training 7am	11	12

International Woman's Day
Friday 6th March
Lunch in the Clontarf Cottage
Everyone is Welcome



Director: Jermaine Packer
m: 0407 345 132
e: jermaine.packer6@det.nsw.edu.au



Operations Officer: Harley Grundy
m: 0429 889 701
e: harley.grundy3@det.nsw.edu.au



Director: Taylor Betts
m: 0448 281 208
e: taylor.betts3@det.nsw.edu.au



Operations Officer: Carl Planicka
m: 0447 783 041
e: carl.planicka2@det.nsw.edu.au

