

At Dromana College we continuously nurture the talents of our aspiring sportsmen and women. School sport provides students with the opportunity to make new friends, work in a team as well as enjoy themselves by participating in competitions.

Dromana College competes vigorously in all sports. While we strive for victory and regularly achieve at state level student participation and enjoyment is even more important. All students can enjoy sports such as athletics, equestrian, football, cricket, hockey, basketball, table tennis, badminton, swimming, cross country, and tennis.

The excellent results each year are the direct consequence of the enthusiasm of our students, the efforts of our coaches and the outstanding facilities of the school. The location of the college offers students the opportunity to participate in a range of other sports and recreational pursuits including surfing, equestrian and golf.

Participation in sport within any school framework is, and will always be integral to the whole education process.

Our intra college sports are structured around a house system, where students represent and compete for their house in the major sporting carnivals. Each student at Dromana College is allocated one of our four house colours:

- Red
- Blue
- Yellow
- Gold

Three annual house events are run throughout the year: swimming, cross country and athletics. The results from these carnivals form our division teams.

The annual Athletics Carnival is held in Term 2 each year at Ballam Park in Frankston

The annual Swimming Carnival is held in February when the college is abuzz with excitement. An entire day of classes is given up for the annual swimming carnival. Swapping our summer dress, shorts and shirts for sporty colored clothes we all take to the pool for swimming, sliding and cheering. The Pines Forest Swim Centre had never seen such an athletic team! The action never stops as the staff keep events moving.

Many blue ribbons are won ? the winners are grinners! Others enjoy participating for fun, cheering and taking in the warm summer sun. The cross country is the only carnival held at school. Each and every student completes the 2.2km course.

The Dromana College Cycling Program teaches students valuable skills and knowledge about cycling and racing, improves student levels of fitness and engenders positive experiences. The students undergo an extensive training regime tailored for the individual needs and are required to maintain detailed training logs containing information such as duration, intensity and effort using technology such as heart rate monitors, ergo trainers and computer controlled power output monitors.

The students also study the different dietary requirements for training, endurance and racing. Other areas of study include the human body with regards to growth, muscle development and injury prevention, navigational skills, environmental awareness and riding skills.

The cycling team participates in various events across Australia including the Australian National Mountain Bike Series, Human Powered Vehicle RACV Energy Breakthrough challenge in Maryborough and many local events.

Term 1	Term 2	Term 3	Term 4
Cricket	Soccer	Basketball	Equestrian

Tennis

Badminton

Table Tennis

HPV

Golf	Football	Futsal	Cycling
Volleyball	Netball	Hockey	Surfing
Softball	Cross Country	Athletics	Aerobics / Cheerleading
Baseball	Athletics		
Swimming			

**PLEASE CHECK THE CALENDAR FOR MORE DETAILS REGARDING
INTERSCHOOL SPORTING EVENTS**