



St Catherine's School
EST. 1896

she is

STRONG

Sports Centre Proposal



Change the Game

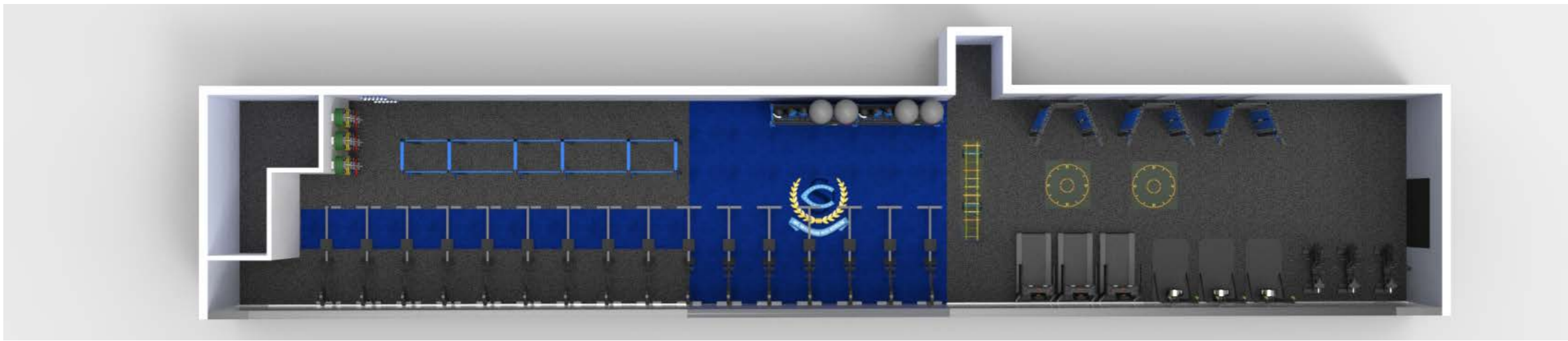
Schools have a unique opportunity to not just successfully deliver Physical Education lessons and inspire through sporting programs but to create a culture in which being active is valued and admired.

Creating a culture of participation is instrumental to the success of St Catherine's Sport. We know that if girls are physically active they will be healthier, happier, have higher self-esteem, body confidence, and achieve more.

At St Catherine's, we aim to 'change the game' for our girls by lifting the sporting landscape, enabling a positive experience and engaging girls in sport.

Following the successful completion of The Jamie & Rebecca Gray Theatre, the next phase of the redevelopment of the Dorothy Pizzey Centre will provide a contemporary indoor sports court, a dedicated High-Performance Training Studio, inclusive of a fit-for-purpose ergometer training area, and a Little Gym, housing our PMP & Tumbling programs for the enjoyment of our younger students.





Proposed Strength & Conditioning Studio Floor Plan

The St Catherine's Sports Centre will serve as a training hub for our athletes, to inspire, develop and build their physical capabilities. Whether she is running, jumping, swimming, skiing or rowing, we aim to lift the athleticism of our students, improve their physical skills and graduate young women who value physical activity throughout their lives.

As the signature space in the Sports Centre, our High-Performance Training Studio will provide a unique facility enabling young athletes to explore their sporting potential. With the ability to deliver tailored strength and conditioning training programs to support athletes in their chosen sporting pathways, the High-Performance Training Studio offers an individual, crew and team training venue.

“Practice creates confidence. Confidence empowers you.”

SIMONE BILES





Little Gym

The newly refurbished Sports Centre will increase participation opportunities for all St Catherine's students. Located in the Sports Centre will be the new custom-designed Little Gym, housing our PMP & Tumbling programs tailored for our ELC children and young Barbreck girls.

Through positive early childhood experiences in activity, our young children enhance their physical capabilities, build self-confidence, teamwork and activate rapid cognitive development through their understanding, application and mastery of skills. Learning the basic fundamentals of strength, balance and coordination provides opportunity for children to acquire not just physical abilities but social and emotional skills that will be a compass for their future.

“Jump off the beam, flip off the bars, follow your dreams and reach for the stars.”

NADIA COMANECI



Sports Court

The newly refurbished Sports Court will enable participants in the GSV Netball, Basketball and Badminton competitions to enjoy a new indoor training and match court.

St Catherine's girls flourish in the team environment and enjoy the camaraderie, development of tactical skills and commitment to others that such involvement enables. A newly refurbished court venue will reinvigorate their participation, enhance their enjoyment of playing and foster the benefits of team work.

“I've never scored a goal in my life without getting a pass from someone else.”

ABBY WAMBACH





“The success of every woman should be her inspiration to another.”

SERENA WILLIAMS

Nurturing Talent

St Catherine's School has enjoyed a long history of sporting success, and is credited with nurturing talented young sports women to achieve at state, national and international competitions.

The Sports Centre will reflect the high-standard of competition St Catherine's is renowned for, providing premium facilities for student athletes to finesse their skills and enjoy their training.

Our high-performance training environment will monitor, track and elevate our athletes to maximise their performance and motivate them to continually strive for excellence.

Housed within the Sports Centre will be the St Catherine's Athlete Development Academy. A platform for aspiring female athletes to further develop their sporting abilities through individualised sport-specific training programs and a suite of athlete education services including sports psychology, nutrition, recovery and injury prevention, time management and goal setting.



“The advantage of St Catherine’s Sports program is the connections between coaches and students is really special and individualised. You can really get the best out of yourself.”

EMILY SUTHERLAND
(CLASS OF 2019)

Rowing Scholarship
Student, UCLA



“The skills I developed through training and competition at St Catherine’s have allowed me to improve my performances and compete at State and National levels for Snowsports and Swimming.”

MADELEINE HOOKER
(CLASS OF 2022)

Snowsports State
& National Champion

Western Melbourne
Propulsion, Swim Team

VICTORY

Our SHE IS STRONG campaign calls on our loyal supporters to champion our pursuit of a thriving sports hub for our female athletes and complete Phase Three of St Catherine's redevelopment of the Dorothy Pizzey Centre.

In 2022, our aim is to raise a minimum of \$1million towards the total cost of \$2.4 million for the re-imagined Sports Centre. Every gift has an impact. However, lead gifts place the redevelopment on the starting blocks without supplementary income required from the School.

The 'ATHLETICAE' Wall will acknowledge the generous support of our philanthropic community. Donor names will be represented by size of gift to reflect the commitment our

generous donors have made to empowering every St Catherine's girl to be strong in their pursuit of fitness and lifelong health.

SHE IS STRONG also articulates our commitment to a St Catherine's Athlete Development Academy, dedicated to extending both the sporting and academic capabilities of our female athletes to ensure every St Catherine's student reaches her personal potential in sport.

Through your support of St Catherine's Building Fund, we will transform the Dorothy Pizzey Centre into a dedicated high-performance fitness studio and sporting centre that greatly extends the athletic capabilities of our girls.



TRIUMPH

Our Strategic Plan for Redevelopment of the Dorothy Pizzey Centre

St Catherine's Sports Centre forms Phase Three of the redevelopment and ongoing renewal of our School campus, providing an exceptional new hub for our Sports program.

For further information about the Sports Centre project and naming opportunities, please contact Advancement Manager, Ms Kathy Hines via email foundation@stcatherines.net.au or phone +61 3 9828 3032.



PHASE 1 COMPLETED

Redevelopment of the Epstein and Myer Studio in the Frank Osborn Centre.



PHASE 2 COMPLETED

Construction of The Jamie & Rebecca Gray Theatre.



PHASE 3

Redevelopment of the Dorothy Pizzey Centre to create the St Catherine's Sports Centre.



PHASE 4

Redevelopment of the Wintergarden servicing the new Sports Centre and Performing Arts precinct.



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