

ST DOMINIC'S COLLEGE
FOOTBALL PROGRAM



DEVELOPING PLAYERS | SHAPING FUTURES

**THIS IS MORE THAN FOOTBALL,
THIS IS COMMITMENT, GROWTH,
AND EXCELLENCE
ON AND OFF THE FIELD.**

FOOTBALL PROGRAM



ABOUT THE ST DOMINIC'S COLLEGE FOOTBALL PROGRAM

A new and exciting era in elite football has commenced at the College, marked by a renewed vision, expert leadership, and a clear commitment to excellence. This next phase of the St Dominic's Football Program represents more than a sporting initiative - it reflects the College's ongoing dedication to providing students with exceptional opportunities for personal growth, skill development, and holistic formation.

Under the leadership of highly respected coach Mr Ben Gough, the SDCFP brings a wealth of experience, professionalism, and proven success in developing young athletes. His appointment signals the College's strong commitment to delivering a contemporary, high-performance football environment aligned with best practice across New South Wales and beyond.

A Holistic Approach to Football Development

The St Dominic's College Football Program (SDCFP) has been carefully designed to support the complete development of each student-athlete. While technical excellence and performance outcomes remain important, the program is equally focused on nurturing character, resilience, discipline, and leadership-qualities that serve students both on the field and throughout their lives.

Students participating in the Program benefit from a structured and individualised development pathway, which includes:

- **Personalised skill and position-specific training**
Each student receives tailored coaching aligned to their individual strengths, positional requirements, and developmental goals. This ensures meaningful progress and maximises each player's potential.
- **Strength and conditioning coaching**
A professionally guided strength and conditioning program supports physical development, enhances performance, and promotes safe training practices appropriate to each stage of growth.
- **Individual player screening and injury prevention**
Regular performance screenings assist in identifying areas for improvement while supporting injury prevention. This proactive approach ensures students can train and compete safely and sustainably.
- **Referee and coaching accreditation pathways**
Students are provided with opportunities to gain formal accreditation in refereeing and coaching. These pathways broaden their understanding of the game and equip them with valuable leadership and vocational skills.
- **Specialist goalkeeper coaching**
Goalkeepers receive dedicated, position-specific coaching to develop the technical, tactical, and psychological skills unique to their role.
- **Sports psychology and nutrition education**
Students learn the importance of mindset, focus, preparation, and recovery, alongside education in nutrition to support optimal health, well-being, and performance.



FACILITIES AND TRAINING ENVIRONMENT

Students train in a structured and professional environment using College facilities and specialist equipment designed to support skill development and physical performance.

Training sessions are carefully planned to maximise development while ensuring balance with academic commitments.

EXPECTATIONS OF STUDENT-ATHLETES

Students participating in the Football Program are expected to demonstrate:

- Commitment to training and development
- Respect for coaches, staff, and teammates
- Positive sportsmanship and attitude
- Responsibility in balancing academic and sporting commitments
- Pride in representing the College

These expectations reflect the values and standards of the College community.

HOW IS THE PROGRAM RUN?

The SDCFP will run within the normal school timetable for 2027 for Years 7, 9 and 10. Year 7 students will be offered four periods of training per fortnightly cycle.

Students in Year 8, 2027 training occurs outside of regular school hours.

Year 9 and 10 students will be offered 6 periods of training as an elective.

The SDCFP will look for opportunities to expand competitive matches against our partner schools and enter competitions throughout the year.

WHAT ATTRIBUTES ARE WE LOOKING FOR IN THE TRIALS?

We are looking for students who are passionate about football and work well as part of a team. Preference will be given to students who have football experience and meet the behavioural expectations associated with enrolling at a Catholic School.



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WHAT BENEFITS DOES MY SON RECEIVE FOR BEING IN THE FOOTBALL PROGRAM?

Participation in the Football Program at St Dominic's College provides students with a comprehensive and structured development experience that extends well beyond regular school sport. The program is designed to support each student's growth as both an athlete and a young person, delivering meaningful benefits across performance, well-being, and personal development.

Professional Coaching and Individual Development

Students receive expert coaching led by experienced and qualified staff, including Program Director Mr Ben Gough. Training is tailored to each player's position and stage of development, ensuring personalised feedback and clear pathways for improvement.

Improved Physical Fitness and Athletic Performance

Through structured strength and conditioning sessions, students develop speed, strength, endurance, and agility. These programs are designed to support safe physical development while enhancing overall athletic performance.

Injury Prevention and Athlete Care

Individual player screening and education in injury prevention, recovery, and physical preparation help students remain healthy and perform safely. This proactive approach supports long-term participation in sport.

Education in High-Performance Habits

Students gain valuable knowledge in sports psychology, nutrition, preparation, and recovery. These lessons help students develop discipline, focus, and habits that support both sporting and academic success.

Leadership and Accreditation Opportunities

Students have access to referee and coaching accreditation pathways, providing valuable qualifications and leadership experiences. These opportunities help build confidence, responsibility, and communication skills.

Personal Growth and Character Development

Participation in the Program strengthens important personal qualities such as resilience, teamwork, accountability, and perseverance. These attributes support students in all aspects of their lives, both during and beyond their time at the College.

A Professional and Supportive Environment

Students train in a structured, positive, and encouraging environment where they are supported to reach their full potential. The Program promotes pride in representing the College and fosters a strong sense of belonging.

WHEN WILL TRIALS BE HELD?

To be eligible to trial for the SDCFP, you are required to complete the online Enrolment Application first.

Following on from the completion of your Enrolment Application, a Registration to Trial email will be sent to you. This email will be sent to parents on Monday, 30 March 2026.

Details for the Year 7 2027, SDCFP are as follows:

Date

Saturday, 2 May 2026

Time

3:00pm - 5:00pm

Trial Venue

SDCFP Oval 3, St Dominic's College - 54-94 Gascoigne Street Kingswood.

What to wear/bring

Please wear plain sports attire and bring water. Shin pads and football boots are mandatory. Students will not be permitted on the pitch without shin pads.

ACCEPTANCE INTO THE SDCFP

Please be aware that places are limited for the Year 7 2027 SDCFP. Parents will be notified of acceptance into the Program by email.

As you have already applied for enrolment at St Dominic's College and been interviewed, we will notify you of the outcome of the trial via email. This may include Accepted, waitlisted and unsuccessful candidates.

If you are on our enrolment waitlist, have submitted an Application for Enrolment form but not yet been interviewed, you will be invited to interview with one of our College Leadership Team.

WHO CAN APPLY FOR THE ST DOMINIC'S COLLEGE FOOTBALL PROGRAM?

For the 2027 school year, the Program is open to students who will be entering Year 7 2027 at St Dominic's College.

Students in Year 7 will participate in the SDCFP instead of studying the optional STEM course.

Students are required to undertake trials and upon selection MUST be an enrolled student at St Dominic's College to be a part of the Year 7 SDCFP.

The SDCFP Subject will consist of regular timetabled lessons, as well as provide the opportunity to be involved in any future football experiences – tournaments, trips, and curriculum beyond Years 7, 8, 9 and 10.

Please be aware that there are currently no places available for the Years 8, 9 and 10 Programs.



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REGISTRATION TO TRIAL FOR 2027 IS NOW OPEN

STEP 1 - COMPLETE THE COLLEGE ONLINE ENROLMENT APPLICATION

In order for your son to participate in the SDCFP trials, you must complete the online St Dominic's College Enrolment Form first and pay the Application to Enrol Fee of \$120. Please note that the Application for Enrolment Fee is non-refundable.

Online enrolments can be done by visiting our website: www.stdominics.nsw.edu.au/enrolment/ and selecting 'Enrolment Application'.

STEP 2 - SELECT YOUR INTEREST IN THE SDCFP

When completing the Enrolment Application, select the box indicating your interest in the St Dominic's College Football Program.

STEP 3 - REGISTRATION TO TRIAL FORM

After completing your online Enrolment Application Form and paying the Application for Enrolment Fee of \$120, you will receive a link to the SDCFP Registration to Trial Form. This link will be sent by email on Monday, 30 March 2026.

STEP 4 - COMPLETE AND SUBMIT THE REGISTRATION TO TRIAL FORM

Please complete the SDCFP Registration to Trial Form and hit submit.

ST DOMINIC'S COLLEGE FOOTBALL PROGRAM PARENT INFORMATION EVENING

A Parent Information Evening will be held during Term 3, 2026 for new enrolling SDCFP students. Parents will be notified of dates and details at the end of Term 2 by email.

IF SUCCESSFUL, HOW MUCH DOES IT COST TO BE PART OF THE ST DOMINIC'S COLLEGE FOOTBALL PROGRAM

The cost of the SDCFP is \$1000 per annum per student in addition to the standard St Dominic's College fees. Students receive a SDCFP branded training kit as part of the Program. Football boots are not provided.

Extra-Curricular activities will be at additional costs. Students may also be ineligible to participate in the SDCFP or additional activities if current fees are not up to date. Please be aware that if you son is selected for representative football, for example PDSSSC, he will be required to purchase and wear the St Dominic's College Representative Kit. This will be an additional cost to the Program.

In order to participate in the SDCFP, you must also be an enrolled student at St Dominic's College.

WHAT PLAYING AND TRAINING KIT WILL MY SON RECEIVE?



Training Tee x 1 (Front)

Training Tee (Back)

Socks x 1 Pair

Socks (Back)

Training Shorts x 1 Pair

WHO IS THE SDCFP HEAD COACH?

Mr Ben Gough is an accomplished football coach and Technical Director at Nepean FC, with extensive experience across elite youth development and representative football. He previously led the women's program at Mt Druitt Town Rangers FC to a Championship and promotion to the top-tier NPL1 competition, followed by a top-four finish and Sapphire Cup Final appearance.

He has also held representative coaching roles with Football NSW and technical leadership positions across academy and school-based elite programs. A former Australian Schoolboys Captain and National Premier Leagues first-grade player, Mr Gough brings exceptional experience and leadership to the Football Program at St Dominic's College, supporting the development of student-athletes in a professional and high-performance environment.



CAN WE WITHDRAW FROM THE PROGRAM?

Yes, but the annual SDCFP Fee for the current year will be forfeited.



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