

HORSHAM COLLEGE

AFL ACADEMY

PERSONAL LEADERSHIP PROGRAM



*Showing and valuing:
Care | Commitment | Character | Collaboration*



INTRODUCTION

- The AFL Academy Program is an exciting addition to our SEALP and Peak Performance select entry programs. It is open to all students in years 7-12 who have a passion for Australian Rules Football.
- The vision of the Sports Academy is to provide specialist sports coaching, together with leadership and personal development activities to maximise the development of the whole student, whilst creating an educational pathway from years 7-12.
- The Academy also aims to stimulate student contributions to their learning and the desire to stay at Horsham College as a positive College community member.



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AIMS

- Develop skills, knowledge and understanding of Australian Rules Football
- Promote and enhance self-development, leadership, self-discipline, goal setting & time management through team participation and other leadership programs
- Expose students to high performance strength and conditioning programs and the latest in fitness techniques.
- Provide opportunities for students to maximise their development and facilitate students to participate in football pathways
- Provide clear senior school pathways in the sporting field including VCE, VCAL and VET sport and recreation certificates.



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YR 7/8 PROGRAM

- Will operate as part of students Core PE/Health classes
- 8 periods per fortnight – 6 practical / 2 theory

Year 7	Year 8
<p>Essential Core PE/Health topics (Same as mainstream)</p> <ul style="list-style-type: none"> • Swimming, striking/net wall games, self image, emotions and bullying, sexual health (puberty), drugs 	<p>Essential Core PE/Health topics (Same as mainstream)</p> <ul style="list-style-type: none"> • Swimming, striking/net wall games, Physical Health, Mental Health, Sexual Health (Relationships) drugs (performance enhancement)
<p>AFL incorporated curriculum</p> <ul style="list-style-type: none"> • AFL minor games concepts • Invasion Games (All AFL focus) • AFL skill development • Fitness (AFL strength & Conditioning concepts) • Nutrition basics and Sport specific 	<p>AFL incorporated curriculum</p> <ul style="list-style-type: none"> • AFL skill development • Game Sense concepts • Fitness (AFL strength & Conditioning concepts and testing)



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YR 9/10 PROGRAM

- Will operate as an elective full year stand alone subject
- 8 periods per fortnight – 6 practical / 2 theory

Year 9	Year 10
<p>Theoretical Concepts</p> <ul style="list-style-type: none"> • Goal Setting (SMART goals) • Training Principles • Training Program design • Values – what are they? What do they look like? • Leadership 	<p>Theoretical Concepts</p> <ul style="list-style-type: none"> • Leadership/Community involvement • Sports Nutrition (AFL specific) • Sports Psychology • Coaching • Skill / Game Analysis • Injury Prevention
<p>Practical Concepts</p> <ul style="list-style-type: none"> • Skill development continued • Game Sense / Small sided games / drills • Strength & Conditioning / Fitness • Strategy and Tactics • Recovery / Rehab 	<p>Practical Concepts</p> <ul style="list-style-type: none"> • Skill development continued • Game Sense / Small sided games / drills • Strength & Conditioning / Fitness • Strategy and Tactics • Recovery / Rehab • Coaching • Psychology

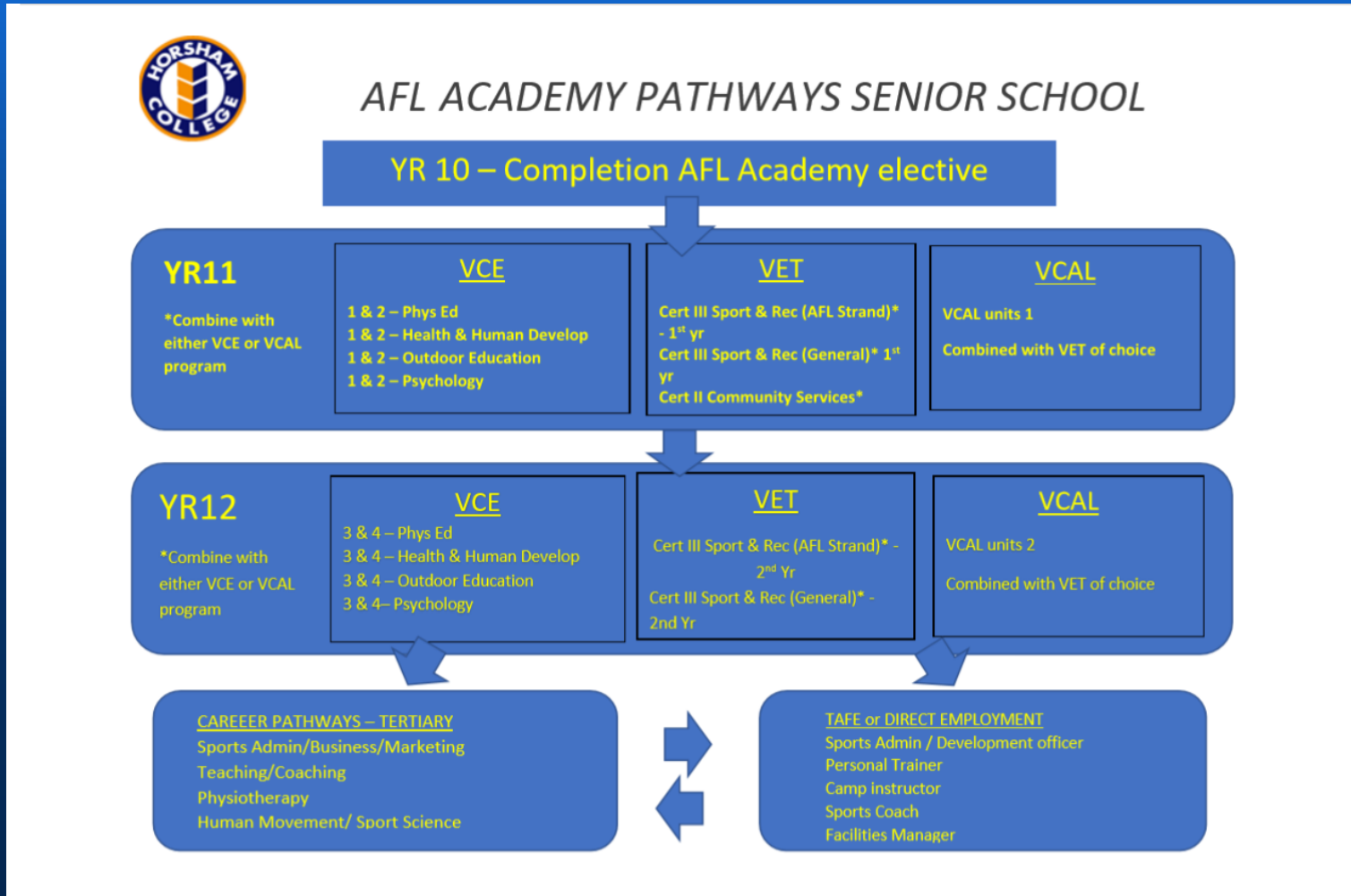


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Yr 11/12 PROGRAM / PATHWAY

As students progress into their senior studies, they choose either one or a combination of VCE, VET or VCAL pathways



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TRAININGS, GAMES, EXCURSIONS

- Students will be exposed to high level coaches including ex AFL player Shayne Breuer
- Strong links with AFL Wimmera Mallee who will provide links to AFL clubs and AFL resources
- Various excursions are proposed from year 9-12 to view and experience High performance facilities in the industry and to also explore University and TAFE pathways within the Sports Industry

	TRAININGS/SESSIONS	GAMES
Year 7/8	<ul style="list-style-type: none"> - Will occur in timetabled classes - Lunchtimes in the lead up to games 	<ul style="list-style-type: none"> - SSV junior competitions Black ranges, Greater Western, State levels
Year 9/10	<ul style="list-style-type: none"> - Will occur in timetabled class - Lunchtimes in the lead up to games - Potentially before or after school 	<ul style="list-style-type: none"> - SSV intermediate competitions Black Ranges, Greater Western, State Levels
Year 11/12	<ul style="list-style-type: none"> - Lunchtimes and before or after school trainings 	<ul style="list-style-type: none"> - SSV Premier League competitions

*You do NOT need to be part of the Academy to be selected in school football teams



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REQUIREMENTS

APPLICATIONS WILL BE MADE AVAILABLE TO FAMILIES IN THE COMING WEEKS

- Admission to the program is not automatic – Select Entry of students will follow an application process

Expectations include –

- A passion for Australian Rules Football
- Involvement in the game – Playing/Umpiring
- Shows initiative and positive attitude
- Commitment to and living by college values
- Excellent behaviour record and respect of College rules
- Commitment to studies across all subjects
- Willingness to develop leadership skills and community involvement



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