

# Sports Academy AFL Program



## AFL ACADEMY

Our aim is to personalise learning and improve levels of skill, fitness, strength and conditioning outcomes of each and every student. In addition, we aim to develop students' higher level thinking of the game by explicitly teaching game strategies and by implementing decision based trainings.

Our program priorities are: decision based training making most training of skills under pressure, compulsory fitness testing, regular strength and conditioning sessions, explicit training of game strategy sessions & high expectations with clear consequences for not meeting them.

Our vision is that each and every student achieves high levels of success (One student) whether that be state, regional or club level with the overall goal of getting students drafted or continue playing high level football once they have exited school. We will collaborate to instil an attitude of excellence and develop the resilience needed to deal with setbacks and issues on their path to playing higher level football.



## AFL TRIAL

As part of your student's application for the Helensvale State High Sports Academy AFL Program we require students to participate in a practical trial to showcase their range of skill, techniques and capabilities. AFL trials will be in two parts - a Fitness Trial and AFL Skills Trial. With this in mind, the following information outlines the skills that will be judged in the trial.

### Fitness Test:

- Beep Test

### Kicking:

- Technique
- Accuracy

### Ball Handling:

- One Touch
- Clean Hands

### Movement:

- Acceleration
- Change of direction
- Footwork



**Attire:** Appropriate training clothing, boots, runners, hat, water bottle and sunscreen. Applicants should also ensure they have their mouth guard and any headgear in case of accidental contact.

## ACADEMY APPLICATION PROCESS **IMPORTANT DATES**

### YEAR 6 applying for Year 7 Academy Classes

Date	Event
<b>Tuesday 21 February 2017</b>	Academy applications open. Application must be submitted electronically or in hard copy to the Helensvale State High administration office.
<b>Thursday 2 March 2017</b>	Academy applications close
<b>Saturday 4 March 2017</b>	Excite Exam held at Helensvale High
<b>Tuesday 14 March 3:15-5:00 approx.</b>	Japanese Exam; Dance Workshop; e4e Workshop; Art Workshop
<b>Wednesday 15 March 3:15-5:00 approx. Meet in SWELL</b>	AFL, Netball, Volleyball, Soccer- Fitness and Skill Trials
<b>Thursday 16 March 2017 3:15-5:30pm approx.</b>	<b>Rugby Union, Track &amp; Field; Touch</b>
<b>Friday 31 March 2017</b>	Academy applications notified and scholarships announced via e-mail

## ACADEMY APPLICATION

**ALL Applications must include the following documentation only:**

- Application form
- A statement that lists achievements listed on application form
- Year 5 Semester 1 and 2 school reports
- Year 5 NAPLAN results

*(No Year 6 Teacher references required)*

Plus Practical Component – as per academy requirement (e.g. exam, workshop, trial, audition etc.)

## APPLICATION FOR 2 ACADEMY PROGRAMS

Students are able to apply for 2 Academy Programs as per below table and are asked to rank their preferences as the timetable structure may not allow them to participate in all programs they are accepted for.

Excite	+	1 x	Arts or Japanese or e4e
Sport	+	1 x	Arts or Japanese or e4e

***NB. An application fee is attached to this program and must be paid on submission.***