OUR SUCCESS STORIES

◊ 2001  DAMON WHITE    PORT ADELAIDE
◊ 2007  TONY NOTTE    WCE
◊ 2007  DAVID ELLARD    CARLTON
◊ 2008  NIC NAITANUI    WCE
◊ 2008  CHRIS YARRAN    CARLTON
◊ 2008  JARRAD BLIGHT    COLLINGWOOD
◊ 2008  TODD BANFIELD    BRIS LIONS
◊ 2008  MICHAEL WALTERS    FREMANTLE
◊ 2011  MURRAY NEWMAN    WCE
◊ 2005  WINNER AFL SPORTSREADY CUP
◊ 2008  WINNER AFL SPORTSREADY CUP
◊ 2010  WINNER BELT UP CUP
◊ NUMEROUS STATE 18’S, 16’S AND 15’S REPS.

GOVERNOR STIRLING
SENIOR HIGH SCHOOL

Honour Before Honours

APPLICATION FORM

AFL FOOTBALL PROGRAM

25 Third Avenue
Woodbridge WA 6056

Phone +61 8 6274 0300
Facsimile +61 8 6274 0395
E: governorstirling.shs@education.wa.edu.au

www.govo.wa.edu.au
**PROGRAM INFORMATION**

**Background**

Students are able to enrol in the Football Program as a full time subject from Years 8—10 and participate in a Football course of study in Years 11 & 12. Students are able to build on their skills and knowledge with four contact hours per week, training and organised match play.

The Football Program has achieved enormous success in developing rising stars in the AFL and WAFL in cooperation with junior clubs and District Development Squads.

<table>
<thead>
<tr>
<th>Lower School (Years 8—10)</th>
<th>Senior School (Years 11 &amp; 12)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DEVELOPMENT OF SKILLS</strong></td>
<td><strong>SKILL DEVELOPMENT</strong></td>
</tr>
<tr>
<td>Kicking, hand-balling &amp; marking</td>
<td>Strategies (spatial awareness, attack &amp; defence strategies)</td>
</tr>
<tr>
<td><strong>GAME STRATEGIES</strong></td>
<td><strong>ADVANCED GAME STRATEGIES</strong></td>
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<tr>
<td>Man to man</td>
<td>Set plays</td>
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<tr>
<td>Zones</td>
<td>Tactics</td>
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<tr>
<td>Spoiling &amp; kick outs</td>
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<tr>
<td><strong>FITNESS</strong></td>
<td><strong>METHODS OF TRAINING</strong></td>
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<tr>
<td>General cardio training</td>
<td>Pre-season conditioning (performance model)</td>
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<tr>
<td>Sprint and agility training</td>
<td>Intro to weights, circuit &amp; interval training</td>
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<tr>
<td><strong>HEALTH EDUCATION</strong></td>
<td><strong>THEORY</strong></td>
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<tr>
<td>Course includes puberty, smoking, drug &amp; alcohol education, self-esteem &amp; self concept, pregnancy &amp; contraception, nutrition &amp; diets.</td>
<td>Certificate II in Career Orientated Sport Participation</td>
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<tr>
<td><strong>umpiring &amp; COACHING</strong></td>
<td><strong>umpiring AND COACHING</strong></td>
</tr>
<tr>
<td>Goal setting &amp; team building</td>
<td>Level 1 Accreditation</td>
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<tr>
<td>AFL guest speakers</td>
<td></td>
</tr>
<tr>
<td>Visits to WCE and Fremantle training &amp; matches</td>
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<tr>
<td><strong>COMPETITIONS</strong></td>
<td><strong>COMPETITIONS</strong></td>
</tr>
<tr>
<td>Lightning Carnival</td>
<td>AFL Sportsready Cup</td>
</tr>
<tr>
<td>Champion Schools</td>
<td>Interstate Competition Melbourne</td>
</tr>
<tr>
<td>STS Cup</td>
<td>Northam Carnival</td>
</tr>
</tbody>
</table>

**GOVERNOR STIRLING SHS AFL FOOTBALL PROGRAM APPLICATION FORM**

- Surname
- First Name
- Parent/Guardian Surname
- Parent/Guardian First Name
- Address
- Suburb
- Postcode
- Date of Birth
- Male / Female
- Home Phone
- Mobile Phone
- Current School
- Current Club
- Current Experience
- Parent/Guardian Signature

**PLEASE ENCLOSE**

A written reference from your school as well as a personal reference.

A copy of your most recent school report.

Trials will be held on 28 June 2013 at Ron Jose Oval, Midvale.

Please forward this application to the School—address details are on the back.