



**Modified version of AFL
for men aged 33 & over**

No experience necessary!

**AFL Masters is ideal to keep fit and
make lifetime friends.**

**Never Too Old!
Give It A Go!**



**Get out of your chair and
have some “Footy for Fun”!**



National Carnival 2011—Sunshine Coast

FAQ ABOUT AFL MASTERS

TRAINING AND PLAYING?

All skill levels welcome. Training commences in January/February 2013 and aims to build health, fitness and AFL skills - some clubs have guys train and don't play. Play for 5 or 80 minutes – it's at YOUR pace

WHAT DO I NEED?

Footy boots, a nickname (otherwise clubs will make one up for you) and a willingness to have fun.

HOW & WHERE CAN I PLAY?

Twelve rounds played every second Sunday (Early April until end of August).

TEAMS

30 teams located across Queensland in:

NORTH QUEENSLAND – Cairns, Townsville, Mackay, Whitsundays, Rockhampton, Gladstone, Bundaberg

SE QUEENSLAND – Hervey Bay, Sunshine Coast, Pomona, and throughout Brisbane and the Gold Coast

See our website for specific club age groups—generally ages 33-37, 38+ and 45+

HOW FIT DO I NEED TO BE?

We accept anyone at any level, though we recommend a few things:

- ⇒ Jogging - get your legs going as soon as you can with whatever distance is comfortable - this will help minimise the chance of injury.
- ⇒ Fitness - we really do recommend you do some core strength exercise to ensure your back is up to it.
- ⇒ Stretching -learn to stretch your body, especially if you haven't been doing regular exercise. Many first year players can experience niggling soft tissue injuries, which is natural when you are getting back into sport - you just need to ease into the first year, and of course your club will assist you every step of the way.

WHAT NEXT?

Check out the website and contact the club nearest to you!

www.aflmq.sportingpulse.net