



AFL Queensland has identified you as a talented female player who would benefit greatly from attending the AFL Queensland Summer Pre-Season Training Program **for GIRLS ONLY** commencing on Monday 18<sup>th</sup> November 2013. The program will be held from 6:15pm – 7:30pm on Monday evenings at Queens Park, Hume & Margaret St Ovals, Toowoomba.

This year the **girls only** summer training will be a **boy free zone** which will incorporate AFL 9s match play in the 2014 block. This will give pre-Christmas sessions a focus on skill testing and development, while building a physical and conditioning base. The AFL 9s will help develop player's skills whilst having fun and continuing to build a fitness base.

The AFL Queensland Summer Preseason Training Program for Girls only will be themed "Party Time" and a number of different activities will be in place including song requests.

The Program will be co-branded to reflect the partnership between AFLQ and the Brisbane Lions Academy with the Lions Academy offering a development pack for players. This pack represents a fantastic opportunity to train with Brisbane Lions players, whilst also attending games at the Gabba.

**All players will finish the 10 week coaching block with a written assessment of the player's strengths, weaknesses & areas for improvement as well as a personalised conditioning report.**

**Program Outline – Summer Pre-Season Training 2013-14**

**Age Groups:** Girls aged - U 12s (born in 2003, 2002), U 14s ('01, '00), U 16s (born in '99, '98) U 18s (born in '97, '96)

**Length:** 10 weeks – 4 Pre-Christmas, 6 Post-Christmas

**Time:** 6:15pm – 7:30pm on Monday evenings

**Venue:** Queens Park, Hume & Margaret St Ovals, Toowoomba

**Keith Webb (Regional Manager AFLQDD)**

**M: 0438 890 379**

A handwritten signature in black ink, appearing to read 'Keith Webb'.



**Cost: \$50 per player**

Food & drink, individual conditioning program & 10 weeks of training PLUS Brisbane Lions Development Pack)

Brisbane Lions Development Pack includes:

- 3 General Admission Brisbane Lions Membership
- Brisbane Lions Academy Training Manual
- String Training Bag
- Water Bottle
- Training Session with Lions Academy Coaches at Coorparoo
- Tour of the Brisbane Lions Training Facilities at the Gabba
- Brisbane Lions merchandise discount Vouchers
- On field experience at a nominated Brisbane Lions home game

**Payment Options**

Cash or cheque payments (AFL Queensland) can be made during the first session (18<sup>th</sup> Nov) or to the AFLQ office 337 Ruthven Street prior to the 18<sup>th</sup> November.

Please bring boots & joggers, a water bottle and hat to every session.

Please find attached the complete program for 2013\14 as well as your registration form which must be filled out and handed in at the first session on the 18<sup>th</sup> of November along with your \$50 registration fee.

If you require any further information please contact:

Keith Webb (Regional Manager) M: 0438 890 379 Email: keith.webb@aflq.com.au Fax: 4659 8001

<b>Session</b>	<b>Date</b>	<b>Training Focus</b>
<b>1</b>	<b>November 18</b>	<b>Registration &amp; AFL 9s Draft</b>
<b>2</b>	<b>November 25</b>	<b>Kicking Technique (including individual filming)</b>
<b>3</b>	<b>December 2</b>	<b>Skill Focus &amp; Round 1</b>
<b>4</b>	<b>December 9</b>	<b>Fitness Focus &amp; Round 2</b>
Christmas & New Year Break		
<b>5</b>	<b>Monday January 20</b>	<b>Skill Focus &amp; Round 3</b>
	January 27	Australia Day Public Holiday – NO TRAINING
<b>6</b>	<b>February 3</b>	<b>FINALS</b>
<b>7</b>	<b>February 10</b>	<b>Fitness &amp; Skill test</b>
<b>8</b>	<b>February 17</b>	<b>AFL 9s FINALS</b>
<b>9</b>	<b>February 24</b>	<b>Game Sense &amp; Cross Training session</b>
<b>10</b>	<b>March 3</b>	<b>Game Sense &amp; Wrap-Up</b>

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**Hyundai Lions Academy / AFL Queensland**  
**“Summer Pre Season Training” PLAYER REGISTRATION FORM**

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Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ P/Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Player Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Mobile: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Club: \_\_\_\_\_

What do you want to achieve from the Summer Preseason Training Program?: \_\_\_\_\_

Do you have any pre-existing injuries which might prevent you from participating to full capacity during the program? \_\_\_\_\_

I \_\_\_\_\_ give my child named above permission to participate in the AFL Lions Academy “Pre Season” program for 2013/14. I also hereby appoint the AFL Queensland Regional Manager or Program Manager associated with the regional “Pre Season” program to act on my behalf and authorise any medical attention which may be considered necessary by qualified medical personnel in respect to the well being of my child during the period of time in which they are in their care.

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_



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**Please return this form by the first session on 18<sup>th</sup> November**

AFL Queensland – Darling Downs

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