**Highlands FC High Performance Football  
  
Junior Football Academy (U9-U11)**   
Highlands FC announced in October 2012 that it was launching a **Football Academy**, as it was important for the Club to offer programs that were in line with the **FFA National Curriculum**.  
  
Primarily, the objective was to offer a **10 week program** for the age groups U9 – U12 where the children **trained 1 x week** and were also given the appropriate technical training.

**Available in 2014:**

**Junior Football Academy Season Program**

The Academy program will operate broadly as follows:

40 weeks training program between February 2014 and October 2014

Training 1 x week

U11 Tuesday U9/U10 Wednesday

Time: 5.30pm-6.45pm (time will change after daylight savings)

Venue: David Wood Fields, Bowral (please note; indoor venue available if required)

Weekend games start in late march / early April – (Teams will play in the SAP Gala Days and against over Academies) One game per month scheduled on Sundays.

Intensive training camp in April School holidays (counted as part of 40 week program.

Season concludes end September/mid October (i.e. after 40 sessions have been provided)

Fees: $400 (only $10 per session) Full Program

$160 per term (10 weeks per term)

FFA Advanced Licence Coaching Staff

**Inquiries:**If you are interested in participating in the program please email Highlands Football Club Technical Director Nick D’Amore at [dir.coach@hsa.org.au](mailto:dir.coach@hsa.org.au)