

FUN, FRIENDS, & FITNESS

MIXED COMPETITION
AFL 9s IS ALL ABOUT
FUN AND FITNESS
WITH YOUR FRIENDS,
WITH NO CONTACT,
A SOFT BALL, AND
MODIFIED RULES;
ANYONE CAN PLAY!

HOSTED BY
NEWCASTLE CITY
Teams to include a
minimum of 2 junior
players and 1 female
player

WHERE:
NATIONAL PARK RD 4, NEWCASTLE

WHEN:
FRIDAY, JANUARY 30, 5:30-7PM
(RUNNING FOR 8 WEEKS)

COST:
\$40 PER PLAYER



FOR MORE INFORMATION:
HEAD TO WWW.AFL9S.COM.AU
OR CONTACT DANIEL AT
DANIEL.GARDNER@SPCC.NSW.EDU.AU