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February 2019

SPECIAL INTEREST GIRLS AUSTRALIAN FOOTBALL PROGRAM

Dear Students/Parents/Caregivers

Thank you for your interest in the Blackwood High School Special Interest Australian Football Program.

In 2020 Blackwood High School will offer Football as a semester subject for Years 8 to 11.

The program provides the opportunity for girls to maximise their development as they will train and receive coaching within the school curriculum. The program is integrated into the school curriculum and is part of the subject pattern and assessment.

The Girls Football Program is aimed at students with demonstrated skills and a commitment to football who wish to spend time in further development and aim to compete at a higher level than that of the average student. This may include school, club, regional association or state level.

Entry to the program is by application and the selection criteria will include:

- a high level of coachability
- a positive sporting attitude
- a positive attitude towards school and study
- a history of high standard of good behaviour, attendance and social skills

} *Indicated by
teacher on
School Reference*

The Special Interest Girls Australian Football Program will require students to be motivated and capable both academically and physically. Course participants will have their academic progress in all subject areas monitored and if necessary will receive counselling to assist them to meet all academic requirements. All students in the course are expected to maintain appropriate behavioural standards. Students who do not maintain those standards may be removed from the course.

The program will incur a subject levy to cover travel and equipment (Approximately \$80 plus uniform)

Please return application forms for 2020 Football Program to Blackwood High School by Thursday 16 May 2019, or by individual negotiation after this date.

For further information please feel free to contact me on 8278 0900 at Blackwood High School.

Yours faithfully



Janet Bradley
Football Program Coordinator

Sharon Goldman
Principal

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STRUCTURE

The structure of the program allows students to pursue their interest in football as well as maintain a focus on academic study.

Football Program participants will be expected to be involved in a variety of competitive situations – inter-school carnivals (Zone Football, SSSSA Knockout Competition, SANFL 9 a-side carnival). Students will be actively encouraged to be part of all of the school's extra-curricular activities e.g. athletics carnivals, cross country running, sports days and other sporting interests.

CONTENT

SKILL DEVELOPMENT

Students will perform skills with efficiency, accuracy and consistency.

An individual's technique will be analysed, refined and practised until the skills can be performed consistently during competition.

Sessions will be planned and run in conjunction with SANFL (South Australian National Football League) coaches and development officers.

A variety of forms of feedback will be used including video analysis of techniques.

FITNESS AND CONDITIONING

Students will:

- 1) develop and maintain fitness levels which enable them to extend their potential in football.
- 2) analyse the 'fitness components' of football.
- 3) identify a variety of training methods required and complete a variety of activities to improve and maintain appropriate fitness levels.
- 4) study injury prevention and management.

THEORY COMPONENT

The subject is predominantly practical however specific theory work is also undertaken.

Topics covered will include:

- Team play and tactics (practical and theoretical)
- Positional play (practical and theoretical)
- Fitness (practical and theoretical)
- Coaching (practical and theoretical)
- Umpiring (practical and theoretical)
- Nutrition
- Sports Psychology
- Prevention and management of injuries
- Pathways in football (goal setting, club administration)



REFERENCE FROM 2019 SCHOOL

(to be completed by teacher/school)

Student Name: _____

Current School: _____

Primary School Teacher's Name or Secondary Care Group Teacher's Name:

PLEASE USE RANKING SCALE FROM 1 (very poor) to 5 (excellent)

Numeracy Skills					Literacy Skills					Work Habits				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Attendance					Behaviour					Social Skills				
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Please comment on the following by ticking appropriate boxes:

SPORTING ATTITUDE

	Always	Sometimes	Rarely
Abides by rules/spirit of game			
Accepts umpire's decisions			
Acknowledges performances of others			

SKILLS

	Always	Sometimes	Rarely
Displays sound basic skills			
Displays more advanced skills			
Performs basic skills in competitive/pressure situations			
Performs more advanced skills in competitive/pressure situations			

APTITUDE

	Always	Sometimes	Rarely
Responds well to advice/criticism			
Attentive			
Stays on task			
Exerts a positive influence on others			
Is keen to succeed / improve			

Any other comments:

Thank you for your time.

Signature of teacher: _____ ✍ Date: _____