

SPECIAL INTEREST AUSTRALIAN FOOTBALL PROGRAM

Dear Students/Parents/Caregivers

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

In 2023, Blackwood High School will offer Football as a subject for Year 7 to 11 students.

Students who qualify (SANFL U16 or U18 listed player) have the opportunity to complete an AFL Sports Ready Traineeship. Students will achieve SACE Stage 2 credits for this course.

The program provides the opportunity for players to maximise their development and knowledge 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. This year long program also include the health topics as covered in HPE along with a small selection of other practical HPE topics.

The 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, state or SANFL level.

Entry to the program is by application including a trial session run at Blackwood High School. The selection criteria may include:

- A potential high level of ability/performance indicated through skills testing and trial
- A high level of coachability
- A positive sporting attitude
- A positive attitude towards school and study
- A history of high standard of good behavior, attendance and social skills
- A recent member of a football team (club or school)
- A documented high level of ability/performance.

} Indicated by
teacher on
School Reference

The Special Interest Australian Football Program will be a demanding course and 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 and commit for a minimum of 3 years. Students who not maintain those standards may be removed from the program.**

The program will incur a subject levy to cover travel, excursions and equipment (approximately \$130 per year plus uniform).

Application forms are being accepted now for the 2023 Special Interest Football Program and need to be returned to Blackwood High School by MONDAY 9 MAY 2022

**Trial will be held at Blackwood High School:
Thursday 19 May 8:45am registration for a 9am – 11am trial**

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

Yours faithfully



Nick Liddle
Special Interest Football Manager



Sharon Goldman
Principal

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 (SSSSA Twilight Cup (boys), SSSSA Knockout Competition, SSSSA 9 a-side carnival) and weekly Zone Sport Competition (Year 7 – 9). Students will be actively encouraged to be part of all of the school's extra-curricular activities e.g. Athletics carnivals and other sporting events.



SKILL DEVELOPMENT

Students will perform skills with efficiency, accuracy and consistency.

An individual's technique will be analysed, refined and practiced 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.

Skill sessions will focus on skill development, positional education, running patterns and attacking and defensive methods.

A variety of feedback will be used including video analysis of techniques and game play.

FITNESS AND CONDITIONING

Students will:

- develop and maintain fitness levels which enable them to extend their potential in football.
- analyse the 'fitness components' of football, training principles, methods and energy systems.
- complete the AFL combine fitness tests.
- identify a variety of training methods required and complete a variety of activities to improve and maintain appropriate fitness levels.
- study injury prevention and management.
- resistance training focusing on injury prevention and technique.

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)
- Pathways in football (goal setting, club administration)
- Umpiring (practical and theoretical)
- Prevention and management of injuries
- Coaching (practical and theoretical)
- Nutrition
- Sports Psychology
- Leadership seminars
- GPS data analysis
- Team dynamics
- Aboriginal Education





2023 SPECIAL INTEREST AUSTRALIAN FOOTBALL PROGRAM

(Please tick the appropriate box)

Current Year 6
 Current Year 7
 Current Year 8
 Current Year 9
 Current Year 10

APPLICATION FORM

Please complete both sides

| Student Information | |
|-----------------------|--|
| Given Names: | |
| Surname: | |
| Date of Birth: | |
| Address: | |
| | |

| Parent/Caregiver Information | | |
|------------------------------|--|--|
| Given Names: | | |
| Surname: | | |
| Contact Number: | | |
| Email Address: | | |

| Football History | | | | | |
|------------------|---------------|-------------------------------|---------|----------------------------|------------------------------|
| | Within School | Club Name and Grade/Age Group | SAPSASA | Association Representation | Preferred Positions (2 only) |
| Details | | | | | |

| |
|--|
| To be completed by the student applying: Why do you wish to be part of the Football Program? |
| |
| |
| |
| |

REFERENCE FROM CURRENT SCHOOL

To be completed by teacher/school and returned directly to Blackwood High School (blackwood@bhs.sa.edu.au) by the teacher

| | |
|------------------------|--|
| Student Name: | |
| Current School: | |
| Teacher's Name | |

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

| Numeracy Skills | | | | |
|-----------------|---|---|---|---|
| | | | | |
| 1 | 2 | 3 | 4 | 5 |

| Literacy Skills | | | | |
|-----------------|---|---|---|---|
| | | | | |
| 1 | 2 | 3 | 4 | 5 |

| Work Habits | | | | |
|-------------|---|---|---|---|
| | | | | |
| 1 | 2 | 3 | 4 | 5 |

| Attendance | | | | |
|------------|---|---|---|---|
| | | | | |
| 1 | 2 | 3 | 4 | 5 |

| Behaviour | | | | |
|-----------|---|---|---|---|
| | | | | |
| 1 | 2 | 3 | 4 | 5 |

| Social Skills | | | | |
|---------------|---|---|---|---|
| | | | | |
| 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/feedback | | | |
| Attentive | | | |
| Stays on task | | | |
| Exerts a positive influence on others | | | |
| Is keen to succeed/improve | | | |

| Any other comments | |
|---------------------------|--------------|
| | |
| Teacher Signature: | Date: |