

Summer AFL Program

GWC's AFL Summer Program for boys and girls aged 8-14 years. Beginners and experienced players welcome.

PROGRAM DETAILS

WHEN

Saturday 14th November – 9.00am -11.00am

Saturday 21st November – 9.00am -11.00am

Saturday 28th November – 9.00am -11.00am

Saturday 5th December – 9.00am -11.00am

Saturday 12th December - 9.00am -11.00am

AGE GROUPS

U8s to U10s and U11s to U14s

WHERE

South Side, Wynnum AFC

300 Kianawah Road, Wynnum

INVESTMENT

$195 5 Sessions | 10 Hours

$160 4 Sessions | 8 Hours

+ YOUR CHILD WILL RECEIVE:

Expert coaching from experienced staff with strategies, skills and drills designed to enhance player development and performance

A copy of "The Winning Edge", a Groundwork coaching resource endorsed by the AFL designed to support player's ongoing development in all aspects of the game

Player assessment and written feedback from our expert coaches at the conclusion of the program

Targeted fitness training program for summer holidays

Video feedback on technical skills

Handy tips and tools to develop the all-round footballer including nutrition, recovery, leadership, character, self-discipline, and football smarts

BUILD SKILLS, GROW CONFIDENCE, LOVE YOUR FOOTY!

Further information: call Craig on 041 229 3433 or email craig@groundworkcoaching.com.au

Register today online at **groundworkcoaching.com.au** and follow the links. Spots are limited so don't miss out.