

2019/20 AFL GIRLS' U16 PROGRAM

INTRODUCTION

The Western Sydney Academy of Sport (WSAS) is now accepting nominations from athletes interested in nominating for a position with the Academy's 2019/20 AFL Girls Program.

The Academy's AFL Girls' Program, in partnership with AFL (NSW/ACT), provides technical and personal development opportunities for talented young athletes in the western Sydney region. The program also provides athletes with skills training, education sessions and functional strength programming, as well as other benefits identified below. The program will operate from October 2019 - April 2020.

BENEFITS

The following benefits will apply to athletes selected:

- Access to quality training facilities;
- Quality coaching endorsed by AFL (NSW/ACT), in an individual and squad environment;
- Participation in important education sessions such as Integrity in Sport, Drugs in Sport, Cyber Safety and Nutrition, as a part of the Your Local Club Athlete Education Program;
- Opportunities to represent WSAS at various events;
- Access to WSAS Team App communication system;
- A 15% discount on practitioner services provided by Sydney West Sports Medicine.
- Free membership at Fit 4 All gymnasium in Penrith

ELIGIBILITY

To be eligible to trial for a position in the 2019/20 AFL Girls' U16 squad, athletes must be:

- Born between 2004-2005;
- Committed to progressing to higher representation within the sport of AFL;
- A current financial member of a club/association affiliated with AFL (NSW/ACT).
- Currently residing in the Local Government Area (LGA) of Blacktown, Blue Mountains, Fairfield, Hawkesbruy, City of Parramatta, Penrith or The Hills.

COST

An athlete levy of \$400 is applicable to athletes, which assists in meeting the costs of the program. Additional contribution costs may be applicable for squad tours.

HOW TO APPLY

Nominations will open 1 August 2019 and close on 28 August 2019. To apply you can head to the Academy's website after the nomination opening date: www.wsas.com.au/nominations.

Trial Dates:

23 September 2019

