



AFL Women's Program



The AFL Women's program, supported by The Mac and Aceit Active, is a development and high-performance program for talent identified athletes from South Western Sydney region.

This program is targeted for athletes who are participating in the Junior AFLW competition within the South West Sydney region, who are looking to gain skill development and sports performance education required to be successful in trialling for future representative development programs, including the GWS Giants Academy, and older age-group club and representative teams.

OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete high Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes during representative off-season programs, in parallel to AFL Academy Pathway programs.

Compliment athletes local Representative team training, encourage and develop athletes to be Leaders within those teams.

ELIGIBILITY

Athletes must be aged between 14 and 18 years of age, in the year of nomination, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must participate and be a registered and financial member of AFL NSW/ACT.

SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend one or more trial/s as listed.

Athletes who have nominated and been selected into various phase programs of the GWS Giants Academy are eligible to nominate.



Athlete Benefits

BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-field training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Performance opportunities selected to best suit the current development level of athletes, including camp or performance events scheduled in conjunction with other High Performance Centres, or regional development programs.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate
Now>



For more information: swsas.org.au/aflw

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