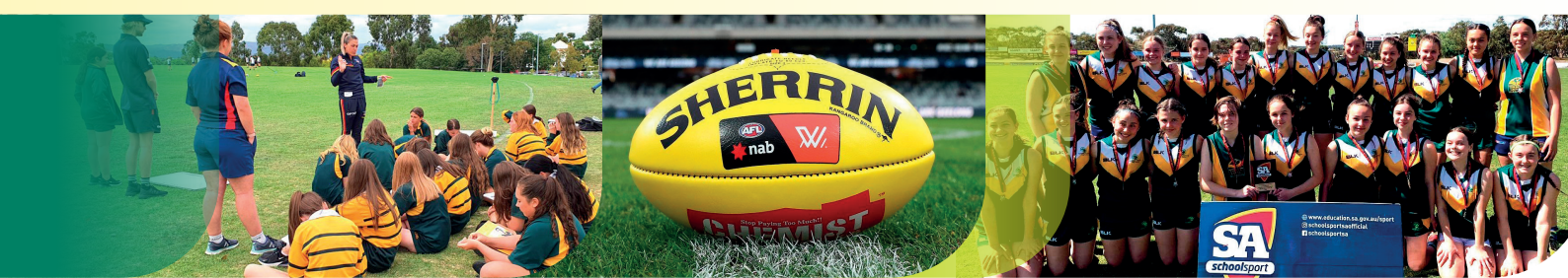


SPECIAL FOCUS PROGRAM

GIRLS AFL YR7



WHY GIRLS AFL?

In 2021, the AFL released figures that female participation in Australian football had increased to 586,422 across Australia. The amount of girls football teams also increased to 2609, up 35% from 2017. Comparing this with approx. 18,600 girls playing football in 2005, along with the introduction of the AFLW competition, girls football popularity has skyrocketed. With 540 players set to be employed in 2023, the AFLW is the single biggest employer of professional sportswomen in the country.

PARTNERSHIPS

The GGHS Special Focus: Girls AFL program is supported by: Central Districts SANFLW team, Port Adelaide AFLW team & the Adelaide Crows AFLW team in the form of access to players, coaching clinics and touring of facilities.

We have developed a strong partnership with AFL Max and frequent the venue throughout the program for indoor football carnivals and an overnight camp. An introduction to the game. Skill development includes, passing and receiving, evasive skills, effecting a roll ball, acting-half role and principles of attack and defence.

SCHOOL SPORT

All participants in the program will be expected to represent Golden Grove High School in numerous sporting competitions organised by School Sport SA. Competitions include:

North East Vista zone (NEV) carnivals, where schools compete against each other from the local area.

Statewide competitions, where schools from across the state compete in a knockout format.

MAIN FIXTURES INCLUDE:

- 7-9 Girls 9-a-side (NEV)
- 7-9 Girls Statewide Knockout
- 7/8 GGHS 9-a-side Carnival Day
- 7-9 Girls Indoor Footy Carnival

GIRLS AFL CURRICULUM

The Special Focus: Girls AFL Program is completed as an additional elective subject in line with the HPE Program and Australian Curriculum.

Students enrolled in the program will be exposed to a range of experts within the sporting industry to support their knowledge and understanding of the requirements of becoming female athletes whilst gaining a range of qualifications as they move through the programs pathway.

Year 7 - Semester Course

THEORY:

HISTORY AND SIGNIFICANCE OF THE AFLW (TERM 1)

- Addressing and challenging gender stereotypes. Respecting and celebrating equality, inclusion, and diversity. Recognising the impact of the AFLW on different groups of people in society

DEVELOPING TEAM CULTURE (TERM 1)

- The skills, values and traits that lead to success.
- Establishing shared expectations that guides the way the team behaves and prospers.

ATHLETE PORTFOLIO WEBSITE

- Documenting progress, showcasing skills, goalsetting, self reflection, demonstrating achievements and showcasing skills.

PERFORMANCE AND SKILL ANALYSIS (TERM 2)

- Applying technique/video analysis to assess, analyse and enhance performance.

PRACTICAL

- 2 x double lessons (90 minutes) a week across a 20-week unit of intensive AFL coaching
Skill development, fitness development and gameplay

SELECTION PROCESS

Only enrolled students at Golden Grove High School in 2024 can be considered for entry into the Special Focus: Girls AFL program. AFL Girls Coordinator Sam Rowland will visit local schools Golden Grove Primary, Wynn Vale Primary, Greenwith Primary and Keithcot Farm Primary to present program information to students. An expression of interest form will be emailed to all parents of female students out in Term 4, 2023 for parents to register their child's interest.

Final selection of students will occur through a trial day conducted at GGHS. This will also include students from smaller feeder primary schools in the GGHS zone. Students will be selected based on their skills and performance, as well as their ability to live up to our school values.

For further information, please contact:

Sam Rowland (Girls AFL Program Leader)
E: sam.rowland949@schools.sa.edu.au
Ph: 8282 6400