

Essendon Keilor College Senior AFL Football Program Application 2025



OVERVIEW

The Senior AFL Football Program is in alignment with **Essendon Football Club**. Student athletes will have access to:

- *Inner sanctum experiences at Essendon Football Club and use of the 'Hanger' facilities*
- *Guest speakers from industry experts*
- *Education sessions on game analysis, game plans, game vision, physical performance, nutrition and individual performances*
- **YEAR 7 to 9** - Weekly Academy Sessions
- **YEAR 9** - Elective Subject & Weekly Academy Sessions
- **YEAR 10** - Football Program (1 year program)
- **YEAR 11 & 12** - VET Sport & Recreation Football
- **YEAR 10,11,12** - SSV Premier League Football Training Sessions



ENTRY REQUIREMENTS

Entry to the program is by application or invitation only. The selection criteria may include:

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

The school's continued commitment to the football program will require collaboration between football coaches, sports teachers, pathway coaches, parents, and students. This elite program provides an opportunity for young athletes with excellent football abilities to advance their established skills while providing a challenging environment that encourages them to reach their full potential. This specialised program operates in conjunction with the mainstream curriculum.

PROGRAM EXPECTATIONS

Students within the accelerated football program are expected to follow the outlined guidelines below:

- Student athletes will attend all class and training sessions
- Hold a GPA of 3 or above on average across all their subjects.
- Work to develop positive relationships with all staff and students involved in the program.
- Bring a positive attitude to each session understanding they will be working to gain positive outcomes.
- During football season, inform coaches of your load and any injuries

WHAT THE PROGRAM INVOLVES

SKILL DEVELOPMENT

- Students will perform skills with efficiency, accuracy and consistency.
- An individual's technique will be analysed, refined and practised until the skills can be performed consistently during competition.
- Sessions will be planned and run in conjunction with coaches and development officers from Essendon Football Academy & Calder Cannons
- Skill sessions will focus on skill development, positional education, movement patterns, 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.
 - 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)
- Coaching (practical and theoretical)
- Positional play (practical and theoretical)
- Nutrition
- Fitness (practical and theoretical)
- Sports Psychology
- Pathways in football (goal setting, club administration)
- Leadership seminars
- Umpiring (practical and theoretical)
- Prevention and management of injuries

Essendon Keilor College



AFL Football Program Application Year 10 2025

Student Name:	Date of Birth:
Current Football Club:	
Current & previous Division & other football experience:	
Key position/s you play:	
Current Football Achievements (awards won, representative teams):	
Reason for wanting to apply for the AFL Football Program at EKC (include your football aspirations):	
Any medical concerns or previous injuries we need to be aware of:	

****If applying from another school, please attach your most recent semester report.**

By completing this application, you agree to the outlined expectations and guidelines within this document.

Student signature	
Parent/guardian name	
Parent/guardian contact number	
Parent/guardian signature	
Emergency contact name	
Emergency contact number	