BYFORD
SECONDARY COLLEGE

AFL PROGRAM

OUR PROGRAM

Students in the Byford Secondary College AFL Sport Science Program have the unique opportunity to further themselves in the field of AFL whilst also preparing for the theoretical content linked to senior school Physical Education Studies.

The course is aimed at students who have a thorough interest in the sport of AFL but also the professional sport and recreation industry, with experiences being offered in each year group that both engage and challenge the students on a variety of levels.

The Program has been designed in consultation with staff from the Fremantle Football Club, South Fremantle Football club and WA Football Commission. The program focusses not only on the physical aspects of the game but also health science and the psychology of effective leadership and team cohesion.

Due to the high standards promoted in the program, it is expected that students will demonstrate exemplary sportsmanship, teamwork and interpersonal skills in all aspects of their College life.

OPPORTUNITIES

The program has been designed to develop students' physical skills such as kicking, hand passing, groundballs, goal kicking, tackling and marking. Students also focus on in-game decision making and game sense that can assist them in both interschool and community football. Students in the program are offered the chance to:

- Represent the College in lightning Carnivals,
- Attend interschool competitions and camps, and
- Work with professionals within the industry.

Along with this, students are fast tracked in preparing for senior school studies by completing introductory units on coaching, training management, fitness components and skill analysis. Students will study fitness testing, video analysis of their game play, nutrition for AFL, functional anatomy, sport psychology, peer coaching; exercise physiology, and injury prevention.

FURTHER INFO

For further information about our AFL Sport Science Program, please contact Kyle Smith our AFL Sport Science Teacher by email: Kyle.smith2@education.wa.edu.au