

# Mount Erin College 2024

# AFL ENRICHMENT PROGRAM

THE MOUNT ERIN COLLEGE AFL / AFLW ENRICHMENT PROGRAM IS A PERFORMANCE PROGRAM IN ASSOCIATION WITH HIGH LEVEL COACHES.

## ACTIVITIES:

- WEEKLY COACHING (AFL LEVEL 2 COACH)
- FITNESS AND NUTRITION SUPPORT
- STRENGTH AND INJURY PREVENTION

Promote healthy lifestyles, relationships and mental health.

Specialised AFL coaching

Improve student's performance within AFL

Access external resources within the field of AFL.

Access to high level training, strengthening and conditioning and to use this as a means to build persistence, resilience and confidence.

**\$300\***  
COST

## COST INCLUDES

- COACHING
- STRENGTH AND CONDITIONING SESSIONS FROM PEAK PERFORMANCE
- TRAINING TOP
- AFL SHERRIN PRECISION FOOTBALL (SIZE 4 OR 5 DEPENDING ON AGE)
- AN EXCURSION



\*COST SUBJECT TO CHANGE