

Mount Erin College 2025

# AFL/AFLW ENRICHMENT PROGRAM

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

## ACTIVITIES:

- WEEKLY COACHING
- FITNESS AND NUTRITION SUPPORT
- STRENGTH AND INJURY PREVENTION

Promote healthy lifestyles, relationships and mental health.

Improve student's performance through access to specialised basketball coaching.

Engage with external resources dedicated to elite AFL/AFLW

Build resilience, persistence and confidence through high-level strength and conditioning training.

**\$300\***  
COST

## COST INCLUDES

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



\*COST SUBJECT TO CHANGE