



2022 INTAKE APPLICATIONS NOW OPEN

Court Grammar
School

****Closing date Friday 23 July, 2021****



FEMALE ELITE SPORTS PROGRAM



Girls Specialist Netball, Basketball & AFL Program

Year 7 Intake

Scholarships are available to high performing students

Visit www.cgs.wa.edu.au for more information

Entry

Athletic Scholarships for girls entering Year 7 with highly competent skills in Netball and/or Basketball, to gain entry into the West Australian Football Commission (WAFC) endorsed Specialist AFL Academy. **Complete AFLW Academy application using online link on website.**

Who can apply?

- Female students who have demonstrated a high level of competency at either Netball or Basketball entering Year 7 in 2022.
- Current year 6 girls.
- Highly competent students can gain a scholarship into Court Grammar School based upon a detailed application form, formal reference and a basic athletic profiling trial held in Term 3 to determine AFL suitability.

What's involved?

- Netballers will be required to participate in the ongoing popular Netball Co-Curricular training sessions held before school every Tuesday throughout Term 1 and Term 2 each year.
- Basketballers will be required to participate in the Basketball Co-Curricular training sessions held on Tuesday mornings throughout Term 3 and 4. These sessions will be run by Former College Basketballer, Gabby O'Sullivan.
- Netballers and Basketballers will also participate in the highly sought-after AFLW Academy timetabled class taught by Fremantle Dockers Star, Gabby O'Sullivan.
- Court Grammar enters teams into annual competitive tournaments at the following year levels:

<u>AFL</u>	<u>Netball</u>	<u>Basketball</u>
Year 7	Year 7	Year 7
Year 8/9	Year 8/9	Year 8/9
Year 10-12	Year 10	Year 10
		Year 11-12

Training times

Year 7-10

- **Netball:** Term 1 and Term 2. Tuesday mornings, 7.30am-8.20am
- **Basketball:** Term 3 and Term 4. Tuesday mornings, 7.30am-8.20am
- **AFL:** Year 7-9. Two timetabled classes per week throughout each year
Year 10. Three timetabled classes per week throughout the entire year

Year 11/12 (During class time)

- **5 Period Allotment:** 1 x Netball, 1 x Basketball, 1 x AFLW practical session each week. 2x Sports theory sessions detailing Sports Psychology, Biomechanics, Nutrition, Exercise Science

Coaches

Basketball

- Gabby O'Sullivan

AFLW

- Gabby O'Sullivan and James Bristow

Netball

- Simone Tolhurst



2022 AFL INTAKE INFORMATION

Court Grammar
School



AFL & AFLW ACADEMY

Boys & Girls

Specialist AFL Year 5 - 12 programs

New and current families may apply

Scholarships are available to high performing students

Visit www.cgs.wa.edu.au for more information

At CGS we aim to find boys and girls with a passion for AFL and use this passion to help develop them into elite footballers. Via a structured progression from Primary to Secondary School, students are exposed to professional coaches, athletes and resources during school contact time to excel their learning of our great Australian game.

Junior Program: Year 5 and 6

The Skill Acquisition program is based on the principles of current literature on athlete learning:

- A massed-based approach to skill development
- Correct marking, kicking, handballing and tackling are the core themes of every session
- AFL fundamentals and technique are very hard to reteach after the age of 12
- Compete in Dockers Shield (AFL) and Dockers Cup (AFLW)

Colts Program: Year 7-9

The game sense program is based on developing traditional basics of the game and current AFL ball movement patterns:

- High quality coaches expose students to game style drills that will transfer their learning from training to competition, to ensure athletes move the ball towards goal the most efficient and effective way.
- Traditional basics of the game are drilled into students to ensure team orientated athletes are developed
- Implementation of the ever-changing game styles and ball movement used in AFL.
- Compete in Yr 7 Dockers Shield (AFL) and Dockers Cup (AFLW)
- Compete in Yr 8/9 Schoolboys Cup (AFL) and Schoolgirls Cup (AFLW)

Every athlete has the capacity to further develop their AFL abilities at all times. We use this knowledge to excel our students understanding of the game and hone in on any deficiencies they may possess.

Senior Program: Year 10-12

When the AFL/W Academy students reach Senior Secondary age, students will have the opportunity to be a part of the AFL/W Academy during a 5-period allotment. This will coincide and work in conjunction with either the Elite Sport Performance class or Physical Education Studies ATAR.

The Senior Program competes in:

Yr 10 Dockers Shield (AFL) and Dockers Cup (AFLW)

Yr 11/12 Schoolboys Cup (AFL) and Schoolgirls Cup (AFLW)

Year 10 Melbourne Tour

When the AFL/W Academy athletes reach year 10, they'll have the opportunity to be involved in the annual AFL/W Academy Melbourne tour*. The tour occurs over the extended June/July holiday period and provides students with access to the following:

- AFL club tours
- Play in competitive matches against a variety of Victorian schools
- Opportunities to listen to information provided by AFL talent recruiters and managers
- Watch live AFL matches at both major arena's (MCG and Marvell Stadium)
- Meet and greet with past and present AFL and AFL/W players

**Travel restrictions permitting*



James Bristow

- Head of AFL Academy & CGS Physical Education Learning Area Coordinator
- WAFL East Fremantle League 2013-2018, 72 games
- VFL Bendigo Bombers League 2008-2010, 30 games
- WAFL South Fremantle Colts, Forwards/Assistant Coach, 2018-present
- Level II AFL Coach



Gabrielle O'Sullivan

- AFLW Specialist
- Fremantle Docker's AFLW 2016-present
- Fremantle Docker's AFLW Leadership Group 2018-present
- WAFLW East Fremantle Premiership Player
- East Fremantle Youth Girls Head coach
- Level II AFL Coach
- SSWA State U15s Head Coach



2021 AFL/W Student Ambassadors

Bailey Artemis
Mufaro Wachekwa
Georgia Bett



Application Process

For more information regarding the Specialist AFL (boys) or AFLW (girls) Academy, please see the school website (www.cgs.wa.edu.au) and find the tab labelled "Opportunities".

Due to the unprecedented demand for places in the Academies, an Enrolment Application Form **MUST** be completed and returned to the School no later than the closing date outlined on our website. This form can be found on our website under the "Enrolments" tab.

Students will not be able to trial for the Academies unless they are **a currently enrolled student** or have supplied the School with all the required enrolment information.

A character reference from your child's current junior football coach/president is to be presented at the interview.

Once this form has been submitted, an acknowledgement of your interest will be corresponded back to you and your child will trial in August for possible inclusion in the Academy for the 2022 academic year.

The trial dates will be held early in Term 3. Exact details will be advised to each student once their application process has been finalised.

By applying to be part of the CGS AFL or AFLW Academy, applicants may be considered for a scholarship based on performance at the trials and an interview with the School Principal. More information regarding this process can be found on the application form.

Enquires to aflacademy@cgs.wa.edu.au or phone 9526 5000



Above: Year 8/9 AFL Academy Team – 2019 South Fremantle District Champions
Reached the Final 4 of the WA Schoolboys Eagles Cup 2019

The CGS AFL/W Academy are proudly supported by:

