



Court Grammar  
School

# 2020 INTAKE APPLICATIONS NOW OPEN



## AFL & AFLW ACADEMY

Boys & Girls AFL  
Year 5 - 12 programs  
New and current families may apply  
Scholarships are available to high performing students

See [www.cgs.wa.edu.au](http://www.cgs.wa.edu.au) for more information

Court Grammar School  
Specialist AFL & AFLW Academies

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.

#### Year 5 and 6 Junior Program

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)

#### Year 7-9 Colts Program

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.

#### Year 10-12 Senior Program

In 2020 when the first intake of 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 a certificate course (Certificate 2 in Sport and Recreation) 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 Marvel Stadium)
- Meet and greet with past and present AFL and AFL/W players

AFL/W Academy students will also have access to the Wormal Civil training organisation, whereby students within the AFL/W Academy have exclusive access to the Certificate 2 in Civil Construction course that they provide. The Wormal family has had strong connections with the school since its establishment and played an integral part in the resourcing for the commencement of the AFL/W Academy.



## **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, Tall/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 onwards  
WAFLW East Fremantle  
East Fremantle Youth Girls assistant coach.  
Level I AFL Coach



## **Sophie McLean**

AFLW Specialist  
WAFLW East Fremantle  
West Coast Eagles AFLW Development Squad member 2018-present  
Level I AFL Coach



## **Application Process**

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

Due to the unprecedented demand for places in the Academies an Enrolment package **MUST** be completed and returned to the School, at least 4 weeks prior to the trials. 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.

The application form can be downloaded from the school website.  
A character reference from your child's current junior football coach/president is to be presented at interview.

Once this form has been submitted, an acknowledgement of your interest will be corresponded back to you and your child will trial in October for possible inclusion in the Academy for the 2020 academic year.

The trial date is Thursday, 24 October 2019, 4-5:30pm.  
A further date will be planned for 2021.

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](mailto: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 AFLW Academy are proudly supported by:

