

Park Ridge State High School



AFL School of Excellence Enrolment Information



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INTRODUCTION

Park Ridge State High School is a comprehensive co-educational high school offering an extensive and varied curriculum. We have a proud tradition in academic and sporting pursuits where students are encouraged to reach their **full potential in a supportive learning environment**.

The AFL School of Excellence program has been developed to integrate sporting excellence into academic excellence. It is an **all-inclusive program** that caters for individual needs designed for both males and females who show an interest in AFL.

Of "Sports serve society by providing vivid examples of excellence."

George F. Will

Park Ridge State High School offers an AFL **Excellence Program from Years 7-12**. The program not only develops **strong sporting** and **physical competence**, it also offers a **comprehensive education in leadership, communication and team building skills**. Qualities that are much sought after in the **job market**. The program also aims to develop the holistic approach to education where physical, social and emotional skills are developed in line with the **latest educational philosophies**.

Focusing on the game of AFL, and in close partnership with AFL Queensland, the academy provides exceptional results at both a regional and state level. Students are engaged in a **flexible program** that immerses them in intense **physical training** and features **high quality coaching** and **training** within the school curriculum.

The school of excellence provides a **clear pathway** for students in the senior phase of learning, catering for their **unique career aspirations**. Senior students are provided with **mentoring and deep support** to ensure that they are coping with both their sport and academic pathways.

AFL ACHIEVEMENTS 2016-2019

18 students selected MET
WEST AFL teams

District AFL champions
MALE/FEMALE Division

Jonathan Brown Cup State
Champions

Year 8

7 students selected
QLD State Team

1 - Junior STATE
Championship

1 - Senior STATE
Championship



AFL SCHOOL OF EXCELLENCE

The AFL School of Excellence aims to provide the **highest quality sporting program** for our students within a **supportive educational environment** with the flexibility to accommodate sport and school commitments.

Beyond the intrinsic value of sport, it teaches students about **commitment, respect** and the values of **teamwork**. All-natural attributes required for a **successful life**.

Research demonstrates that student learning outcomes are improved when students are associated with sport in school and a team sport has benefits for young people that transcend the sporting domain. The results show conclusively that being involved in team sports enhances the **ability to learn, to achieve in other core academic subjects**, and to **develop capacity, skill and knowledge essential for lifelong success**.

The course of study for the excellence program has been carefully planned to cater for the individual needs of students facing the demands of **growing up in today's society**. It also meets the requirements of the HPE national curriculum that is being implemented right across Australia.

The program of study includes the Movement and Physical Activity strand with a focus on active play and minor games, challenge and teamwork activities, fundamental movement skills, games, tactics and strategies, and physical training skills and techniques related to Australian Football. In the second strand, personal, social and community health are the focus where current case studies in the AFL are used to build student skills around making responsible decisions in relation to alcohol and drugs, food and nutrition, living a healthy balanced lifestyle, mental health and wellbeing and safety.

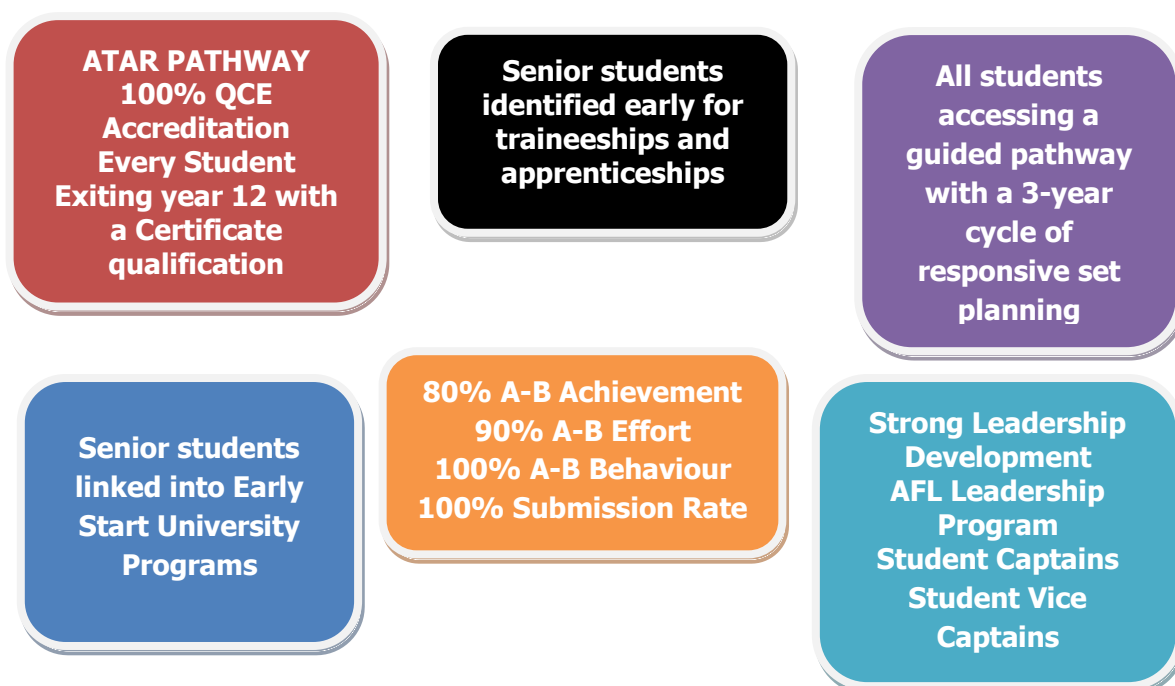
COURSE OVERVIEW

Year 7	Year 8
<ul style="list-style-type: none"> • Introduction to AFL • Relationships and team dynamics • Approaching adolescence • Respectful relationships 	<ul style="list-style-type: none"> • Food for life • Self-identity and mental resilience • Umpiring in AFL • Sports administration
Year 9	Year 10
<ul style="list-style-type: none"> • Risk to health – Social • Risk to health – Relationships • Sports Psychology • Sports nutrition 	<ul style="list-style-type: none"> • Coaching and officiating • Energy systems & Game play • Community health • Sports Psychology
Year 11	Year 12
<ul style="list-style-type: none"> • Group Dynamics • Coaching • Tournament Organisation • Resistance Training 	<ul style="list-style-type: none"> • Team Building • Sports Nutrition • Resistance Training • Sports Medicine

ACADEMIC AND LEADERSHIP RESULTS

The AFL School of Excellence since its inception in 2007 has had some fantastic results in the classroom. Our focus is on offering students multiple pathways to success. We have had a number of students go onto University and have had a number of OP 1-5 students, with two students leaving our program with an OP 1. We have had 100% QCE accreditation for every participant and students have been identified for traineeships and apprenticeships in a number of industries.

Our leadership program has seen students in the AFL program go onto lead the school. In the past 5 years we have had 7 school captains and 6 vice captains of the school. We also have a complete leadership program running from year 7-12 with a number of opportunities for students to build leadership skills across the school community.



PROGRAM OVERVIEW

The school will provide an educational environment, which will allow students in the School of Excellence a chance to undertake curriculum studies and training programs concurrently. There will be a direct link in years 7, 8, 9, and 10 which can lead to students electing to pursue AFL at a senior level in years 11 & 12. It is our intention that at the completion of their schooling, students will be well placed to compete for places in tertiary institutions or employment.

The AFL Excellence program exceeds the requirements of national curriculum for the Health and Physical Education Key Learning Area. The program consists of practical and theory elements relating to sport and health.

PROGRAM HIGHLIGHTS

- Enhancing skills in kicking, marking and handpassing
- Learning how to train to maximise performance

- Active development of leadership skills
- Coaching and mentoring to younger students by senior students and staff
- Tours and camps to help bond, motivate and educate students
- Study of sports psychology and nutrition and how they improve on field performance
- Application of skills learnt on the field, and in the classroom to achieve academic success
- Ability to prepare students for life after school

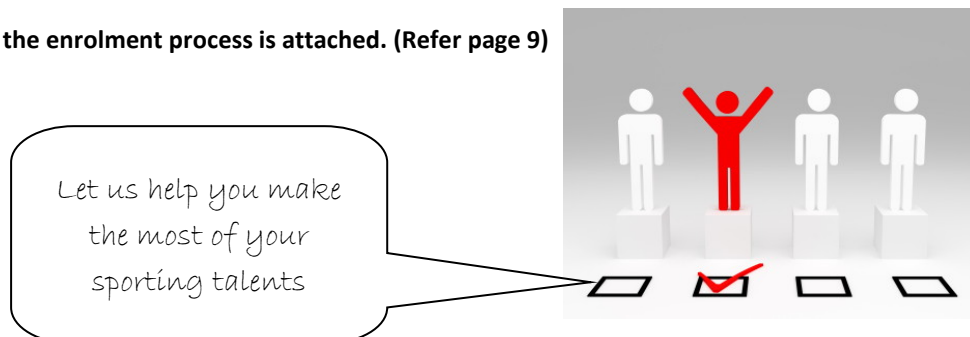
SELECTION CRITERIA

The AFL program will be offered to students in their final year of primary school and if accepted students will start year 7 the following year at Park Ridge SHS. Other students may be invited to apply in later years where they have demonstrated a commitment to the goals and culture of the program. Entry into year 7 AFL is not dependant on advanced skills in AFL. Students will be selected on the following criteria:

1. Commitment to sporting pursuits and willingness to work within a team environment.
2. School attendance is at 90% or above
3. Exemplary record of school conduct and behaviour
4. Positive report from designated teacher.

Students who are successful will be offered enrolment and a place in AFL for 2022. Students who fail to meet criteria 2 or 3 may be granted provisional status into the program at the discretion of the school, allowing them time to demonstrate commitment to studies and appropriate conduct and behaviour.

A summary of the enrolment process is attached. (Refer page 9)



COMMUNITY

The program will foster closer relationships with the wider community including sporting associations, tertiary institutions, AFL Queensland, Brisbane Lions Academy, Gold Coast Suns Academy, Brisbane South Region, Metropolitan West and Queensland Academy of Sport.

Academy students will also be provided with access to performance enhancement agencies (exercise and sports psychologists) and associated support agencies (sports medicine, physiotherapists).

SCHOOL RESPONSIBILITIES

- Provide a caring and supportive learning environment to maximise success
- Expect high standards of behaviour, dress and attendance



- Ensure quality coaches and external support networks
- Facilitate the improvement of skills, participation and enjoyment
- Monitor and report on student progress

STUDENT RESPONSIBILITIES

High School prepares students for a productive adult life and integration into the community and workplace. As such, students are required to:

- Attend all timetabled practical and theory lessons
- Be punctual and prepared for all sessions
- Attend and participate in all competitions, sporting activities, camps and tours

REPORTING

In addition to the regular school reports, students and parents will be provided with the following:

- AFL newsletter
- Communication with parents about any concerns and achievements
- Regular parent and parent support group meetings when required

We look forward to your child's involvement in this program.



Students in the classroom learning how Gold Coast Suns players prepare a nutritious pre-match meal



Girls Met West Representatives



Boys Met West Representatives "State Champions 2009"

COST- AFL ACADEMY PRICE LIST AND ORDER FORM

AFL ACADEMY Price List and Order Form

All students are expected to maintain the school standard in uniforms. With the exception of the Polo shirt, the items listed below may be worn only in the school or at official AFL excursions. **Please note that if your child is removed from the program they will be asked to exchange their AFL Academy School polo shirt for a normal school shirt.**

Wearing of the football jumper and playing shorts is restricted to training and matches.

Please use this form when ordering your AFL uniform requirements.

DATE:	STUDENT'S NAME:
CONTACT:	

Orders, with payment, to the Uniform Shop. Tuesday and Wednesday 8 am – 10 am Thursday 1 pm – 4.30 pm

(Uniform Shop does accept cheques. We do accept cash, debit cards and credit cards)

A. MANDATORY UNIFORM Requirements for AFL Academy.

Please circle items required. Please note that uniform ordered after the New Year may not be delivered until late April early May.

ITEM	DESCRIPTION	SIZE	\$PER ITEM	QTY	TOTAL
Polo Shirt	School Uniform Polo		\$35.00		
Embroidery	AFL Logo embroidered on Polo Shirt		\$ 7.00		
School Shorts	School Uniform Micro Fibre Shorts		\$25.00		
Embroidery	AFL Logo embroidered on School Shorts		\$ 7.00		
Playing Shorts	Black AFL Shorts with Sublimated logos		\$35.00		

Training Shirt	Training shirt with Sublimated logos		\$30.00		
Socks	Playing Socks		\$12.00		

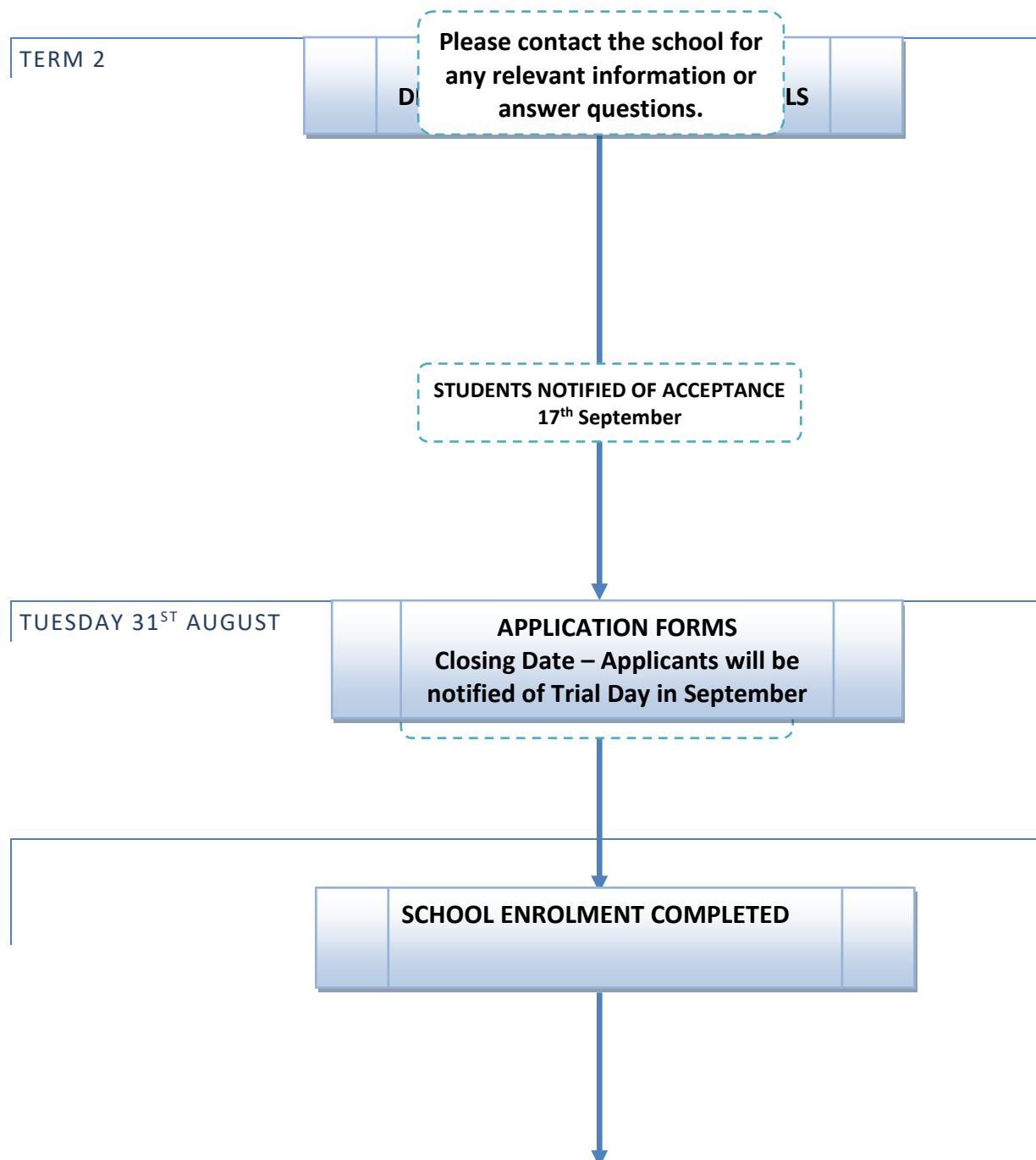
B. MANDATORY PAYMENT of AFL Levy paid to the cash collection window in the Administration Block.
The cash collection window accepts cheques, cash, debit and credit cards.

ITEM	PRICE PER UNIT	TOTAL
AFL LEVY (covers all bus travel for the year.)	\$60.00	

SUMMARY OF ENROLMENT

Parent / Student fill in the enrolment application

Please retain this information to guide you through the selection and enrolment process during the last year of Primary School



CONTACT US

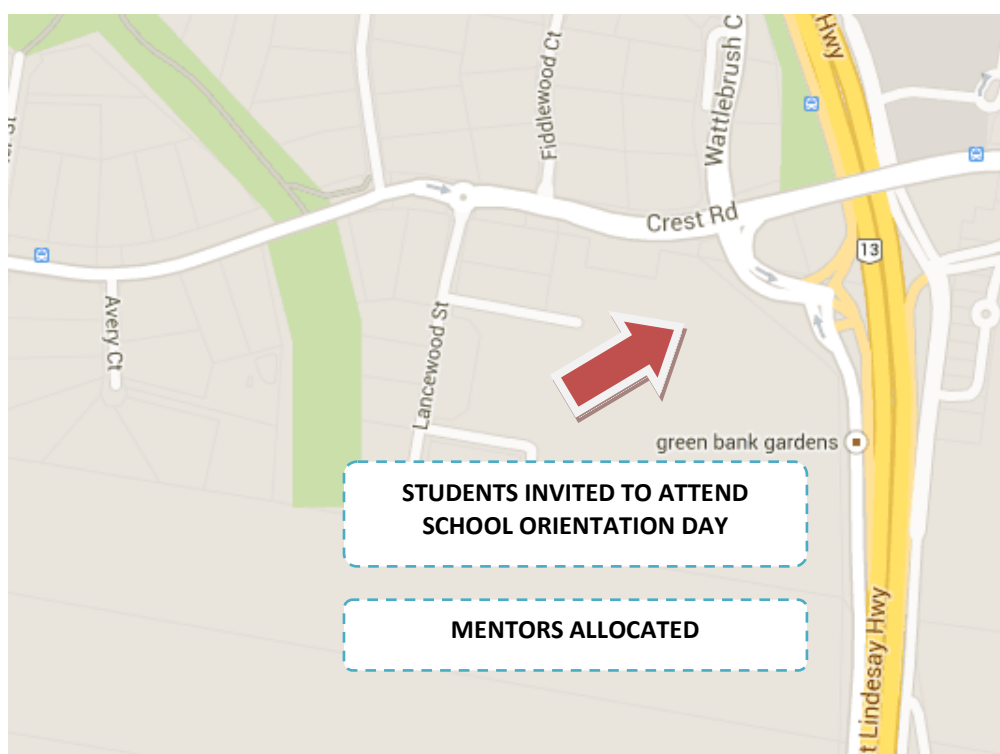
Telephone: (07) 3380 4111

Email: zmcle36@eq.edu.au

Director of AFL: Mr. Zac McLean

Mailing address: PO Box 893, Park Ridge Qld 4125

Physical address: 14-30 Lancewood Street,
Park Ridge Qld 4125



ENROLMENT FORM



Park Ridge SHS AFL Program

ENROLMENT APPLICATION FORM

Students wishing to enrol in the AFL Academy Program must provide evidence of their interest in AFL, good behaviour, and a personal reference prior to acceptance into the Academy.

Please complete the following application.

Name: _____ (Applicant)

School: _____

Parent/s: _____

Phone: _____

Address: _____

E-Mail: _____

1. Interest in AFL (To be completed by applicant)

- | | | |
|---|------------------------------|-----------------------------|
| 1. Do you support an AFL Club? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do you enjoy watching AFL? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Have you participated in an Auskick program? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Have you played AFL before? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Are you prepared to play in school competitions? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Do you currently play Club AFL? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Club Name: _____



Park Ridge SHS AFL Program

ENROLMENT APPLICATION FORM

2. In a brief statement outline the reasons why you should be included in the AFL School Academy for 2022.

3. Behaviour/Effort Report – Please provide as part of your application the most recent term or semester report card. Please nominate a school contact at your primary school as a reference.

4. Sport Involvement

Please comment on sporting interests and list sporting teams you have been involved with at school.

STUDENT CONTRACT

STUDENT NAME: _____

I acknowledge that by being accepted into the Park Ridge SHS AFL Academy program, I have been provided with a special opportunity to continue with both my studies and sport to the highest possible level.

I understand that to maintain my position within the program my performance in both areas must be of a required standard as judged by the teacher/coach in charge of my sport in consultation with the Principal and the Head of Department.

Specifically:

1. I will attend all classes and activities within my timetable and maintain an attendance rate of 92%+.
2. I will catch up all work missed from class as a result of representing the school
3. I will complete all homework tasks, assignments, and tests on time and will seek assistance if having difficulties.
4. I will notify the teacher/coach anytime I will be absent so that assignment and tests can be appropriately scheduled.
5. I will be a role model for our school vision of "excellence in all we do".
6. I will actively participate and contribute to the best of my ability in all classes, training and other activities organised for me.
7. I will participate in all three-school sporting carnivals including swimming, cross country and athletics
8. A written note from a parent/guardian or doctor will be provided to my teacher if I am unable to participate in a practical lesson or training.
9. I will represent the school in any competitions that the school enters.
10. I will consult with my teacher/coach before any difficulties I am having become problems.
11. Throughout the duration of the program I will ensure that I uphold the good name of the school and represent the school with pride and distinction.
12. I will be attired in the appropriate school/sport uniform.

Failure to comply with any of these conditions above will result in the teacher/coach, in consultation with the Head of Department and the Principal, deciding on a line of corrective action, which may include temporary or permanent removal from the program.

Signed _____ (Student)

Signed _____ (Parent)



Park Ridge State High School

14-30 Lancewood Street, Park Ridge Q 4125

PO Box 893, Park Ridge Q 4125

Telephone: (07) 3380 4111



MEDIA PERMISSION FORM

Dear Parents/Caregivers,

Welcome to an exciting and promising year here at Park Ridge State High School. During the year, you child will engage in a number of interesting and exciting AFL related activities. Many of these will include opportunities for quality visual recordings displaying the AFL Academy's students playing in competitions, training and in the classroom. Some of these images may be used in publications promoting and presenting the AFL Academy, both in school and beyond.

It is our intention to promote our AFL Academy through a newsletter, school magazine and newspaper feature articles. We are aware that you may have personal reasons to exclude your child from the public view. Before using any media, the school requires written consent to publish visual images in print or on the web. Visual images may include moving or still images in a variety of formats for:

- School magazine and newsletter
- AFL Academy newsletter
- AFLQ/AFL related websites
- AFLQ related promotions regarding Queensland AFL Academy Schools
- AFL Academy related television appearances
- Local and national newspaper features

If you consent to Park Ridge SHS using visual images for the above purposes, please sign and return the consent form with the enrolment package. Please note that this consent is additional to the general consent form that will be found in your student's school organiser upon commencement of the school year. Should you choose not to give your consent, or wish to exclude specific public mediums, please indicate on the form in the space provided. No student will be disadvantaged or excluded from any activity if a consent form is not signed. I would also prefer to communicate by email to parents wherever possible. If you have an email address, please include it in the space provided. Parents without access will still be sent a paper copy. Many thanks for your ongoing support.

STUDENT NAME:

I, (parent/caregiver) have read the above letter regarding the possible use of my child's image being used within the Park Ridge SHS AFL Academy related publications/promotions. I hereby give my consent to the use of visual images in the forms stated with the exception of:

Parent Name

Signed:

Date:

Email Address:



Park Ridge State High School

Health and Physical Education

PO Box 893, Park Ridge Q 4125

Telephone: {07} 3380 4111

Dear Parents/Guardians,

The Curriculum Activity Risk Assessment (CARA) guidelines have recently been revised for contact sports such as Australian football, rugby league and European Handball. Students are now required to wear mouth guards when participating in all contact sports.

There are a variety of mouth guards available to purchase, however the education department strongly recommends that students wear custom-fitted mouth guards. Wearing a custom-fitted mouth guard helps to absorb and spread the impact of a blow to the face, which may otherwise result in an injury to the mouth or jaw. Mouth guards can protect students from some serious sporting injuries, such as broken jaws, fractured, cracked or knocked-out teeth, cut lips and tongues (ADA, 2019).

Custom fitted mouth guards are superior to over the counter mouth guards and are made from a dental impression and a plaster model of the teeth. They provide the best protection fit and comfort for all levels of sport. Over-the-counter (boil and bite) mouth guards include stock mouth guards that do not require fitting, and mouth guards that can be placed in hot water and then self-fitted by biting into them. These offer less protection, can dislodge during play and are not recommended (ADA, 2019).

Please refer to the Australian Dental Association www.ada.org.au for more information or consult your dental professional.

If you have any concerns about purchasing a mouth guard for your child please contact me. Regards,

Craig McBrien
Deputy Principal

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Student: _____

Form: _____

I, _____ understand that mouth protection is mandatory in AFL. I have read the information provided to me about mouth protection and accept responsibility for the type of mouth protection my child will wear whilst playing AFL.

Signature: _____