



# PARK RIDGE STATE HIGH SCHOOL AFL EXCELLENCE PROGRAM



## ENROLMENT INFORMATION





**TEACHING STUDENTS EXCELLENCE IN ALL THEY DO  
THROUGH THE VEHICLE OF AFL - SPORTING, ACADEMIC  
AND PERSONAL EXCELLENCE.**

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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.

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 Since 2016

63 students selected to MET WEST or QLD AFL teams

AFLQ SoE Division 1 member school

Currently 25 members of the Gold Coast Suns/  
Brisbane Lions academies

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"><li>• Introduction to AFL</li><li>• Relationship skills &amp; Group Dynamics</li><li>• Intro to Fitness</li><li>• Film Analysis</li></ul>	<ul style="list-style-type: none"><li>• Nutrition for AFL</li><li>• Movement Strategies</li><li>• Fitness for AFL</li><li>• Digitally Active</li></ul>
Year 9	Year 10
<ul style="list-style-type: none"><li>• Adolescent safety- Relationships &amp; Sex Ed</li><li>• AFL inclusion &amp; equity</li><li>• Adolescent safety- Drug Education</li><li>• Sports Psychology</li></ul>	<ul style="list-style-type: none"><li>• Coaching and officiating</li><li>• Skill evaluation</li><li>• Community health</li><li>• Resistance training</li></ul>
Year 11	Year 12
<ul style="list-style-type: none"><li>• Group Dynamics</li><li>• Coaching</li><li>• Tournament Organisation</li><li>• Resistance Training</li></ul>	<ul style="list-style-type: none"><li>• Team Building</li><li>• Sports Nutrition</li><li>• Resistance Training</li><li>• Sports Medicine</li></ul>

# ACADEMIC AND LEADERSHIP BENEFITS

## ATAR PATHWAY

100% QCE Accreditation

Every Student Exiting year 12  
with a Certificate qualification

Senior students identified early  
for traineeships and  
apprenticeships

All students accessing a  
guided pathway with a  
3-year cycle of responsive  
set planning

Senior students linked into  
Early Start University  
Programs

80% A-B Achievement  
90% A-B Effort  
100% A-B Behaviour  
100% Submission Rate

Strong Leadership  
Development  
AFL Leadership Program  
Student Captains  
Student Vice Captains

# PARENT TESTIMONIES

The AFL academy program at PRSHS is great! Our kids make great friends with their peers on and of the field. The support our kids get in the classroom is second to none. The communication between teachers and parents is great. For my daughter being in a program like this makes her day enjoyable at school and keeps her motivation high to strive to do the best she can in the classroom and on the field.

Kristy Streeter

As a parent of children in the PRSHS AFL Academy I have found that it helps build confidence and friendships as they also learn to work as a team. The teachers/coaches put a lot of effort into balancing Training/ Playing and academic studies to make the program enjoyable to all the children across year groups.

Peter Knight

My children have been part of the AFL academy on some level, my middle daughter was lucky enough to captain and co-captain two consecutive years her junior team to AFLSQ championships. Being apart of the AFL program assisted in her being able to play in many regional and Qld teams and also, being selected in the Gold Coast Suns Academy program.

I have found the AFL Program at Park Ridge State High School to be excellent in developing skills, resilience and lasting friendships. I have always found the AFL teachers and coaches excellent in communicating any concerns or praise they have for my children.

My children have been lucky enough to have been able to engage in excursions and camps that have taken place from the bush to the beach. I definitely credit the AFL academy for contributing to my now adult children's success at school and presently.

Katrina Mann

# PROGRAM OVERVIEW

Through the pursuit of AFL excellence many skills and attributes will be explicitly taught. These include Sports Excellence, Personal/interpersonal values and skills, Leadership, Academic Excellence. These attributes will enhance any future pathway that a student may choose. 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. AFL Excellence at Park Ridge State High School is a program that is dedicated to developing responsible, knowledgeable, and skilful individuals with a passion for AFL.

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. As part of the program, students will have timetabled AFL on a Wednesday afternoon where they will spend time as a whole squad. This time will be used for training and also some theory topics including game analysis (film, statistics), leadership, team culture and implementation of game plans.

## PROGRAM HIGHLIGHTS

- Enhancing fundamental AFL skills e.g. Kicking, marking, tackling
- Improved training standards with clear expectations
- 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 in the classroom to achieve academic success
- Ability to prepare students for life after school
- Common core curriculum teachers to improve relationships with students and program culture

Opportunities to represent the school in many different competitions throughout Queensland including:

- Junior Gala Days
- AFLQ Schools Cup
- Development squad games
- AFLQ Schools of Excellence Cup
- Umpiring and Officiating Opportunities
- Representative opportunities (Met West, Lions & Suns Academy)

# 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 2023. 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 selection process is attached.**

## 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.**

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.

## CORE VALUES

- Sporting Excellence
- Academic Excellence
- Leadership skills/attributes
- Personal and interpersonal skills

(discipline, leadership, resilience, commitment, fitness, respect, confidence, team work)

# 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.*

<b>DATE:</b>	<b>STUDENT'S NAME:</b>
<b>CONTACT:</b>	

*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.*

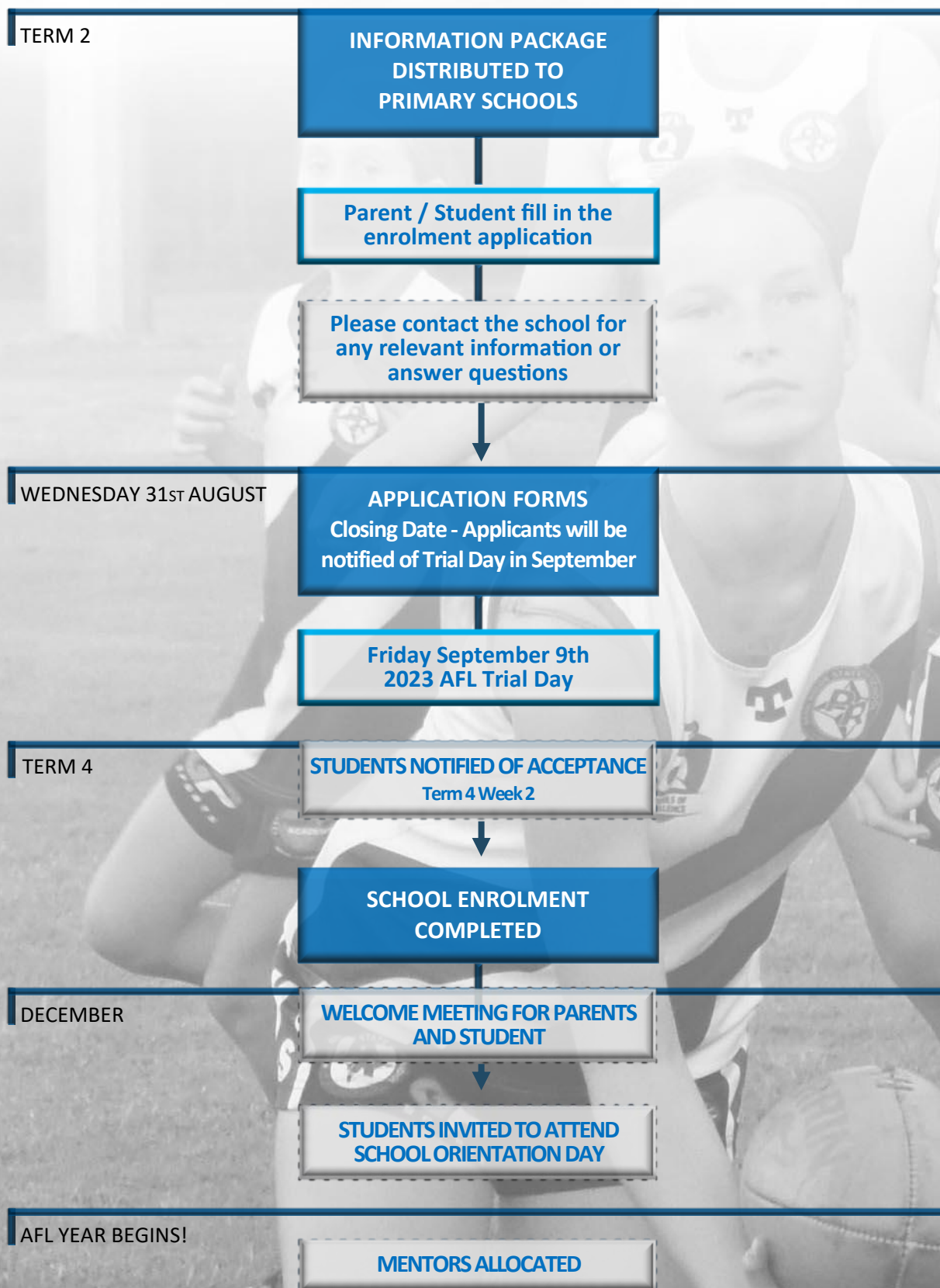
ITEM	DESCRIPTION	SIZE	\$ PER ITEM	QTY	TOTAL
Polo Shirt	School Uniform Polo		\$35.00		
Embroidery	AFL Logo embroidered on Polo Shirt		\$7.00		
School Shorts	School Uniform Micro Fibre Shorts		\$25.00		
Embroidery	AFL Logo embroidered on School Shorts		\$35.00		
Playing Shorts	Black AFL Shorts with Sublimated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

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



# CONTACT US



Mr Zac McLean



(07) 3380 4111



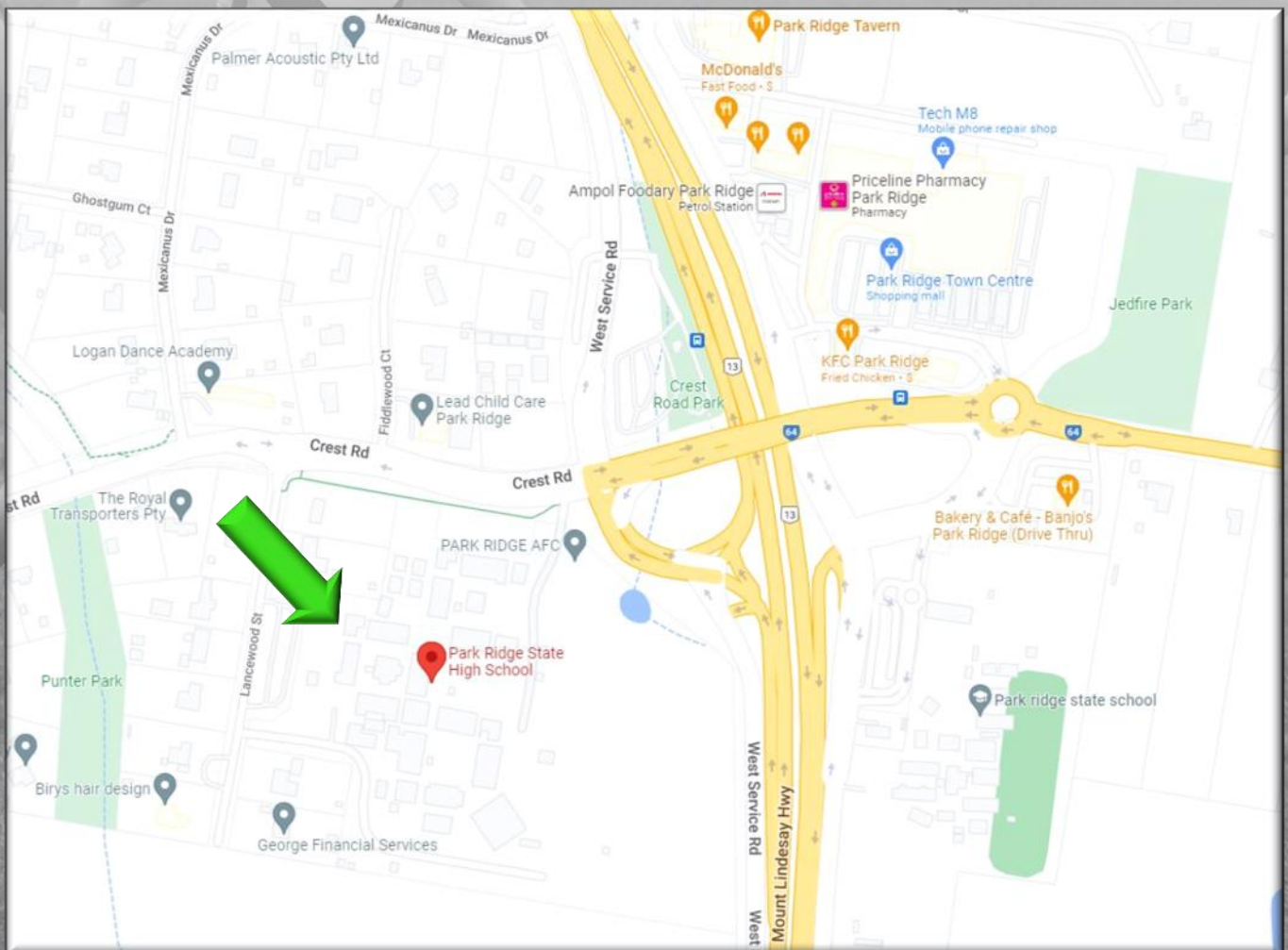
Zmcle36@eq.ed.au



PO Box 893, Park Ridge Qld 4125



14-30 Lancewood Street, Park Ridge Qld 4125



# Park Ridge State High School

## AFL Program Enrolment Form

### ENROLMENT APPLICATION

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).

Please complete the following application.

<b>Name: (applicant)</b>	
<b>School</b>	
<b>Parent/s or Carer:</b>	
<b>Phone:</b>	
<b>Address:</b>	
<b>E-Mail</b>	

<b>1. Interest in AFL (to be completed by applicant)</b>				
<b>A) Do you support an AFL Club?</b>	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
<b>B) Do you enjoy watching AFL?</b>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>C) Have you participated in an Auskick Program?</b>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>D) Are you prepared to play in school competitions?</b>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>E) Do you currently play Club AFL?</b>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>Club Name:</b>				

# Park Ridge State High School AFL Program Enrolment Form

## ENROLMENT APPLICATION

### 2. In a brief statement

Outline the reasons why you should be included in the AFL School Academy

### 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

Nominated Contact from  
Primary School Name:

### 4. Sport Involvement

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

# Park Ridge State High School AFL Program Enrolment Form

## STUDENT CONTRACT

<b>Student First Name:</b>	
<b>Student Last Name:</b>	
<b>Grade:</b>	



I acknowledge that by being a member of the Park Ridge SHS AFL Excellence Program, I have been provided with the special opportunity to build my **sporting** and **academic excellence**, **personal/interpersonal** and **leadership skills** to the highest possible level. I understand the core values of resilience, confidence, discipline, leadership, respect, commitment and teamwork are integral to my development as an exemplary member of the school community.

I understand that to maintain my position within the program my performance in all 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.

### SPORTING EXCELLENCE

- I will actively participate and contribute to the best of my ability in all AFL classes, training sessions and other activities organised for me
- I will participate in all three whole school sporting events; swimming events; cross country and athletics

### ACADEMIC EXCELLENCE

- I will attend all classes within my timetable
- I will complete all homework tasks, assignments and tests on time and will seek assistance if having difficulties
- I will catch up on any work missed due to absence

### PERSONAL/INTERPERSONAL VALUES AND SKILLS

- I will consult with my teacher/coach before any difficulties I am having become problems
- I will do my best and be enthusiastic
- I will arrive to all lessons and training ready to learn with the correct equipment

### LEADERSHIP SKILLS AND ATTRIBUTES

- I will be attired in the appropriate school/sport uniform
- I will follow the school guidelines as stated in my student organiser
- I will ensure that I uphold the good name of the school and represent the school with pride and distinction

<b>Student Name:</b>		<b>Parent/Carer Name:</b>	
<b>Student Signature:</b>		<b>Parent/Carer Signature:</b>	
<b>Date:</b>		<b>Date:</b>	



## Park Ridge State High School

14-30 Lancewood Street, Park Ridge Qld 4125  
PO Box 893, Park Ridge Qld 4125  
Telephone: (07) 3380 4111 Fax: (07) 3380 4100  
info@parkridgeshs.eq.edu.au  
Director of AFL: Zac McLean



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.

<b>Student Name:</b>			
I, _____ (parent/carer) 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: _____			
<b>Parent/Carer Name:</b>			
<b>Student Signature:</b>		<b>Date:</b>	
<b>Email:</b>	<b>Date:</b>		





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PO Box 893, Park Ridge Qld 4125  
Telephone: (07) 3380 4111 Fax: (07) 3380 4100  
info@parkridgeshs.eq.edu.au  
Director of AFL: Zac McLean

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](http://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

<b>Student Name:</b>		<b>Form:</b>	
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.			
<b>Student Signature:</b>			

# COACHES PROFILE



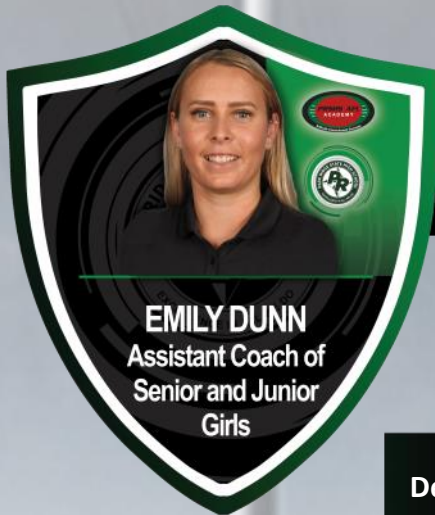
**Coach of Senior and Junior Girls AFL**  
**Level 2 AFL Coaching Accreditation**

**ZAC MCLEAN**  
Director of  
AFL Excellence

**Coach of Senior and Junior Boys AFL**  
**Level 2 AFL Coaching Accreditation**



**ROB LADE**  
Sport Coordinator



**Development Girls Coach**  
**Level 1 AFL Coaching Accreditation**

**EMILY DUNN**  
Assistant Coach of  
Senior and Junior  
Girls

**Development Boys Coach**  
**Level 1 AFL Coaching Accreditation**



**JOSH LAY**  
Assistant Coach of  
Senior and Junior  
Boys



**Development Assistant Coach**

**TERRELL AUGUSTINE**  
AFL  
Program Support



