

# **WEST PERTH**



## **15's DEVELOPMENT ACADEMY TRAINING HANDBOOK 2014**

Dear Player,

Welcome to the West Perth Football Club for Season 2014.



The WAFL 15's Academy Development Program is in place to provide you with an elite football environment that focuses on individual player development. It is centered on the development of the person and their ability to contribute in a team environment. As a player who is zoned to the West Perth Football Club, you are very welcome at this great club and we hope you thoroughly enjoy your time here as you progress through the talent pathway.

This handbook will explain to you what your responsibilities are when involved with the West Perth Football Club's Development Program in 2014. It is important that you familiarise yourself with the contents and understand what we are trying to achieve. If at any time you have any questions regarding the make-up of our programs, please feel free to contact myself or one of the coaches to seek clarification.

Finally, let me stress that you have been invited to be part of this Development Program because it is felt you all have some football ability. That alone will not suffice in helping you get to the next level of your football development. You have to demonstrate a strong work ethic, a real determination to continually improve your skills and learn from your coaches. You need to be a sponge and soak up as much information as possible to assist you on your journey as a footballer and as a person.

Remember – Live life without regrets and strive to be the best you can be.

I wish you all the best and hope you enjoy this truly unique learning experience.

A handwritten signature in blue ink, appearing to read 'Ward Harris', is written over a horizontal line.

Ward Harris

Player Development Manager

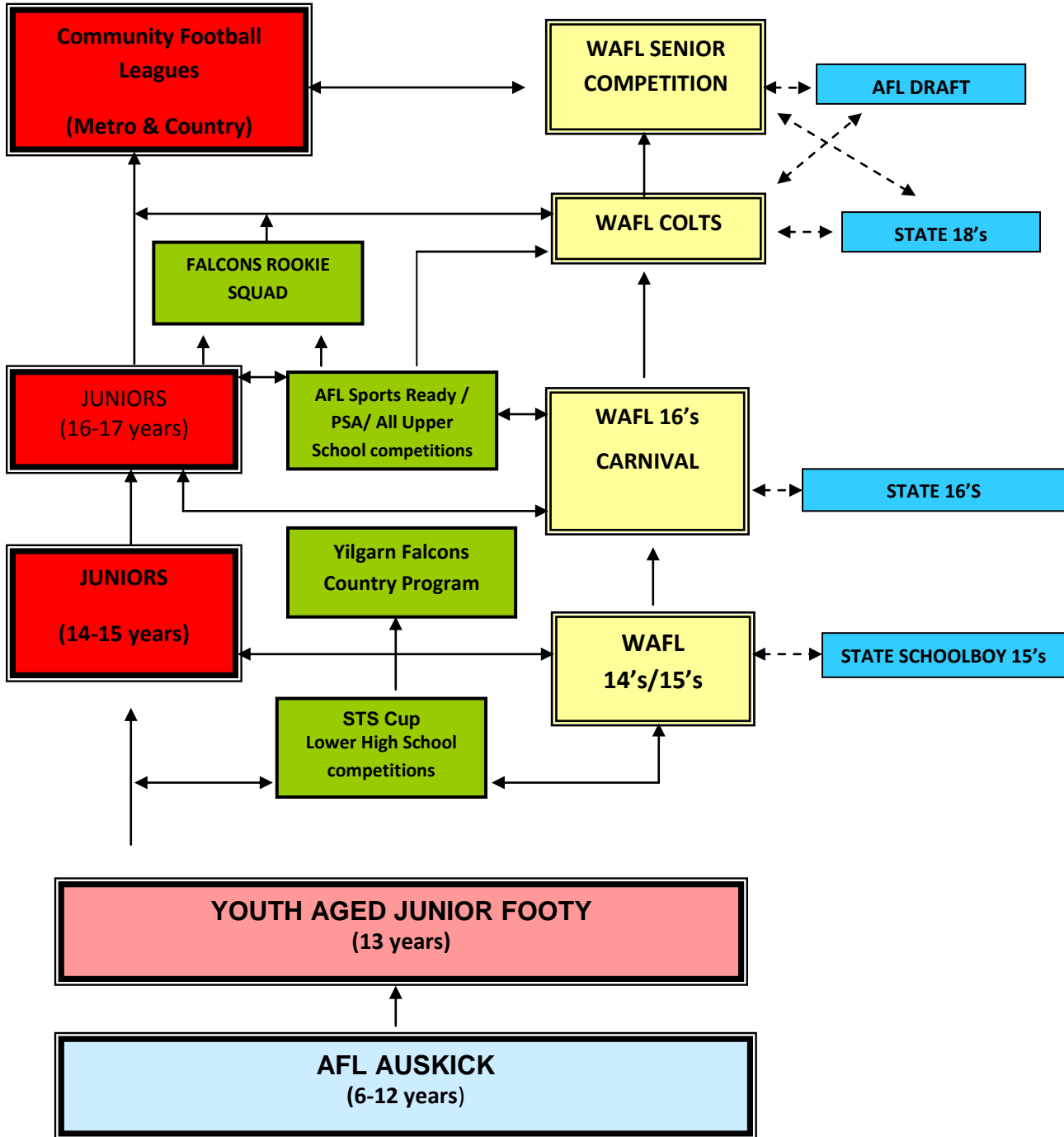
West Perth Football Club



# WA FOOTBALL



## DEVELOPMENT PATHWAY 2014



# West Perth Football Club History

## Did You Know.....?

As a club we began in 1885 and have won 19 premierships making us the oldest and second most successful club in the WAFL

1897	1934	1951	1995
1899	1935	1960	1999
1901	1941	1969	2003
1905	1942	1971	2013
1932	1949	1975	

Within our player ranks we have produced:

- 11 Sandover Medallists
- 18 Simpson Medallists
- 16 WA Football Hall of Fame inductees

2 of our players have played over 300 games:

- Mel Whinnen 371 games
- Bill Dempsey 343 games

17 of our players have played over 200 games:

- |                            |                           |
|----------------------------|---------------------------|
| Alan Watling 284 games     | Ken Ashdown 218 games     |
| Les Fong 284 games         | Jason Salecic 213 games   |
| Paul Mifka 283 games       | Norm MacDiarmid 210 games |
| Ray Schofield 277 games    | Max Tetley 210 games      |
| Wally Price 256 games      | Jim Craig 203 games       |
| Peter Menaglio 236 games   | Brian Foley 202 games     |
| EJ (Ted) Fleming 229 games | Len Harman 201 games      |
| Bill Rainoldi 228 games    | Eddie Wylde 200 games     |
| E A (Ted) Tyson 228 games  |                           |

13 of our players have won multiple Breckler Medals, with club legend Mel Whinnen winning an amazing 9 Breckler Medals between 1962 and 1975.

The Club relocated from its home ground in Leederville to our current home at Arena Joondalup in 1994.

The first 10 seasons at Arena Joondalup (1994-2003) produced 5 grand finals, 3 premierships and 2 pre-season premierships making it one of our most successful decades ever.

## **15's COACHING STAFF**

### **COACHING PANEL- 15's EARLY**

<b>COACH:</b>	Phil Carey – 0418 948 046
<b>ASST COACHES:</b>	John Burton – 0438 877 111
<b>TEAM MANAGER:</b>	Ward Harris

### **COACHING PANEL- 15's LATE**

<b>COACH:</b>	Ash McKeown – 0418 911 305
<b>ASST COACHES:</b>	Scott Mountford – 0410 420 797/ Jonathon Gullis - / Ben O'Regan -
<b>TEAM MANANAGER:</b>	Ward Harris

**West Perth - Player Development Manager-** Ward Harris- 9300-3611/ [pdm@falconsfc.com.au](mailto:pdm@falconsfc.com.au)

### **1) TRAINING**

Each squad will begin with varying amounts of squad members. Players will be added from junior football throughout the program. This squad will then compete in the WAFL Carnival held during the October school holidays. This Squad will train together through the season with strategically placed sessions, as not to interfere (as much as possible) with your junior club commitments. All training sessions for the 15's will be held on Mondays and/or Wednesdays at Arena Joondalup from 4.00pm. All players must sign in when they arrive. Finish times for training will vary so please refer to the Training Program at the back of this Handbook. You can change in the visitor's change-rooms. Ensure you are punctual and let the staff know if you can't make a session. A full training program is attached with training times & venues. ***Please be advised that this schedule may be subject to change. Players & Parents will be notified ASAP if this is the case.***

You will need to bring to **every** training session:

- Boots and joggers
- Football shorts and socks
- Drink bottle/water
- Mouthguard
- Warm clothes to change into after training

Training sessions will build up to be of greater intensity than at your community clubs, and all players will be required to demonstrate a strong work ethic and team approach all the way through the program.

If at any stage during the training program you have a question or concern about your progress, refer it to the coaching staff or make a time to ring your Head Coach and speak to him about it. At all times you will be given a frank, honest assessment of your progress.

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## **2) MEDICAL TREATMENT**

Report all injuries, slight or otherwise, to our training staff. They will advise you and/or your parents on the required course of treatment or rehab. If you have got into the habit of wearing strapping or bandages during your junior club games, let the training staff know so they can assess your current condition.

**It is imperative that all players are covered by private medical insurance and ambulance cover.** We are involved in a collision sport where accidents do happen from time to time. In the event of injury that requires insurance coverage through West Perth training sessions or games, the players are responsible to claim against their own insurance in the first instance.

All these forms with receipts are required to be given to the Player Development Manager no later than 3 months after the injury has taken place. The club's medical insurance through JLT will then cover 90% of Non-Medicare Medical items.

**Please Note:** The Australian Health Insurance Act does not permit any insurer to contribute to any charges covered by Medicare (including the Medicare Gap). This insurance does not provide cover for surgeons, anaesthetists, doctors, X-Rays or other accounts which are partly covered by Medicare.

All players are strongly advised to wear mouthguards to avoid damage to teeth.

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## **3) SQUAD LEVY**

All players involved in the 2014 - 15's Development Academy will be asked to contribute a levy of **\$250**.

Players will receive West Perth socks, West Perth blue & white shorts, West Perth polo shirt, West Perth hoodie, West Perth training shirt, West Perth cap, West Perth back pack, foam roller and powerband.

This levy also covers the cost of ground hiring, medical, coaching and club insurance.

***“Please ensure all cash/cheque payments are enclosed in a sealed envelope with the players name on the front”***

The game day uniform for all players attending games will be West Perth polo shirt, black slacks/trousers and black dress shoes. Shorts, sandals, beanies, thongs and/or jeans are not to be worn to and from games. We encourage all players to act as ambassadors of West Perth Football Club at all times.

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#### **4) JUNIOR CLUB TRAINING**

Development Squad training is twice a week starting from the beginning of the program. This should be your focus for the duration of your time involved in the program, however we do understand that some players teams may be in finals contention and thus these players are only required to train once a week once finals start.

Should your team make the grand final you are excused from training that week, but you are still advised to attend. Communication here with your respective Coaching teams is the absolute key!

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### **STRETCHING**

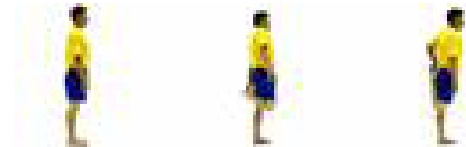
Stretching helps with flexibility and being more flexible will minimize your risk of injury and improve your balance. It is also an important component in improving your speed and power. Here are some general guidelines when stretching

#### ***Calf Stretch (lower leg)***



Stretch in a 'race start' position. Push your back foot down until your heel touches the ground

#### ***Quad Stretch (thigh muscle)***



Standing up, bend your leg up behind you. Hold your foot with your hand and squeeze your foot towards your butt. Bend your balancing leg slightly for more of a stretch

#### ***Hip Flexor Stretch***



Start with one knee on the ground with your other leg out in front. Ensure your front foot is beyond your forward knee. Lean forward keeping back straight and hip in line.

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### **Groin Stretch**



Sit with your knees bent and feet together. While holding your feet, use your elbows to gently push your knees towards the ground

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### **Hamstring Stretch**



In a sitting position, keep one leg straight and bend the other leg into your inner thigh. Lean your body towards your toe on your straight leg. Only stretch to you feel slight discomfort then hold.

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### **Buttock Stretch**



Lying on your back, cross your legs with one knee over the other. Place both hands behind your bottom knee and gently pull both legs towards your chest.

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### **Back Stretch**



Lying on your back bend one leg and bring it towards your chest. Gently roll your bent leg over the top of your straight leg. E.G. If your left leg is bent roll it to the right. Make sure your shoulders stay on the ground.

## **CORE STRENGTH & STABILITY**

### **What is the Core?**

Many people think of the core as a nice six-pack, or strong, toned abs, the truth is that the abdominal muscles are a very small part of the 'core'. The "core" actually consists of many different muscles that stabilize the spine and pelvis.

When these muscles contract, they stabilize the spine, pelvis and create a solid base of support. When this happens, we are able to generate powerful movements of the arms and legs.

The muscles of the core also make it possible to stand upright and move on two feet. These muscles help control movements, transfer energy, shift body weight and move in any direction. A strong core distributes the stresses of weight-bearing and protects the back. Core conditioning exercise programs need to target all these muscle groups to be effective.

Below there is a simple core strengthening program that you can do at home. We will go over all of these exercises at your first training session and learn how to "activate" our core muscles.

***All core exercises need to be slow, controlled movements. They should not be fast or jerky***



**WEEK 1, 2 & 3 (Do these 4 exercises EVERY day if possible)**

**Prone Stabilization (Plank)**



Your aim is to lift your body off the ground onto your elbows and toes. Keep your body straight and flat. Do not lift your bottom in the air or let it sag towards the ground.

**Week 1- Hold for 30 seconds**

**Week 2- Hold for 40 seconds**

**Week 3- Hold for 50 seconds**

**Side Stabilization**



Same theory as the plank above but obviously now lying on your side. Leaning on one elbow, lift your hips off the ground.

**Week 1- Hold for 30 seconds on each side**

**Week 2- Hold for 40 seconds on each side**

**Week 3- Hold for 50 seconds on each side**

**Seated Rotation (feet off the ground)**



Using a football, rotate the ball from one side to the other, touching the ball on the ground on each side. Ensure your feet are off the ground. Rotations need to be slow and controlled. Don't rush.

**Week 1- 10 each side (20 total)**

**Week 2- 20 each side (40 total)**

**Week 3- 30 each side (60 total)**



Remember slow and controlled movements. Slowly raise and extend your opposite arm and leg. Then same with the other arm and leg

**Week 1- 10 each side (20 total)**

**Week 2- 15 each side (30 total)**

**Week 3- 25 each side (50 total)**

**WEEK 4 and BEYOND (Keep doing the above exercises and add in the 4 below)**

**Plank with Arm Raise to the side**



Same as the plank above but while holding your body in position you need to slowly raise one arm up and then slowly back down. Then repeat with other arm. You need to use all of balance and control and don't let your body rock from side to side.

**Week 4- 10 each side (20 total)**

**Week 5- 10 each side (20 total)**

**Week 6- 15 each side (30 total)**

**Side Plank Raised Arm**



Like the side plank above but extend your top arm out above you as you hold the exercise.

**Week 4- Hold for 30 seconds on each side**

**Week 5- Hold for 40 seconds on each side**

**Week 6- Hold for 50 seconds on each side**

**Single Leg Bridges**



Laying flat on your back on the ground, bend knees so both feet are flat on the ground. Extend one leg out and raise your bum off the ground. Squeeze your bum muscles as you raise it off the ground.

**Week 4- 10 each side (20 total)**

**Week 5- 10 each side (20 total)**

**Week 6- 15 each side (30 total)**

**Plank with Arm Raise to the front**



Same as the plank above but while holding your body in position you need to slowly raise one arm out in front of you then slowly back down. Then repeat with other arm. Stay balanced and controlled and don't let your body rock from side to side.

**Week 4- 10 each side (20 total)**

**Week 5- 10 each side (20 total)**

**Week 6- 15 each side (30 total)**

### 3 Main points

Hydration  
Carbohydrates (CHO)  
Protein



#### 1. HYDRATION- WATER

Dehydration affects concentration and endurance + overall performance  
Can be determined by weight loss after a game/training session

#### **HOW TO REMAIN HYDRATED!**

Make sure you are fully hydrated before the game.  
Avoid caffeine that morning and the day before (eg coke, coffee, red bull)  
Take small sips constantly throughout to keep you hydrated + avoiding a stitch.  
Half time – sports drinks are a good option for replacing energy stores and salt/electrolytes which can be lost in sweat.  
After the game – drink lots of water to replace what is lost.  
Weigh yourself before and after the game to see how much weight you have lost. (loss of 3kg = drink 3 L)

#### 2. CARBOHYDRATES

GLUCOSE= Fuel for the brain and muscles + Carbohydrates are also a good source of FIBRE

The more Carbohydrates you consume the more ENERGY you will have!

At very high intensity exercise energy stores are used at a very fast rate and may become depleted after 30-45 minutes.

Glycogen stores need to be full at the start of a game and replaced at the end.  
Most important meal = breakfast

#### **HOW TO INCREASE YOUR ENERGY INTAKE!**

Eating high CHO containing foods before the event. E.G. cereal or bread/fruit (eat these 2 hours before a game so that your stomach can empty).

Events longer than 1 hour or at high intensity require CHO to replenish stores and avoiding fatigue. E.G. sports drink

CHO load the night before to avoid such a huge drop in glycogen stores overnight (there will still be enough but we want to top it up) E.G. pasta/bread/potato

Sports drink during the event to replace blood glucose instantly.  
3 days before the game eat high carbohydrate containing foods.

### Examples of Carbohydrate rich foods

<i>Night before a game</i>	<i>Breakfast</i>	<i>During the game</i>	<i>Post game snacks</i>
Pasta	Cereal (with fibre)	Sports drink	Banana
Rice	Fruit/fruit juice	Jelly beans	Breakfast/sports bar
Potato	Baked Beans		Fruit/ Smoothie
Bread	Toast/ Crumpets		Yoghurt
	Porridge		Fruit toast

### **3. PROTEIN**

Most people consume enough protein in their diet  
Required for building muscle/repairing injured muscle

#### Examples of foods high in protein

Eggs  
Meat (red and white)  
Dairy (milk, yoghurt, cheese)

***“Think of your body as a motor. Every motor needs a fuel to run. To get your motor to run at its very best you need to fuel right!”***

## **INJURIES**

As you move through your football journey you will realize that injuries are a part of football. Whether they are major or minor the way you deal with injuries will be a measure of how quickly you can get back to training and playing.

There are so many different types of injuries but the majority of injuries in football are muscle injuries. Injuries like straining or tearing a muscle and muscle bruising (corks) are most common.

You can minimize your risk of muscle strains and tears by being prepared. This means ensuring you have done all of the Strength & Conditioning work above. The stretching part is vital, as keeping your body flexible will limit these sorts of injuries.

When you get a muscle injury you need to take care of it. You can't just think to yourself that it will be fine and not do anything about it. You could be back playing in half the time if you do all the right things to manage your injury. Below is the simple method of assessing and managing your injuries.

### ***FIRST THINGS FIRST***

Report all injuries, slight or otherwise, to our training staff. They will advise you and/or your parents on the required course of treatment or rehab

**Upon Injury** – player to see Head Trainer who will:

Assess injury and determine appropriate course of action

Arrange referral to Physiotherapist, Doctor etc

Update Head Coach and PDM; provide medical claim form to player if required

***As a guide, soft tissue, ligament or tendon injuries should be treated with the RICER method below:***

***REST-*** Rest reduces further damage. Avoid as much movement as possible to limit further injury.

Don't put any weight on the injured part of the body

***ICE-*** Apply a cold/ ice to injury for 20 minutes every 2 hours. Continue this treatment for the first 48 -72 hours (2-3 days). Ice cools the tissue and reduces pain, swelling and bleeding. Place cold pack wrapped in a towel onto the injured area. Do not apply cold pack directly to the skin

***COMPRESSION-*** Apply a bandage covering the injured area as well as the areas above and below. Compression reduces bleeding and swelling. Check the bandage is not too tight

***ELEVATION-*** Elevate the injured area to stop bleeding and swelling. Place the injured area on a pillow for comfort and support

***REFERRAL-*** Refer the injured person to a qualified professional such as a doctor or physiotherapist for precise diagnosis, ongoing care and treatment. A full recovery is then more likely

Once you have cared for the injury then you will need to do rehab on the muscle:

The rehab program will continue until you have:

Similar joint range of motion similar to the non injured limb

A functional level of strength

Can resume running

At this point the player will need to continue the Strength & Conditioning of the injury in a bid to return to the full training program

If you follow these simple steps your injury will recover a lot quicker. Remember that injuries are a part of football and although it's frustrating, the way you handle and bounce back from injuries shows your true character. Players want to be playing so make sure you give your injury the treatment it deserves.

**GOAL SETTING**

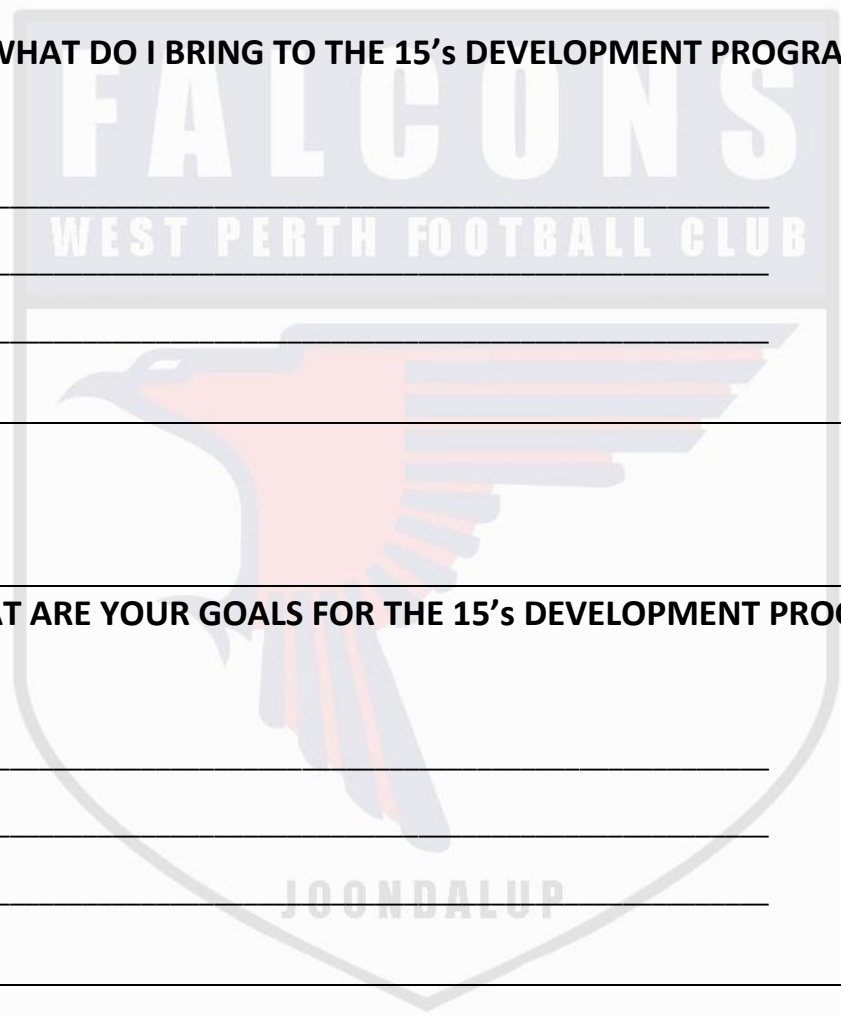
**YOU ARE HERE BECAUSE YOU DESERVE TO BE...**

**WHAT DO I BRING TO THE 15's DEVELOPMENT PROGRAM**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**WHAT ARE YOUR GOALS FOR THE 15's DEVELOPMENT PROGRAM**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_



## FOOTBALL TERMINOLOGY

Australian Rules Football sometimes seems like a complicated game with a lot of rules and a lot of different words & terminologies with different meanings. To help you understand what the coaches want from you we have given a few meaning of some commonly used words or phrases used by coaches. Please talk to your coaches about any of the saying below that you do not understand.

**Stoppage-** A stoppage is either a boundary throw-in or a ball-up. It's an opportunity for our midfielders to set up effectively and find their man. When we win the ball from the stoppage it means we get the clearance.

**Feed Back-** This means we feed a handball backwards before we go forwards. We 'feed back' to clear congestion and give us more time to choose the correct decision going forward. We will try to feed back as much as possible so we will try to set up to have a player backwards of the stoppage or contest.

**Switch-** To switch means to '*switch the play*', basically it means going back in the opposite direction. We switch to open up the space on the ground and do so to counter-attack. We commonly switch the ball in the defensive half. We can switch into the corridor or switch to use the 'fat side'

**Fat Side-** The 'fat side' is the side of the oval that the play isn't. So if the play is on the right wing then the fat side is the left wing. To get to the 'fat side' we need to switch the play across the ground

**Contested Possession-** A contested possession is when you win the ball at a contest. Usually contested possessions are quick kicks forward out of a pack or quick handballs to a teammate running past the contest. It means going into a pack of players and getting the ball sometimes people call it 'winning your own ball'. (*Watch Joel Selwood, Matt Priddis or Tom Liberatore*)

**Uncontested Possession-** An uncontested possession is when you are all on your own and have space from your opponent. Usually quick players who are good runners win a lot of uncontested possessions. It could be gathering a loose ball under no pressure or receiving a quick handball from a teammate in a contest. (*Watch Stephen Hill or Lewis Jetta*)

**Good on the inside-** Being 'good on the inside' means being able to consistently win contested possessions.

**Breaking the lines-** To break the lines means being able to carry the ball over one or more lines. This is most commonly used for defenders. So if you are playing in a back pocket and can run and carry the ball out of the backline and past the centre line, you have broken 2 lines. You have run through the half-back line and past the centre line. If you can run & carry the ball this far and deliver into our forward line it's a massive plus for the team.

**Front & Centre-** This means being at the front & centre of marking contests. If you are a midfielder or a small forward you should be aiming to be front & centre to as many marking contests as possible. If your teammate tries to mark the ball and it gets spoiled, 9 times out of 10 it will come to the front of the contest.

**Spoil Wide-** In the defensive half you should always be looking to spoil wide to the boundaries. We spoil wide so that it's easier to get the ball towards the boundary if we are under pressure. If we spoil towards the middle of the ground it gives the opposition a better chance to kick a goal. If possible we should never spoil into the corridor or towards the middle of the ground.

**Take first option-** Taking the first option means if you have a teammate free you should handball or kick it to them without even thinking. The only time you might not give it to a teammate is if they have an opposition player right on them.

**Don't go short to a 50/50 contest-** A 50/50 contest is when you have a teammate and his opponent one on one. It's ok to kick to a 50/50 contest if it's a long kick into our forward line. We should never kick to a 50/50 contest in our backline or in the corridor and shouldn't kick it short to a 50/50 contest.

**Use the corridor-** If we draw an imaginary line from the point posts at one end of the ground to the point posts at the other end of the ground the area in the middle is called the corridor. Using the corridor is usually the best way for us to score but we should only kick it to a teammate in the corridor if they are completely free with no opposition around them. Teams are dangerous when they use the corridor so we want to use it effectively but want to stop the opposition from using it

**Numbers at the contest-** This means out numbering the opposition at a contest. We want teammates around for help to shepherd, tackle and especially talk! This gives us the best chance to win the ball at contests

**Push back into defence-** This is for midfielders and ruckman. We want our ruck and mids to work as hard as possible to help out the defenders. We want to fill the space in our backline so it makes it really hard for the opposition to score. This will also help us to get numbers to the contest in the backline.

**Be proactive-** This means that we want to make a move before our opponent. So if we are playing in the forward line we want to always be in front and be the first to move. In the midfield it means we want to be the player first to the ball.

**Don't be reactive-** Being reactive means that we let our opponent make the first move, if our forwards are behind at a contest it means that they have been reactive, this should never happen. At a ball up or boundary throw in if you're a midfielder and your opponent is the player on the move and gets to the ball first, that's being reactive. Be proactive and be the first one to move.



**Repeat efforts-** This means 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> efforts. This is all to do with leadership. It shows great leadership and mental strength to never give up. It might mean being tackled then getting up and tackling someone else then getting up and smothering the ball. It means never being beaten.

**Kick long down the line-** If we are under pressure in the backline we should always kick it long down the boundary line. We should only switch the play if we have time and have a free man. If we don't have that time or don't have a free man we need to kick it as long down the boundary line as possible. Hopefully if we can't mark the ball we can get it over the boundary and then re-group.

**Work hard both ways-** This is for midfielders and it means working back into defence to help the backline but then working hard to run forward and get possession to kick into our forward line. We don't want to see midfielders just standing in the middle of the ground. They need to work really hard to back and going forward.

**Blocking in the forward line-** This is doing a 'team sacrifice'. It means that when the ball is coming into our forward line you stand in front of one of your teammate's opponents and try to block him so that your teammate can lead at the ball and mark it more easily. It shows a great team ethic and unselfishness, it's not whether you kick a goal it's whether the team kicks a goal.

**Team Sacrifice-** These are the little things that make it easier for your teammates. Things such as sheparding for your teammate, blocking in the forward line or picking up your teammates opponent because he is in a dangerous spot. These are the things that will help us be successful as a team. These things represent 'WE' not 'ME'

**Cover the most dangerous-** This means you go and pick up an opponent, even if he is not the man you are playing on. Usually the most dangerous player is the player closest to goal. This needs a lot of talk to make sure you and your teammates know who to pick up. For example if you are on your man and you are both 60 Metres from their goal and there is a loose opposition player 40 Metres from goal, you should go to that man and talk to one of your teammates to pick up your man

***At different times throughout the program and especially during games you may hear coaches use some of the sayings above. Try to understand them as best as possible so that you don't get confused. All of the saying above will be used more as you go through your football journey so having a good knowledge of them will help you in the long run.***

## TEAM FIRST

### **T**ake first option

- *quick hands, feed back*

### **E**ncourage and direct with voice

### **A**void going short to a 50/50 contest

- *long and direct*

### **M**ove ball on quickly through the inside

- *use the corridor/grid*

### **F**ront and square to the contest

- *outnumber the opposition at the contest*

### **I**n front & first to move at stoppages

- *be proactive*

### **R**un and support from behind

- *carry to break lines*

### **S**econd, third and fourth efforts

- *don't concede the contest*

### **T**ransition – react quickly to turnover

*How We Play*  
*'The West Perth Way'*

**STYLE OF PLAY**

- Good on the Inside – *hard at the contest, head over the ball, quick hands*
- Run, Run, Run – *create space, outnumber and support from behind, break lines*
- Quick ball movement – *through corridor, taking risks/taking on opposition*
- Reaction on turnover – *team defence, (team sacrifices), defence to attack*

**DECISION MAKING PROCESS**

***Backline***

Spoil aggressively and wide/make contest

Safety “long down line”

Retain possession “kick our way out”

Switch “use corridor if safe”

***Midfield***

Quick ball movement – play on

Break lines - kick creatively to advantage

Slow the opposition down – push back into defence

***Forwards***

Block – work together to create space

Make a contest - Keep the ball alive

React defensively

**WEST PERTH FOOTBALL CLUB**

**CLUB SONG**

**It's a grand old flag**

**It's a high flying flag**

**It's the emblem for me**

**And for you**

**It's the emblem of**

**The team we love**

**The team of the red and the blue**

**Every heart beats true**

**For the red and the blue**

**As we song this song for you**

**Should auld acquaintance be forgot**

**Keep your eye on the red and the blue**

At West Perth we want you to “be the best that you can be!” Whether that means you go on to play AFL or you play community football it doesn’t matter. We just want you to get the most out of the talent and ability that you have. Everything we do in the program is to help you ‘BE THE BEST YOU CAN BE’ but as you will find when it comes to anything in life you need to decide what you want and you need to work hard to get it.

It’s not uncommon that people with less ability achieve more because they realise they need to work harder than everyone else, they achieve their goals because they work hard.

This Handbook has all of the information you need to know for the West Perth 14’s Development Program but it is also a tool, a football text book to help you become better footballers and people.

Make sure you are familiar with everything in this handbook. At the very least you should read it thoroughly and at the best you should try to use every part to get the most out of the Program and get the most out of yourself.

***Work hard and “Be the best you can be!”***



**WEST PERTH FOOTBALL CLUB- 15's TRAINING SESSIONS**

<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>VENUE</b>	<b>SESSION 1</b>	<b>SESSION 2</b>
Thursday	24 – Jul	6.00pm-7.00pm	Lake Joondalup B.C.	<b>Parent Information Evening</b>	
Monday	28 – Jul	4.00pm- 5.30pm	Arena	Training	
Wednesday	30 - Jul	4.00pm-5.30pm	Arena	Training	
Monday	4 – Aug	4.00pm- 6.00pm	Arena	Training	<b>Leadership-5.30pm – 6.00pm</b>
Wednesday	6 - Aug	4.00pm- 5.30pm	Arena	Training	
Monday	11 - Aug	4.00pm – 6.00pm	Arena	Training	<b>Choices- 5.30pm – 6.00pm</b>
Wednesday	13 – Aug	4.00pm-5.30pm	Arena	Training	
Monday	18 - Aug	4.00pm - 5.30pm	Arena	Training	
Wednesday	20 – Aug	4.00pm – 5.30pm	Arena	Training	
Monday	25 – Aug	4.00pm-6.00pm	Arena	Training	<b>Nutrition- 5.30pm-6.00pm</b>
Wednesday	27 – Aug	4.00pm- 5.30pm	Arena	Training	
Monday	1 – Sep	4.00pm- 6.00pm	Arena	Training	<b>Goal Setting- 5.30pm- 6.00pm</b>
Wednesday	3 – Sep	4.00pm- 5.30pm	Arena	Training	
<b>Saturday</b>	<b>6 – Sept</b>	<b>1.00pm – 4.00pm</b>	<b>Seacrest Reserve</b>	<b>Carnival v East Perth &amp; Subiaco</b>	
Monday	8 - Sep	4.00pm - 5.30pm	Arena	Training	
Wednesday	10 – Sep	4.00pm- 5.30pm	Arena	Training	
Monday	15 - Sep	4.00pm- 5.30pm	Arena	Training	<b>Squad Presentation- 6.00pm – 7.00pm</b>
Wednesday	17 – Sep	4.00pm-6.00pm	Arena	Training	<b>Team Meetings- 5.30pm-6.00pm</b>
<b>Saturday</b>	<b>20 - Sept</b>	<b>9.00am – 5.00pm</b>	<b>HBF Arena</b>	<b>Rd 1 vs. Subiaco</b>	
Monday	22 - Sep	4.00pm - 5.30pm	Arena	Training	
Wednesday	24 - Sep	4.00pm - 6.00pm	Arena	Training	<b>Team Meetings- 5.30pm-6.00pm</b>

## *Notes*



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