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FREO SKILLS 4 SCHOOLS



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Message from the Captain

The Fremantle Dockers Football Club has a corporate and social responsibility to the community in which it thrives. In essence, it's about giving something back to acknowledge the support the community gives the club.

Freo Skills 4 Schools is instrumental in achieving that aim through a broad range of programs. It is a school-based initiative designed to utilise Fremantle Dockers' resources and player expertise to assist students to make informed decisions for a responsible, healthy and active lifestyle.

Everyone at the Fremantle Dockers is committed to the quality and success of every aspect of *Freo Skills 4 Schools*, especially all of our players who know the important role we have to play in their delivery.

Our commitment to the community reached new heights in 2011, with Freo Dockers' players making more than 1000 appearances at various community events and activities as well as having more than 200 schools from around Western Australia take part in at least one *Freo Skills 4 Schools* activity.

The curriculum based programs are fun-filled and encourage active and healthy participation among our young children. With childhood obesity on the rise, the programs are also a great way to help tackle major health issues in our community.

As has been the case in past years, all the programs are in strong demand. Because places are limited, I encourage you to make your program selections as soon as possible to secure your place.

Thank you for your interest, and I look forward to you being a part of *Freo Skills 4 Schools* in 2012.

Matthew Pavlich
Captain

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FREMANTLE PORTS ON BOARD IN SUPPORT OF COMMUNITY GOALS

Fremantle Ports has a well-established program of community contribution with a strong focus on youth and education. The Fremantle Dockers' Community Goals dovetails well with our interest in helping young people develop their skills and potential.

As well as promoting participation in sport, Community Goals' objectives include helping young people to

develop an understanding of leadership, healthy lifestyle, goal setting and social responsibility.

We believe that contributing to the development of young people in this way is a sound investment in the future.

Chris Leatt-Hayter
Chief Executive Officer
Fremantle Ports

HOW TO REGISTER

Freo Skills 4 Schools, proudly supported by Fremantle Ports, is the envy of many AFL clubs. The Fremantle Dockers Football Club is continually setting new benchmarks in community programs focusing on the development and delivery of a range of exciting and innovative programs aimed at primary school aged children. With the program's continued success, opportunities to participate are in high demand.

To be part of this highly sought after program, follow the steps outlined below:

- 1** Read through the booklet and select the programs most appropriate to your school's needs.
- 2** Complete the booking form found online at fremantlefc.com.au
- 3** Click on the Schools tab at the top of the home page and follow the links.
- 4** If you require assistance please email skills4schools@fremantlefc.com.au

Please remember completed booking forms will not guarantee placement in the program and early lodgment of booking forms is encouraged to avoid disappointment.

Every school that completes and returns the booking form prior to 25 November 2011 will be placed in a draw to win footballs or an allocation of tickets to a club-selected Fremantle Dockers' home game in 2012 for their school. **Places are strictly limited for some programs.**





Freo

PP-YR1
FUNDAMENTALS

The Fremantle Dockers Football Club in conjunction with the University of Notre Dame Australia will conduct *Freo Fundamentals* in selected lower primary schools throughout Perth.

Freo Fundamentals, with its emphasis on fun and enjoyment, introduces simple play activities designed to fit into outdoor play sessions that promote fundamental motor, communication and social skills. Young children will be introduced to fundamental motor skills through the structured learning program conducted by students from Notre Dame and the club mascot, Johnny 'The Doc' Docker.

The *Freo Fundamentals* content has been designed to match young students' needs and develop competency in fundamental play skills within the WA Curriculum Framework Outcomes.

PROGRAM OUTLINE

Freo Fundamentals is conducted over four sessions in term one for students in Pre-Primary and Year One with a maximum of four classes from each school participating. **There is no cost to be involved in *Freo Fundamentals*.**

SESSIONS ONE - THREE

Notre Dame students conduct a 30 minute fundamental movement session at your school, based on the curriculum framework outcomes for three consecutive weeks.

SESSION FOUR

All schools involved in *Freo Fundamentals* will receive an invitation to an exclusive Fremantle Dockers' Gala Day. The Gala Day will allow students the opportunity to develop their football skills with Freo Dockers' players at Fremantle Oval.



Welcome to Freo

YRS 4-7

Welcome to Freo is designed to utilise the Fremantle Dockers' resources and player expertise to assist students in making informed decisions for a responsible, healthy and active lifestyle.

The specific objectives of the program are as follows:

1. To develop an understanding of BULLYING, GOAL SETTING, HEALTHY LIFESTYLE, LEADERSHIP, and SOCIAL RESPONSIBILITY within the WA Curriculum Framework Outcomes.
2. To provide students with a rare opportunity as they take part in a football clinic and tour run by Freo Dockers' players at the Fremantle Dockers Football Club.
3. To promote a healthy and active lifestyle by engaging in a practical football session.
4. To introduce and engage culturally and linguistically diverse populations to Australian culture through Australian Football, the Fremantle Dockers Football Club and the AFL.
5. To introduce and engage female participants to the Fremantle Dockers Football Club and the AFL.

PROGRAM OUTLINE

Welcome to Freo is conducted over three sessions in terms one to three for primary school students in Years 4-7. A maximum of four classes from each selected school participating can be accommodated.

Every participating student receives an AFL Squadron Card*, and gift pack. This exclusive opportunity costs only \$10.00 per student (inclusive of GST). In order to assist schools the Fremantle Dockers Football Club will reimburse 50 per cent of transport costs associated with session two.

**SESSION ONE:
INTRODUCTION
TO THE GAME**

A club representative will visit your school and provide an overview of *Welcome to Freo*. This interactive session will include an outline of the three session program, a DVD presentation and a fun, practical football activity.

Note:
30-40 minutes per class

**SESSION TWO:
THE FREMANTLE
EXPERIENCE**

Students and teachers are given an opportunity for a first hand look behind the scenes at the Fremantle Dockers Football Club by club selected players. Students are also taken for a skill development session on Fremantle Oval.

Note:
90 minute session

**SESSION THREE:
PLAYER VISIT SESSION**

Each school has the opportunity to have a Freo Dockers' player conduct an interactive in-class session on one of the following topics:

- Bullying
- Goal Setting
- Healthy Lifestyle
- Leadership
- Social Responsibility

Note:
20-30 minutes per class

*The AFL Squadron Membership Card will provide Public Reserve entry to every Fremantle Dockers' home game (subject to capacity).





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Purple Haze PARTIES

Create a Purple Haze at your school and WIN!

The annual Starlight Purple Haze Game, proudly supported by Fremantle Ports, is the culmination of fundraising activities aimed to help brighten the lives of seriously ill and hospitalised children in WA.

Schools have the opportunity to host Purple Haze Parties in the lead up to the Starlight Purple Haze Game to help raise money for the Starlight Children's Foundation.

There are many different and creative ways to get your school involved. Your Purple Haze Party can be anything from a purple themed assembly or morning tea, to a teachers and parents v students footy match!

Simply hold your fundraiser in the month of March and your school will go into the draw to win a framed Fremantle Dockers Purple Haze jumper signed by 2012 player ambassadors.

Also, the school that raises the most funds for Starlight will win a football clinic run by Fremantle players for up to 100 students.

2012 marks the 10th anniversary of the Starlight Purple Haze Game and with just under \$350,000 raised to date, we are hoping to make this our biggest and best year of fundraising yet.

Competitions

The following competitions are coordinated by the WA Football Commission with the support of the Fremantle Dockers Football Club.

To register please follow one of the below options:

1

Click [here](http://fremantlefc.com.au) to register via fremantlefc.com.au

2

Click [here](http://wafotball.com.au) to register via wafotball.com.au




Freo Fast Ball is an exciting team handballing event. The competition involves a team of six students handballing a football through the zig-zag formation as quickly as possible.



Freo Kwik Kick involves students kicking in pairs over a short distance to see how many successful kicks they can complete in three minutes.



Freo Long Bomb is the easiest of the three competitions to conduct. It simply involves students trying to kick a football as far as they can.



Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb are curriculum based football activities. Teachers are provided with educational and promotional resources to assist in implementation of the *Freo Fast Ball, Freo Kwik Kick* and *Freo Long Bomb* competitions.

All schools that apply for any/all of these competitions are automatically accepted and will receive the following:

Competitions are divided into four age group categories:

- Fremantle Dockers footballs (size one)
 - Six-week Physical Education planning document for *Freo Fast Ball / Freo Kwik Kick / Freo Long Bomb*
 - Competition timeline
 - Equipment checklist
 - Event checklist
 - Official recording sheets
 - Official rules and regulations
 - Promotional poster
- Years 4 and 5 girls
 - Years 4 and 5 boys
 - Years 6 and 7 girls
 - Years 6 and 7 boys

These competitions encourage enjoyable team competition whilst at the same time promoting school spirit and participation in sport.

Competitions are easy to organise and can be conducted either by schools during normal physical education classes, sports lessons and athletics carnivals or by the student council during lunch times to minimise disruption to classes.

We ask that all competitions be conducted during term two of the school year as all school winners will be invited to participate in a Finals series to be held at either Fremantle Oval or Patersons Stadium.



Launched in 2010, the *Freo Dockers Cup* is an extremely popular interschool football competition for primary aged Year 6 and Year 7 female students. The *Freo Dockers Cup* is played either in a one day Lightning Carnival format or a weekly round-robin competition. The special modified rules (NAB AFL Junior Rules) allow for maximum participation, enjoyment and skill development in a safe environment. The emphasis should always be on playing for fun rather than on winning. Every school that enters receives a resource pack, including footballs.



Primary schools that participate in an interschool one-day Lightning Carnival organised by either the schools in their District or conducted by their local WAFL Club will compete for the *Freo Dockers Shield*. In both cases these carnivals will be supported by the WA Football Commission and their local WAFL Club. Although the *Freo Dockers Shield* is targeted primarily towards males in upper primary, female participants are welcome.




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