

★ ATTENTION JUNIOR FOOTBALLERS ★

EASTERN RANGES

SCHOOL HOLIDAY TRAINING CAMP

IS HERE!

Join our School Holiday Training Camp!
July 3 9.30am - 3.00pm

The Eastern Ranges are holding a development and testing holiday program for all junior footballers aged between 12 and 15.

Registrations now open!

PROGRAM INCLUDES

- AFL Draft Combine style testing including AFL agility, 20m sprints, vertical leap and more
- Skill development session with Eastern Ranges coaches
- Individualised detailed fitness testing report
- Certificate of completion
- High performance nutrition advice
- Injury prevention & recovery session with Eastern Ranges High Performance team member
- Talent pathways to the AFL discussed with Eastern Ranges Talent Manager, Len Villani
- Lunch, snacks and drinks provided

DETAILS

DATE July 3 9.30am-3.00pm
VENUE Rowville Secondary College
Eastern Campus
Humphreys Way, Rowville 3178
AGE 12-15 year olds
COST \$100 per player
REGISTRATIONS CLOSE JUNE 30



REGISTER HERE!

LIMITED CAPACITY!

RANGES



CONTACT THE CLUB

Marc D'Cruze
Email marc.d'cruze@aflvic.com.au
Phone 9724 9499
Mail PO Box 594, Kilsyth VIC 3137
Office Kilsyth Recreation Res, Kilsyth VIC 3137