

FIND YOUR EDGE AND SUPPORT YOUR JUNIOR CLUB!

Learn from the Saints' high performance and coaching team with Saints Edge Online, a 6 week program designed to develop footy skills and off field knowledge for young athletes.

SAINTS EDGE ONLINE
6 WEEK ONLINE PROGRAM

PLUS GET \$20
BACK FOR YOUR
JUNIOR CLUB
WHEN YOU SIGN UP!



SKILL DEVELOPMENT

NICK DAL SANTO

NEXT GENERATION ACADEMY COACH



LEADERSHIP

JARRYD ROUGHEAD

AFL PREMIERSHIP PLAYER & FOOTBALL OPERATIONS



NUTRITION

ALISON MILES

HIGH PERFORMANCE
NUTRITIONIST



HOW TO FIND YOUR EDGE

BRETT RATTEN

SENIOR COACH