



ADVANCED CERTIFICATE MAXIMISING YOUR AFLW POTENTIAL

Overview

The Advanced Certificate - Maximising your AFLW Potential has been developed by AFL SportsReady in partnership with Katie Brennan of KB Performance. The course is aimed at current and future AFLW players and their coaches. The course aims to examine the Physical, Technical, Tactical and Emotional requirements to succeed as an AFLW player. Participants will leave the course with a clear road map of the areas they need to work on and the level they need to achieve to achieve success at the AFLW level.

Course Presenter— Katie Brennan

Brennan was drafted twenty-second overall by the Western Bulldogs in the 2013 women's draft and played for the club's representative side in exhibition matches through to 2016. Brennan was the winner of the Susan Alberti Award for the Western Bulldogs's best female player at the end of the 2015 exhibition season

Katie Brennan was signed as a player for the Western Bulldogs ahead of the inaugural AFL Women's season in 2017. In July 2016, Brennan signed with the Western Bulldogs as one of their two marquee players ahead of the AFL Women's inaugural season and was also announced as the inaugural captain of the Bulldogs.



Course Outline

- Physical requirements of an AFLW player
- Technical aspects including skill development and training techniques
- Emotional requirements – how to manage expectation, pressure and demands on your time
- Tactical aspects of the game and strategies to learn to ready situations effectively

Online
Pre-reading and Activities

Face to Face
Workshop

Online
Support Resources

Date and Location

Date: Friday, 10th May 2019
9am—1pm
AFL SportsReady Education Complex
Level 2, Victoria Park
Cnr Lulie and Abbot Streets, Abbotsford VIC



Cost

\$280+ GST.

Participants may withdraw up to four (4) weeks before course commencement without incurring a financial penalty. Refunds will not be given at all after this point. A minimum of 20 participants is required for each course. Participants should be 18 years of age. Enrolments will close on 26th April 2019.

Enrolment and Payment

Payment **must** be made at enrolment. Payment is via the PayPal website via credit card or PayPal account. Scan the QR code with your smart phone or visit <https://bit.ly/2NwYqE4> to complete your online enrolment.

