



2015 AFL SYDNEY COMBINE

The AFL Sydney /Illawarra Development team would like to extend an invitation for you to participate in the 2015 AFL Sydney Combine.

Players will be tested using Combine Camp methods (beep test, agility test, height and weight, core strength evaluation, vertical jump and 20m sprint etc). Players will also be assessed on their skill level, Kicking and Handballing (left and right sides).

We will be utilising the latest AFL protocols and methods for our skill and fitness testing. You will receive a report of your results on the final day of the camp.

The combine will run for **two days in total** at Waratah Oval Number 4 also known as Lincoln Oval, (Rawson Ave, Sutherland, across from Loftus TAFE).

Representatives from the AFL Talented Player Program and Swans and GIANTS Academies will be present to assist, and also view players as they are tested.

Players will also receive information sessions in line with the AFL Academies curriculum (nutrition etc.), as well as sessions from other guest presenters.

Female participants will be tested specific to their gender and an information session will be conducted by Libby Sadler, AFL Female Football Manager.

* The cost of the Combine Camp will be **\$130.00** inclusive of for both days. (there is a \$20.00 discount for those who register before November 30th 2014) Payable by CASH OR CHEQUE on the first day.

* The days will commence 9.30am (sharp) and conclude 2.30pm.

- Lunch will be provided each day (chicken or ham salad roll, fruit and water), however it is **strongly recommended that players bring extra drinks and snacks.** (Special dietary requirements should be highlighted prior to the day)

Enquiries can be directed to Sandra Haberley on Mobile: 0417 294 825 or email: sandra.haberley@aflnswact.com.au



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What to bring

Players will need to bring football boots, runners, mouthguard and should wear running shorts or AFL shorts (**NO board shorts or long shorts**). Please also think about including **sun screen and a hat in your kit.**

To Register follow the link <https://www.surveymonkey.com/s/2015combine>

Register at: sandra.haberley@aflnswact.com.au or for those without internet access call Sandra on 0417 294 825 and leave your **child's name, club and date of birth.**

Date: Tuesday 20th and Wednesday 21st January, 2015

Venue: Waratah Number 4 Oval, also known as Lincoln Oval
Rawson Pde. Sutherland (opposite Loftus Tafe)

Time: 9.30am – 2.30pm
(First day start 9.00am to facilitate registration and payment)

Please complete the risk waiver form attached and bring it with you on the first day of the Combine, along with payment in cash or cheque, made payable to AFL NSW/ACT. (THERE ARE NO EFTPOS OR CREDIT CARD FACILITIES AVAILABLE)

Sandra Haberley
AFL Schools Coordinator
Sydney South
Mobile: 0417 294 825
Email: sandra.haberley@aflnswact.com.au



RISK WAIVER

I hereby agree to my child's participation in the **2015 AFL Sydney Combine**.

I understand that although AFL NSW/ACT and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken as part of the day.

In the case of an emergency, I authorise the program staff, where it is impracticable to communicate with me, to arrange for my child/ward to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while my child/ward is enrolled with the program.

MEDIA CONSENT

I hereby grant permission my child, _____
(Please insert name)

to participate in any media promotional activities undertaken to promote the AFL, during my child /ward's involvement in the program. I understand that media promotional activities include:

- Photography
- Video
- Interviews

I am aware that these images / recordings may be published, republished or otherwise transmitted in any medium throughout the world for the purposes stated above, including being made available for public viewing on the FOXTEL AFL show: NSW/ACT or on www.aflnswact.com.au.

I understand that all promotional activities will be organised and supervised by AFL NSW/ACT staff. Staff will endeavor to provide advance notice of any media promotion activities to Parents / Guardians at all times. I understand that on occasions, there may be instances where images may be altered or modified and hereby acknowledge that the finished product or the copy may be used without my prior inspection or approval.

I further release AFL NSW/ACT from claims or remuneration associated with any form of damage, foreseen or unforeseen, associated with use of the image.

Signature of parent/legal guardian_____

Print name_____

Date: / /