

# Hallam SC Sports Academy

## Australian Rules Football Girls (ARFBG)

Select Entry



**The Hallam Secondary College Sports Academy: Australian Rules Football – Girls (ARFG) is a unique program that offers a wide range of elite industry pathways for boys in Years 10-12.**

It is designed for those who are committed and talented in Australian Rules Football, Sport and Recreation fields and or Physical Education. It also provides unique opportunities to complete a Vocational Education and Training qualification e.g., a trade qualification without leaving the college.

### Aims

- To implement high performance strength and conditioning and injury prevention programs for year 10, 11 and 12 students
- Implement individual long term athlete development programs and a range of short courses with a strong focus on developing skills, craft and football knowledge
- Develop elite skills, knowledge and decision making through an education program that utilises AFL technology, processes and systems including GPS, video analysis, fitness testing and sports science principles.
- To develop young ladies and leaders on and off the field in our community
- Allow students to choose from a range of educational pathways.
- To learn from a range of external coaches, including but not limited to AFL/NRL tackling coach, strength and conditioning coaches which is complemented with Deakin University sports science interns.
- Conduct junior community coaching clinics in the region.

2023  
Applications  
Now Open

### Enrolments

If you have what it takes to excel in football, please contact the College on 9703 1266 or visit: [www.hallamssc.vic.edu.au](http://www.hallamssc.vic.edu.au) to apply.

*Places are limited.*

# Hallam Secondary College Sports Academy: Australian Rules Football – Girls (ARFG)



The ARFG program has strong connections with a range of elite athlete and pathway programs including but not limited to NAB League Dandenong Southern Stingrays, Gippsland Power, other academies, interleague and VFL pathways. This includes access to a range of industry leaders and experts in football.

The program also provides interstate opportunities and its involvement at School Sport Victoria and invitation only Premier League competitions.

Athletes have multiple opportunities to apply their skills and knowledge by participating in the following competitions:

- SSV Premier League
- State & National Sporting trips to: Canberra & Queensland

## Staff

### Jason Patten

#### Director Sports Academy

- Holds several Master Degrees in Human Performance, with more than 30 years experience
- More than 10 years AFL experience in high performance, injury prevention and rehabilitation
- Previous coordinator of the NAB-AFL Draft Combine and involved with AIS-AFL Boys Academy
- Accredited Sports Scientist, Exercise Scientist and Exercise Physiologist
- Previously worked with a range of Olympic and world champions, national and state champions in a range of individual and team sports.
- Conducted several reviews of elite sporting clubs/programs including AFL

### Brett Alexander

#### Head of Football

- Bachelor of Education (Physical Education)
- AFL - NCAS Level 2
- Current Collingwood FC WWFL Line & Senior Assistant Coach
- Hawthorn FC Women's Line & Senior Assistant Coach 2017-19
- Carlton FC Women's Development Coach 2017
- Seaford Womens VFL Head Coach 2016-17
- SSV AFL Committee member 2013-16
- 2009 Bonbeach FC Assistant Coach
- 2008 Sth Eastern U/18 Youth Girls Interleague Assistant Coach
- 06-08 Hallam U/18 Youth Girls Assistant Coach
- 2000 ROC Football Club Assistant Coach
- 95-99 Dandenong Stingrays Fitness Coach

### Max Urwin

#### Coach - Deakin University intern

- Dual Diploma in Sport & Recreation and Management (Coaching and Development)
- Currently studying Cert 3/4 in Fitness with The Academy of Fitness
- Previously coached Local Football, MPJFL Interleague Carnival and Southern Stingrays V/Line Carnival
- St Kilda NGA Academy U15/16's
- 2022 FDJFL Interleague U16's Girls Assistant Coach (Backline)

## Program Highlights

### SSV

Premiers 2010,11,12,14,16,17,18  
Runners up 2019  
State Semi-finalists  
2008, 09, 13

### Herald Sun Shield

Premiers 2012, 2013, 2017, 2018  
Runners up 2019

### All Australian Team

Ellie Blackburn, Courtney Jones  
Karly Tapner, Brooke Struylaart,  
Charis Ulu Peniata

### AFL Womens Players

Ellie Blackburn, Katelyn Cox  
Danielle Hardiman, Bianca Jakobson  
Courtney Jones, Kirsten McLeod

### Victorian Representatives

Ellie Blackburn, Kristy Borg  
Emily Browning, Lauren Chalkley  
Taylah Clayton, Katelyn Cox  
Jenna Edwards, Danielle Hardiman  
Chantelle Hawkins, Alicia Heins  
Lauren Hojnacki, Bianca Jakobson  
Courtney Jones, Alisha Liddle  
Isabel Marsh, Riplee McLachlan  
Kirsten McLeod, Chloe McMillian  
Cassandra Meads, Carleen Ryan  
Teagan Sheldon, Shaneece Stratton,  
Brooke Struylaart Karly Tapner  
Charis Ulu Peniata