

BLACK & WHITE

eZine

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INSIDE



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Rhinos Charge into Auskick



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PROGRESS
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FEMALE STARLETS SHINE

THE WAFC Central Conference has expanded to include the Progress Developments Junior Girls League. The pilot competition, which is played under the bright lights of Lightning Park in Noranda, encompasses 7 junior clubs across East Perth, Perth and Swans. The Junior Girls League is designed to provide an entrée to the WAFC Central Conference U/15 Youth Girls Competition, which provides girls across WAFC Metro Central with the chance to develop skills and play our great game.

In 2016, Progress Developments coupled with the Swans District and WAFC Metro Central designed the Progress Developments Junior League to supply girls with the platform to participate in WAWFL pathways and subsequently accommodate for the looming AFL Women's League in 2017. The Junior Girls League pits the Junior Girls epicentres of Bassendean JFC and High Wycombe JFC against Junior Girls sides in East Perth District and Perth District.

The provision of the Junior Girls League in the WAFC Central Conference has generated a palpable buzz in the female football movement with the nocturnal competition providing girls with more exposure to junior football than ever before whilst promoting healthy lifestyles in the process. Swans District Principal Partner, Progress Developments is proud to partner on this exciting new initiative to ensure a positive experience for girls to learn, play and connect to junior football.

Whilst Bassendean JFC, High Wycombe JFC and Midvale JFC pioneered the Progress Developments Junior Girls League in 2016, Swans District staff is now plotting a significant increase in the Junior Girls League in 2017 thanks to increased participation in the Freo Dockers Cup. The Freo Dockers Cup is a Lightning Carnival designed to enhance the participation of Primary School students in Junior Girls.

The Swans District appreciates the support of Progress Developments



in driving the promotion of the Junior Girls League and developing a clear pathway for girls in the Swans District to realise their dreams of playing AFL via Junior Girls, Youth Girls, WAWFL and the AFL Women's League. Should you need more details on the Progress Developments Junior Girls League, please speak to Swans District Development Officer, Daniel Curtis on 0430 6969 906 or dcurtis@wafc.com.au

SWANS 6S TAKE FLIGHT

THE Swans District is glancing into the crystal ball with the development of the Progress Developments Junior Academies. The Junior Academies, which are proudly supported by Swans District Principal Partner Progress Developments, have proven to be



a massive hit with 60 Year 6s and 7s participating. The Year 6s Junior Academy saw the novice Swan Districts FC players participate in 4 skill development sessions culminating in a Lightning Carnival against the Demons and Royals Year 6s Junior Academies. The Academy participants also received coaching by West Coast Eagles FC stars including Luke Shuey and Nic Naitanui.

The Progress Developments Junior Academies provided Year 6s with the chance to sample AFL Draft Combine Testing, game sense drills and intermediate skill development sessions. The Year 6s listened to the sage advice of Naitanui and Shuey, whilst getting the opportunity to pose questions on their quest between junior community football and the AFL. The next step for the Year 6s is to progress into the Year 7s Junior Academy in 2017 and subsequently the Year 8s Swans Next Program in 2018 to nurture their skills prior to entering the

Swan Districts FC pathway. The Year 7s Junior Academy partook in 10 high-performance sessions, which included AFL Draft Combine Testing, advanced skill development, nutrition, recovery and strength and conditioning.

The high-performance sessions were designed to provide exposure to sophisticated coaching methods such as clean hands, kicking styles, positional play and spacial awareness to maximise opportunities to reach the Swan Districts FC pathway. The Year 7s Junior Academy also included a Lightning Carnival against the Demons and Royals Year 7s Junior Academies, which offered participants the chance to play in different positions and subsequently represent the Swans District. Should you need more details pertaining to the 2017 Progress Developments Junior Academies, please contact Swans District Development Officer, Daniel Curtis at dcurtis@wafc.com.au or 0430 969 906.

NEW DISPLAY VILLAGE ON SHOW IN THE BOOMING SWAN VALLEY

A new 26 home display village is being unveiled at St Leonards Private Estate in the Swan Valley this weekend.

Come and visit the estate this Saturday between 12-2pm and enjoy a free sausage sizzle,

coffee and ice-cream. You'll also have the chance to win \$1,000 cash just by filling in the form in the display homes and entering at the new Land Sales Office within the village.

Conspicuously located on Lord Street Dayton (near corner of Marshall and Lord Street) this new village will showcase 26 of Perth's leading builders in what will be a mecca for aspiring home owners.

The village, when completed, will boast 5 two storey and 21 single storey homes and is set to become a go-to destination for homebuyers wanting to see the very latest and most innovative home designs available. As of today, there are 15 single storey homes to inspect, so come out and see what has been built.

St Leonards Private Estate is an established quality development on the edge of the Swan Valley and visitors to the new display village should call into the Land Sales Office which is

conveniently located amongst the display homes. There you can access information on lots available, with a starting price from only \$188,000 and house and land packages from \$325,000.

Current land offerings range in size and price with generous incentives and bonuses, including free boundary fencing and front landscaping packages.

With a new release of premium land now available, and the exciting Swan Valley and all its delights on your doorstep, there is no better time to make St Leonards Private Estate your home.

For further information, please contact Robert Wnek on 0419 335 412 or visit stleonardsestate.com.au



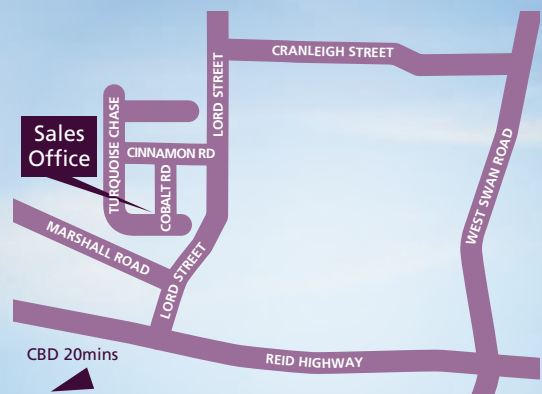
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- Ideal Homes
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PROGRESS CUP HEATS UP

THE Swans District Junior Competition might be coming to a close on the 11th September, but it doesn't mean curtains for AFL with the Progress Cup set to commence on the 14th October at Baskerville Reserve. The Progress Cup is a 7 week night-time social competition, which sources participants from the Swans District Year 4s & 5s Competition. The social competition continues to mature in status with coaches, players and umpires relishing the different regulations and structures composed in the innovative product.

The Progress Cup was developed by Progress Developments Managing Director Chris Lewis and WAFC Community Development Manager, Isaac Stewart to provide junior community clubs in the Swans District with the chance to participate in a plug-and-play style competition, whilst diminishing barriers to participation for kids in the Swans District. The electrifying product, which has become entwined in the Swans District brand, was christened the Progress Cup by Swans District Principal Partner Progress Developments in 2012.

The Progress Cup, which is delivered by Swans District Development Officer Daniel Curtis, utilises different gameplay elements whilst maintaining the basic segments of the Swans District Junior Competition. The nine-per-side competition dilutes overcrowding, whilst displaying a high-scoring spectacle due to the provision of three scorers per side. The modified positioning and higher rotations increase possession by 50%, which enhances self-esteem and skill development in the process.

The Progress Cup, which starts on the 14th October and concludes on the 25th November, will see 12 Year 4s and 5s sides play in the pulsating 7 week competition situated in the soul of the Swan Valley. The night-time competition possesses a number of different timeslots including 5:50pm, 6:40pm and 7:30pm to accommodate for other sporting codes. In light of the excellent support of Principal Partner Progress Development, Swans District staff is now exposing our great game to other sporting codes through the Progress Cup including Binar Sports.

Stewart said he was bullish about



the success and prospects of the Progress Cup. "The Progress Cup started with exposing junior clubs in the Swans District to playing night games in summer, so it's great to see it now become one of the most popular carnivals in the Swans District," said Stewart. Should you need more details on the Progress Cup, please don't hesitate to contact Swans District Development Officer, Daniel Curtis at dcurtis@wafc.com.au or 0430 969 906.

RANGERS CLAIM THE HILLS

THE Swans District is seeking to expand the scope of the Hills Rangers JFC at Eastern Hills SHS with the delivery of Freo House Footy in Term 2. Freo House Footy, is an intra-school program, which saw more than 50 Year 8, 9 and 10 students participate in 6 weeks of skill development sessions and small-sided games designed to increase youth participation and promote the Hills Rangers JFC pathway.

Swans District Development Officer, Daniel Curtis coupled with AFL School Ambassador, Jake Davis delivered a successful AFL experience which saw significant gains in attendance, competitiveness and participation in the Eastern Hills SHS students. The program, which utilised Freo House Footy matches and WAFL Development Squad methods, exposed the Year 8s, 9s and 10s to high-performance coaching designed to accelerate player

development.

Eastern Hills SHS is a key piece to the Swans District jigsaw puzzle as it provides the Hills Rangers JFC with the chance to plant the seed for sustainable growth in the Year 8s, 9s and 10s. Subsequently, it's instrumental to nurture a strong linkage between Eastern Hills SHS and Hills Rangers JFC to maximise the number of Year 8s to 12s playing AFL in the Shire of Mundaring.

Due to a number of Eastern Hills SHS students displaying their quality throughout the program, Swans District staff will evolve from developing intermediate skills into maximising the connection between Eastern Hills SHS students and Hills Rangers JFC.

The Swans District is keen to provide additional support to students in their quest to the Hills Rangers JFC by diminishing barriers to participation and improving health and wellbeing. In



2017, Swans District staff is seeking to expand programming at Eastern Hills SHS to enhance the presence of the Hills Rangers JFC and subsequently the AFL in the Shire of Mundaring.

LITTLE SWANS FLOCK TO MUNDARING



Mundaring Christian College is playing host to an Auskick program of a different kind with *Little Swans*. *Little Swans* is an After-School Auskick program designed to provide basic skill development opportunities to boys and girls aged 8 to 11. Auskick has been earmarked as a priority in the 2018 Strategic Plan by the Swans District Football Development Council (SDFDC) to maximise Auskick participation at junior community clubs including Mundaring JFC.

Little Swans, which has more than 30 students participating across 6 sessions, utilises classic Auskick games including Rob the Nest, Run

the Gauntlet and Scarecrow coupled with basic skills coaching to promote health and wellbeing and Auskick registrations. Mundaring CC, which resides in the heart of the Shire of Mundaring, represents a school of significant importance to the SDFDC in its quest to boost participation at Mundaring JFC and surrounding junior community clubs.

Developing sustainable connections between Mundaring CC and Mundaring JFC is paramount to converting Mundaring CC students into Mundaring JFC players. The deployment of *Little Swans* at Mundaring CC is timely due to the potential re-development of Mundaring Recreation Ground. The SDFDC hopes to see Mundaring Recreation Ground develop the capability to schedule night matches in the Swans District Junior Competition and WAFC Central Conference.

The SDFDC is set to continue the expansion of *Little Swans* in the Shire of Mundaring and broader expanses of the Swans District to provide Pre-



Primary to Year 2 students with greater exposure to Auskick Centres and produce a spike in Auskick participation. Should you need more details about *Little Swans*, please don't hesitate to contact Swans District Development Officer, Daniel Curtis at dcurtis@wafc.com.au or 0430 969 906

RHINOS CHARGE INTO AUSKICK

The Rhinos stampeded into Forrestfield Primary School with the development of the ground-breaking Rhinos Kids. Rhinos Kids is a multicultural Auskick program designed to entice Forrestfield PS students aged 5 to 9 to Forrestfield JFC. Rhinos Kids saw 30 students participate in a sequence of basic skill drills including handball, kicking, marking whilst dipping their toes into a swathe of modified games. Rhinos Kids participants received Forrestfield JFC T-Shirts to develop closer linkages to the Rhinos, whilst SDFDC Community Development Officer, Christian Tuffili supplied a number of different prizes such as caps and footballs to the star pupils. Forrestfield PS is quickly becoming a melting pot with 24 percent of its 191 students stemming from Non-English Speaking Backgrounds (NESB), whilst 34 percent of Forrestfield is born overseas according to the Shire of Kalamunda.

The Swans District Football

Development Council (SDFDC) is excited by the potential to stimulate NESB participation in NAB AFL Auskick especially the booming Indian and Filipino population. Whilst Rhinos Kids has made a significant impact on the NESB population at Forrestfield PS, SDFDC isn't resting on its laurels with plans to transition students into Auskickers at Forrestfield JFC. The SDFDC expects to see between 15 to 20 percent of Rhinos Kids participants register with Forrestfield JFC in 2017 due to the success of the program. The SDFDC hopes Rhinos Kids will provide a significant boost to the Forrestfield JFC Auskick Centre, which possess 90 Pre-Primary, Year 1s and 2s. The provision of Rhinos Kids is one small step for the SDFDC in its quest to expand the number of Year 3s, 4s, 5s and 6s sides at Forrestfield JFC by 2018. Subsequently, the SDFDC is seeking to rebuild Forrestfield JFC's youth pathway with the development



of a Bakari Swans program at Hillside Christian College in 2019. Should you need more details about Rhinos Kids or Forrestfield JFC, please don't hesitate to contact Swans District Development Officer, Daniel Curtis at dcurtis@wafc.com.au or 0430 969 906.



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