



ACT AFL

CAMP, Acton

July 9th, 10th & 11th

Winter 2025

ACT AFL CAMPS

Over 40 years of Australian Sports Camps

ASC's AFL Football Camps are the most respected and longest running AFL Football camps in Australia. Our structured programs continue to evolve, to keep up with the latest sporting trends and to provide your child the perfect opportunity to practice and develop their skills. Our structured and progressive 3-day sports coaching programs utilise top facilities and are led by our experienced ASC Coaching Directors, with engaging and enthusiastic coaches.

Camps for all Abilities

We welcome players aged 5 -14 of all skill levels. Prior to camps starting, all participants are pre-assigned groups according to their age, ability and friendships. This maximises enjoyment right from the start and ensures that your child's specific skill requirements are appropriately coached throughout the camp.

Be Inspired

At each camp (subject to availability) we invite an elite AFL Football player or coach to inspire your kids, share important milestones from their sporting journey, answer questions and, if time permits, run light drills. This is a unique opportunity for your child to meet and spend up close and personal time with their sporting heroes.

REVIEWS

KATHRYN. M – NSW PARENT

Tyler loved the camp. He particularly liked meeting Callan Ward. The written report and feedback were valuable to Tyler and to us as parents.

ALLISON. R – VIC PARENT

My son really enjoyed the whole experience. The coaches were very knowledgeable. My son picked up some great tips and knowledge from the 3 days and made some new friends too.

TAI. R – VIC PARENT

My 9-year-old son Benji had a fantastic time at this camp. He found it very educational and fun and is keen to attend another one next school holidays.



ABOUT THE CAMP

Acton AFL Camp,
July 9th, 10th & 11th

Location

ANU Sport Fitness Centre,
The Australian National University,
19 North Road,
Acton, ACT.

Time

The camp runs from 9:00am to 3:00pm each day however we do advise that you bring your child a little earlier to ensure we can check them in and be started ready to go at 9:00am.

Sample Day at Acton

- 09:00 - Structured Warm-up
- 09:10 - Defensive Skills
- 10:00 - Drinks Break
- 10:10 - Midfield Skills
- 11:00 - Specialist Coaching Session
- 11:50 - Lunch
- 12:30 - Fitness Testing
- 01:10 - Attacking Skills Session
- 02:00 - Drinks Break
- 02:10 - Video Analysis
- 02:50 - Structured Warm Down
- 03:00 - Sign Out

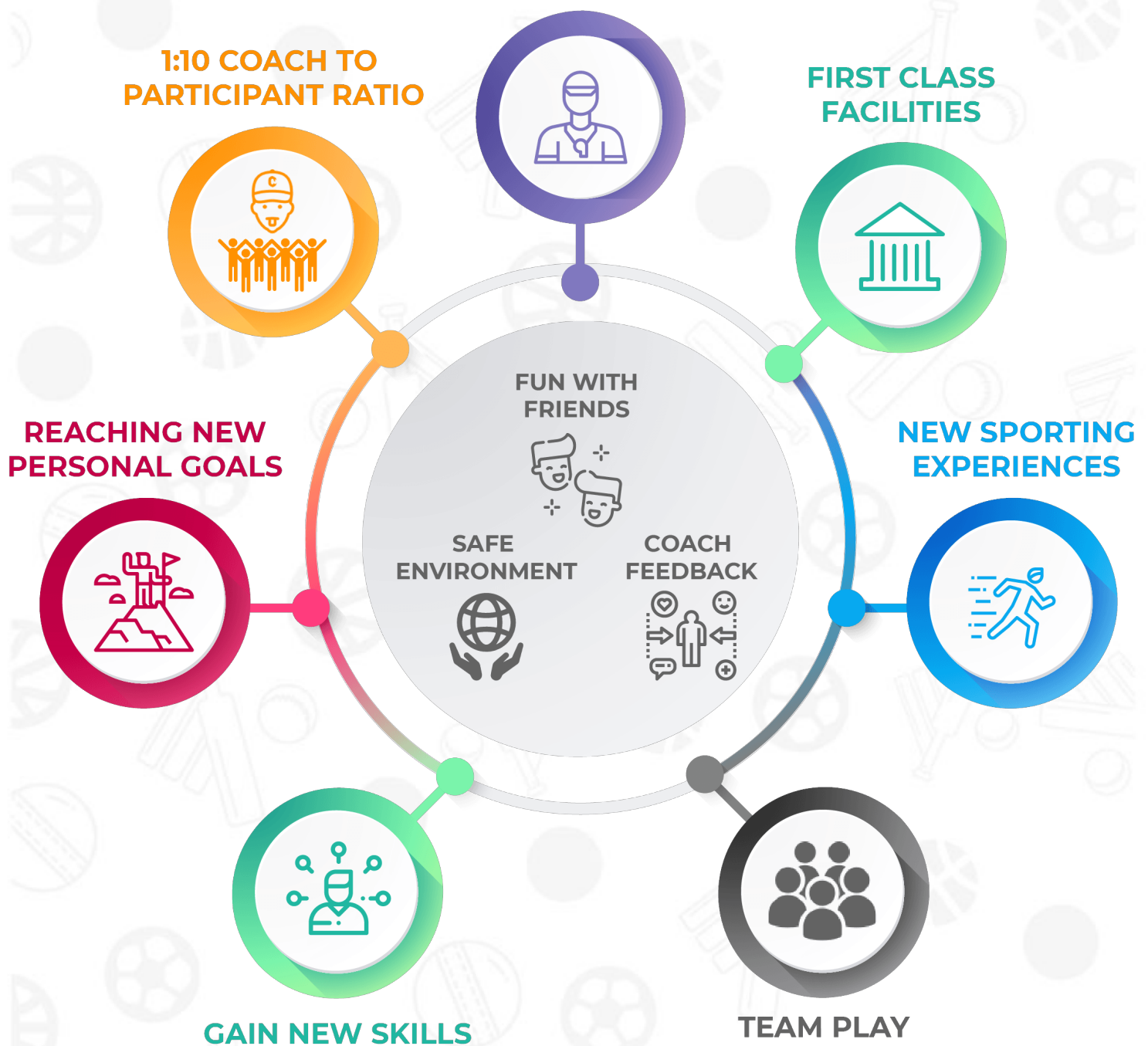


WHY ASC?

For over 35 years, Australian Sports Camps have been recognised for the quality of our coaching staff and the delivery of our structured improvement-oriented programs that greatly enhance your child's sporting skills.

Our coaches are experienced, and often also qualified, many having played and/or coached at a senior level. Whether your child is trying the sport for the first time or is very experienced, our coaches will be able to deliver a program for their specific capabilities.

EXPERIENCED COACHES



INFORMATION & FAQs

What to Expect

Our camps offer expert training, first class facilities and utilise quality equipment, providing a great opportunity for your child to personally develop and improve their sporting skills. Each camp offers a structured and tailored program which includes individual video analysis with coach feedback. With an average child to coach ratio of 10:1, we can guarantee that every child receives individual attention and care to enhance their experience and training at the camp.

At the end of each program, your child will receive an individually written coach report from their group coach, that highlights their progress over the 3 days. They will also receive a complimentary group photograph and a certificate of achievement.

Safety

Our first priority is always the happiness, enjoyment and safety for all of our participants.

We have qualified first aid attendants on site at all times and apply a ZERO-tolerance policy towards bullying, disrespectful or unsafe behaviour. We value diversity and all staff, volunteers, students, children, parents and visitors must keep to our strict code of behaviour so that we continually strive to provide a safe and supportive environment for all.

We promote and adhere to the SunSmart recommendations of the Cancer Council of Victoria and therefore adopt many sun protection measures including sunscreen, hats and shade.

FAQ's

ARE ASC PROGRAMS RIGHT FOR MY CHILD?

Yes! Programs are suitable for all ages and all skill levels as we pre-group kids according to their age, ability and whether or not they want to be with their friends/siblings.

Our coaching directors also keep a close eye on all sessions to ensure children are enjoying themselves and group coaches are delivering the program as required. We'll also move kids into new groups during the 3 days if we believe it will greater benefit their enjoyment and learning experience.

WHAT SHOULD MY CHILD PACK FOR CAMP?

We do offer fruit and drinks, however, kids should bring their own lunch and snacks in a clearly named lunch box/bag.

Comfortable sports clothing should be worn to our camps. Children are welcome to train with their own sports equipment. However, ASC will have plenty of additional equipment available.

WHAT HAPPENS AFTER I BOOK ONLINE?

Once your booking is processed, you will be emailed a confirmation link with full details on the camp. Confirmation information will be resent to all families one week prior to camps starting.

For other frequently asked questions, please visit our website.

Life's Better With Sport!

For more information on ASC's sports camp programs please visit our website www.australiansportscamps.com.au or call us on **1300 914 368**.



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