



## **“Young Bloods” Junior Football Training Program**

### **Frequently Asked Questions**

#### **What is the purpose of the program?**

This program is not about the individual ability of our footballers but about providing a ‘pathway program’ for our junior footballers. At the same time we expect this pathway will build a stronger football club by:-

- improving the individual fitness levels of our players
- introducing a variety of specialised activities to make training more focused, varied, enjoyable, with their club team mates
- providing access to experienced / profile football & fitness people
- increasing membership and attracting new players to Districts
- building more competitive junior teams

#### **Who is able to participate in the program?**

All currently registered players of South Melbourne District Junior Football Club who are playing U13 and above grades in the forthcoming season.

#### **My child is a good sports person but will be playing Under 9, Under 10 or Under 11 or Under 12 Football in Season 2012. Can they participate?**

Sorry not at this time. The program being introduced is for U13 and above players only at this time.

#### **Does my child need to have great football skills to participate?**

No. The program is open to any player in our Junior teams playing U13 grade or above in Season 2011, and who wants to improve their fitness outside of the club’s usual training nights.

#### **What group will my child participate in?**

Programs will be tailored for the child’s age, as developed and implemented by our qualified fitness specialists. This will allow a different level of intensity and to be applied to our older junior footballers.

We will have two separate training squads :-

#### **Squad 1 :-**

U13 & U14 players will form our **Young Bloods Junior Squad**.

#### **Squad 2:-**

U15, U16 & U17 players will form our **Young Bloods Development Squad**.

**How much does it cost to participate in the program?**

A registration fee of \$50 has been introduced, with costs to run the whole program heavily subsidised by the club. All participants receive print materials and an exclusive "Young Bloods" training top.

**Are there any other costs to participate in the program?**

BoxingFit participants are required to have hand straps which can be purchased from the centre at a nominal cost of approx \$14. Gloves are provided to those that do not have their own.

**Do parents need to be present at the sessions?**

No. HOWEVER PLEASE NOTE first time participants at BoxingFit will require their parent to register (for free) their child at the first session only.

**How do I register and pay?**

[Click here to register](#) for the 2011/2012 Young Bloods Pre-Season Squad. Alternatively you can register via the Club's Website.

**Can my child try the program before registering?**

Absolutely ! However registrations need to be completed by the new year to ensure your child is covered by the club's insurance policy.

**How long will the program run for?**

The program will run till late March/ early April 2012 to tie into the commencement of the football season. Should there be any ongoing training or information sessions thereafter advices will issue.

**On what days or nights will the program be run?**

A training timetable will be provided and updated on a monthly basis. This will also be available on the club's website. Initially sessions for November and December will be conducted on Thursdays, Saturdays and Sundays.

**Does my child have to attend every single session?**

No, this is an optional training program and while we would like our players to attend as many sessions as possible, we understand this is not always possible.

**Who will manage the program?**

The Junior Club's Vice President in conjunction with the Football Operations Committee and the Junior Football Club Committee.

**Who will supervise the program?**

All sessions will be conducted and managed by qualified fitness instructors.

**Who else is involved in running this program?**

We are thrilled to have received the support of two fabulous local fitness centres.



**BoxingFit** runs classes and workouts for all levels of fitness, with session conducted by their boxing coaches. They will run 30 minute sessions on Saturdays and Sundays. We thank Mick & Selina Hargraves (parents of Chan U12W) & all at BoxingFit for their support.

For more information on BoxingFit please go to [www.boxingfit.com.au](http://www.boxingfit.com.au)



**Sweat** is an alternative Gymnasium experience who put together personalized quality fitness programs. Sweat will initially run our sessions on Thursday nights, and will be conducted by Sweat Personal Trainers. Thanks to Jack and the team at Sweat for their association.

For more information about Sweat please go to [www.sweat.com.au](http://www.sweat.com.au)

### **What sort of activities will the program include?**

Activities will consist of:-

- Time Trial Running
- Running/ strength Conditioning/ Swimming/ Cross Training (Sweat – Middle Park)
- Boxing (Boxing Fit - Port Melbourne)
- Nutrition and Health sessions
- Special football programs as advised

### **What uniform or clothing do I wear?**

Usual sports wear – Tshirt, shorts/ tracksuit pants and good runners. Players are encouraged to bring their own towel, water bottle and change of clothes.

In terms of specifics for any individual sessions (i.e swimming gear or other) the program co-coordinator will advise if this is required.

Note all players who register in the Young Bloods training squad will receive a special training top for their sessions.

### **Can parents help in anyway?**

On occasions yes we will need the hands on assistance from parents.

Please email your contact details to [gus@smdsc.com.au](mailto:gus@smdsc.com.au) and we will be in touch as to how you may be able to assist.

**If my business is interested in sponsoring the program whom do I speak to?**

Please call David Gustin, Vice President of the Junior Football Club on 0448 948 726, or email [gus@smdsc.com.au](mailto:gus@smdsc.com.au)

**I still have some questions ... who should I direct these to?**

Please email [gus@smdsc.com.au](mailto:gus@smdsc.com.au)

“Young Bloods” is an Official Training Program of

