FAQs

Will my son ever be in an Academy class with students from other year levels?

No. In Years 8 and 9 Academy classes are year level based. However, the two year levels may combine to form teams which play in the Saturday morning football competition.

Yes. In Years 10 and 11, students combine to form one class and one team which represents the school in the Saturday afternoon First XVIII football.

If my child does not pass the trial, can they still play school football for Cardijn?

Yes, subject to enough interest from students who are not in the Academy program to form a team in their age group.

If my child missed the trials / was unsuccessful in the trial and selection process, will they be provided with an opportunity to trial?

Yes, trials are run at the end of every semester to ensure all students are given another opportunity, subject to places being available. Students who are unable to attend the initial trials may be given an opportunity to trial at a later date prior to the program beginning.

How much does it cost?

Playing Football at Cardijn currently costs $60* to play in Terms 2 & 3.

Does my son have to purchase a uniform?

Yes. All students are required to purchase their playing uniforms. Currently uniforms cost $95* brand new. Some second hand uniforms may be available.

*Current 2015 prices.

Does my son have to represent Cardijn on Saturday mornings?

Yes, all students are expected to represent the school as their first priority and in preference to other clubs.

The College recognises that elite young athletes can have extensive external commitments in their chosen sports and these can at times cut across the Football Academy program. In these circumstances it is expected that the student will commit to the school program and will seek, through negotiation with the College, a reduction in their attendance at trainings or to be released to play certain games for club teams for example.

This is done on a case by case basis on the understanding that release from school sport is the exception rather than the rule.
AIM
The aim of the Cardijn Football Academy is to provide students with the opportunity to develop their skills, knowledge and general understanding of AFL Football. The Academy will promote a positive attitude towards health and fitness as well as develop personal skills including self-esteem, confidence and leadership. All program participants will be given clear guidelines for future Football pathways through participation at local clubs and elite junior programs, as well as exposure to clubs represented at SANFL and AFL level.

STRUCTURE OF THE PROGRAM

YEAR 8/9
Successful applicants will participate in three lessons of Football per week, incorporating both theory and practical components. All students enrolled in this program will be expected to participate in weekly competitions. This vital element of the program allows for the students to incorporate skills taught in class time in real-game situations. This will also allow for post-game feedback and self-assessment, as well as recovery and injury prevention programs to be incorporated.

Students involved in the Football Academy will also be given the opportunity to trial for School Knockout Competitions and the Tenison Woods Exchange, as well as school ‘friendly’ matches.

STAGE 1 - YEAR 10-11
Students selected for the Stage 1 Football Academy program are selected through a trial process (occurring early Term 4). The class is comprised of both Year 10 and Year 11 students. Students participate in 5 lessons per week, including 2 lessons of theory and 3 lessons of practical and students are involved in learning about the following topics:

• Biomechanics
• Fitness Analysis
• Body Systems
• Event Management
• Issues Analysis
• Skill Acquisition

• Nutrition
• Injury prevention & management
• Football & the Media
• Game analysis & reflection

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FOOTBALL PARTICIPATION
All students involved in the Football Academy are required to play for the Cardijn College team in the Independent Schools Competition playing on Saturday mornings (8/9) or Saturday afternoons (10/11). Participation in this competition allows for the students to apply their skills in varied contexts. On top of this, successful applicants will be strongly encouraged to also trial for SANFL Centre of Excellence or Development Squads.

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