



## BOYS AND GIRLS SCHOOL HOLIDAY DEVELOPMENT DAY 2018

**FRIDAY  
6<sup>TH</sup>  
JULY  
9AM-2.45PM**

**TRAIN LIKE AN AFL OR AFLW STAR  
AFL DRAFT COMBINE TESTING  
TACKLING & CONTACT SKILLS  
NUTRITION & RECOVERY ADVICE  
& MUCH MORE**

**\$110 PER PLAYER  
MUST BE BETWEEN THE AGES OF 12-15  
(INCLUDES LUNCH, DRINKS & SNACKS)**

**@ROWVILLE  
SPORTS  
COLLEGE**

Program designed by Eastern Ranges and Rowville Secondary College specifically for male and female football players aged 12-15

Find out what it takes to make it to the TAC Cup and AFL or AFLW  
& challenge yourself at our School Holiday Development Day

# VISIT

<https://bit.ly/2xJDC8m>

**FOR MORE INFORMATION AND TO BOOK**

### DETAILS:

**Date:** Friday 6<sup>th</sup> of July

**TIME:** 9am-2.45pm

**Venue:** Rowville Secondary College  
Humphreys Way, Rowville 3178

**Cost:** \$110 per player  
Includes lunch, drinks and snacks

### CONTACT THE CLUB:

Zak Kennedy

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### EASTERN RANGES FOOTBALL CLUB:

[www.easternrangesfc.com.au](http://www.easternrangesfc.com.au)



TOWARDS



TAC