



**PLAY**

# **QUEENSLAND JUNIOR FOOTBALL PLAYBOOK**

**2024**

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# AFLQ PATHWAY

**NINES**  
(13+ years)

**MASTERS**  
(35+ years)

**SENIORS**  
(18+ years)

**YOUTH**  
(13+ years)

**SUPERKICK**  
(8-12 year olds)

**JUNIORS**  
(8-12 year olds)

**AUSKICK**  
(4-9 year olds)



# AFLQ JUNIOR PATHWAY

## AUSKICK - CLUB

- 8 Weeks
- 60 Minutes
- \$90 (club rebate \$10)
- Club Delivered (AFLQ Support)
- Term 1
- Participant Packs sent directly
- Prep to year 6

### Next Step:

- Term 2 Club Auskick Play
- Junior Football

## AUSKICK - PLAY SEASON

(FORMERLY SUPERSTARS)

- 6 or 10 Week Play season
- 45 minutes
- Max fee \$50 (direct to club)
- Club Delivered
- Prep & Grade 1, 2

### Club Delivery Options:

- In House - 2 \* 6 week season
- OR
- In house / Cluster - 1 \* 10 week season

### Next Step:

- Term 3 Club Auskick play
- Mid Season Entry Junior Football

## JUNIOR FOOTBALL

(FORMERLY FOOTY4FUN)

- 13 Rounds
- Mid-Season Carnival
- 60 minutes
- Club Membership
- Club Delivered
- Mid Season Entry - 3rd June
- U8 to U11 Girls & Boys
- Grade 2 to 6

### Season Start & Mid Season

- Players turning 7 by 30 June

## AFL SUPERKICK - CLUB

- 6 Weeks
- 60 minutes
- \$85 (club rebate \$10)
- Grade 3, 4, 5 & 6
- Player Packs
- Club delivered (AFLQ support)

### Club Delivery Options:

- Expression of interest from clubs (Submit EOI form)

### Next Step:

- Junior Football
- Next season of Club Superkick

# NAB AFL AUSKICK



## COMMUNITY/CLUB

- 8 weeks
- 60-minute sessions
- Delivered by volunteers, supported by AFL staff
- \$90 (\$80 AFL, \$10 Club)\*

## MODIFIED

- 4 weeks
- 30-45-minute sessions
- Delivered by AFL staff
- \$40

## SCHOOL

- 6 weeks
- 60-minute sessions
- Delivered by AFL staff
- \$80

## KINDERKICK

- 6 weeks
- 45-minute sessions
- Delivered by AFL staff
- \$50

\*\$10 minus GST & PlayHQ fees will be delivered directly to club bank accounts via payment split on PlayHQ



# NAB AFL AUSKICK



## COMMUNITY BENEFIT PACK



OR



Plus choose from the below options!



OR



# NAB AFL AUSKICK



## SCHOOL BENEFIT PACK

BRISBANE LIONS ZONE

GOLD COAST SUNS ZONE



OR





# NAB AFL AUSKICK



## COMMUNITY AUSKICK PLAY

- Prep, Year 1, Year 2 Transition Program
- Born 1 July 2017 - 31 December 2019
- 45-minute sessions (15 minutes fun games/activities + 30 minutes match play)
- Delivered by volunteers, supported by AFL staff
- Clubs can choose to run in house or play in clusters with neighbouring clubs
- In House: Choice of 2 x 6 week or 1 x 10 week season
- Cluster: 10 week season or choice of 2 x 6 weeks if all clubs align
- AFL to complete fixtures online (at club/clusters request)
- Registration through PlayHQ (Via PLAY.AFL/Auskick)
- State Registration Fee \$75 (paid only if participant has NOT played NAB AFL Auskick in the calendar season)
- Auskick participants will be provided a voucher code to reduce the \$75 AFL fee
- Clubs can choose either a \$0, \$25 or \$50 fee structure

\*AFLQ UNDERSTANDS & APPRECIATES LOCAL NUANCES. PLEASE WORK WITH YOUR LOCAL AFL DEVELOPMENT STAFF MEMBER SHOULD YOU HAVE ANY QUESTIONS.



# WHAT IS NAB AFL SUPERKICK?

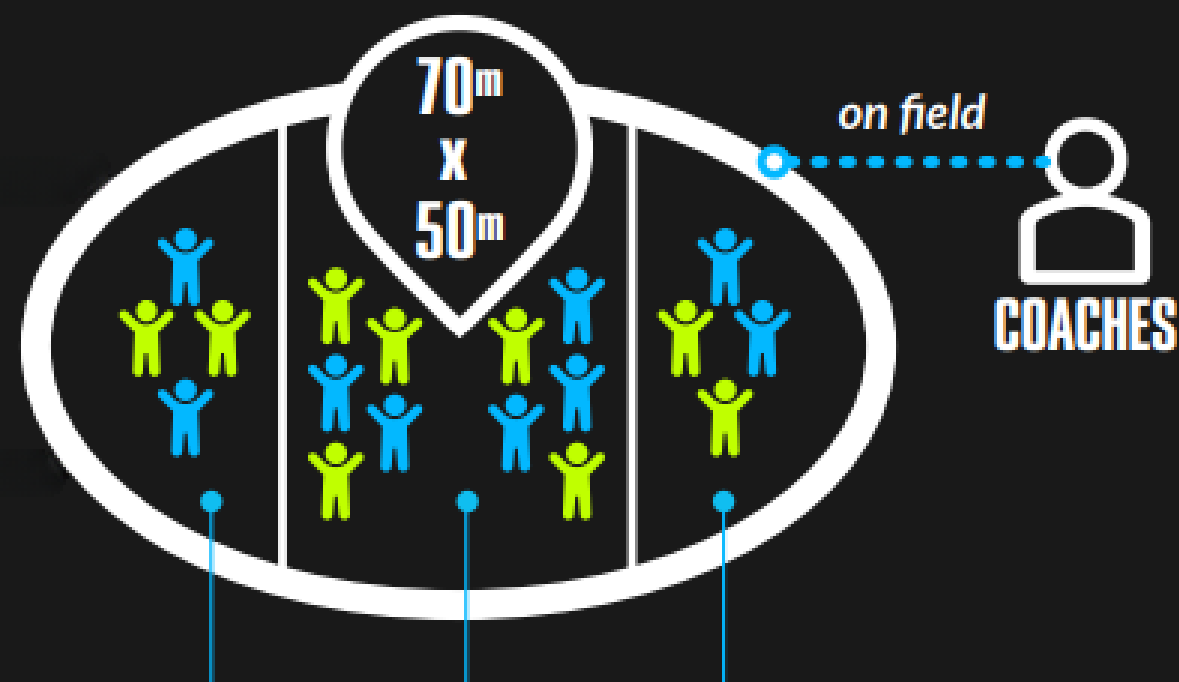


- NAB AFL Superkick is for anyone 8-12 wanting to get a feel for footy without the pressure.
- Training and games happen on the same day, either at a club or after school with no additional sessions.
- Limited or no travel, parents feel less pressure too!
- The program provides the opportunity for participants to further develop their football, social and game play skills.
- Superkick seasons run for 6 - 10 weeks (will vary between clubs).
- Each one hour session incorporates 15 minutes of game-based-skill activities followed by a modified AFL game.
- Perfect way for clubs to recruit 8-12 year olds
- \$85 (\$75 to AFL, \$10 to club)\*

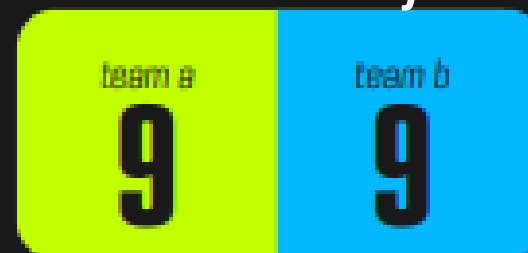
**ANY CLUBS WISHING TO RUN AFL SUPERKICK IN 2024 PLEASE SUBMIT YOUR INTEREST  
VIA THE EXPRESSION OF INTEREST FORM**

\*\$10 minus GST & PlayHQ fees will be delivered directly to club bank accounts via payment split on PlayHQ

# HOW TO PLAY



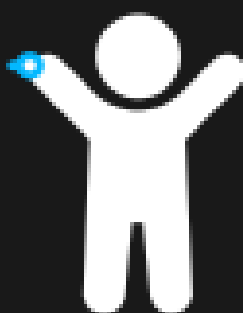
Number of Players



3 equal zones

**A MARK**

is awarded

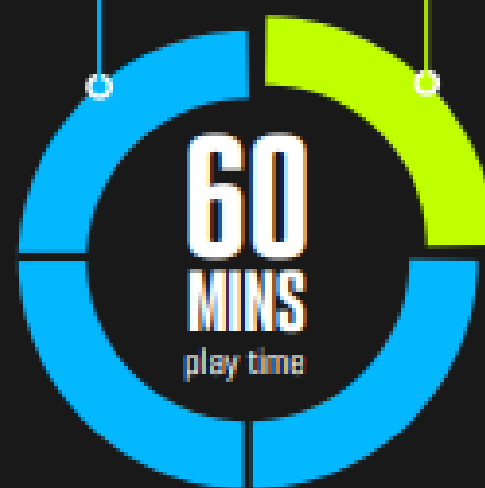


**TO ANY  
PLAYER**

who catches  
the ball

match  
3x

skill  
games



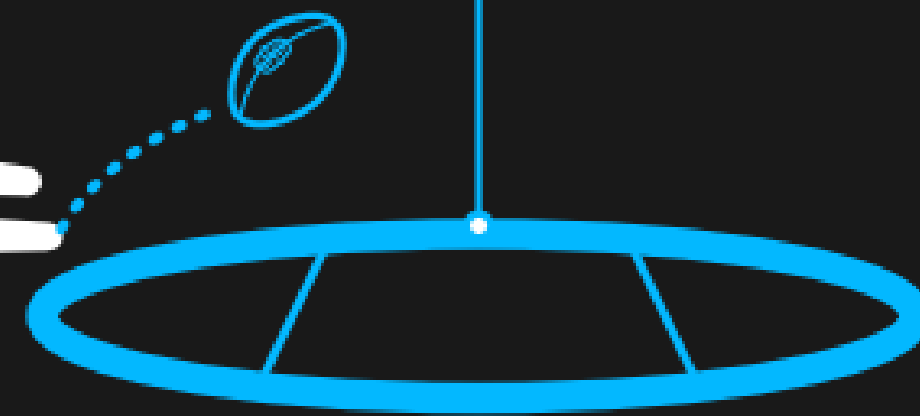
by kick/hands

**A KICK IS  
AWARDED**

to the opposite  
team

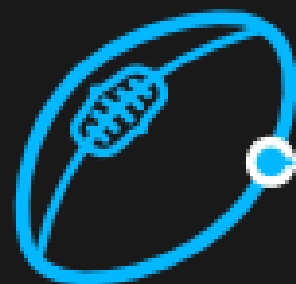
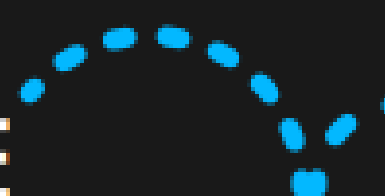


**OUT OF  
BOUNDS**



**NO BOUNCE**

permitted



SIZE 2

- No kicking off the ground
- No scores, ladders or finals
- No recording of best players, goal kickers or match tallies



- No representative teams
- No tackle, no bump
- No stealing, smothering, shepherding or barging

# FAIR PLAY VOUCHER PROCESS

## CLUB INSTRUCTIONS:

1. Clubs register to be an activity provider to accept fair play vouchers
2. Parents to enter FairPlay code into registration form
3. Parents to give club the FairPlay voucher
4. Clubs claim FairPlay voucher
5. Clubs redeem fees from state government

## WHEN AND HOW OFTEN YOU CAN REDEEM THE VOUCHER:

1. Redeem vouchers all at once or as you receive each voucher
2. All vouchers for the round must be redeemed by the final redemption date (Please check date on voucher)

To assist your club to know when a FairPlay Voucher is used AFL Queensland suggest you turn on email notifications for registrations:

- Visit PlayHQ - How to Turn On Notifications
- To keep track of the use of Fairplay Vouchers, please run a Government Vouchers Report
- Reports > Financial > Government Vouchers

# FAIR PLAY VOUCHER PROCESS

## NAB AFL AUSKICK

- AFLQ invoices clubs for Auskick fee (\$80 not full \$90)

## AUSKICK & AUSKICK PLAY SEASON

- Parents to sign up for both Auskick & Auskick Play Season at the same time
- Follow club instructions
- When clubs claim FairPlay voucher must claim the full amount of both programs in one transaction
- AFLQ invoices clubs for Auskick fee (\$80 not full \$90)

## AFL REGISTRATION FEE (2024) & AUSKICK PLAY SEASON

- Parents to enter FairPlay code into registration form
- Parents to give club the FairPlay voucher
- Clubs claim FairPlay voucher
- AFLQ to invoice club for AFLQ Registration Fee

## JUNIOR FOOTY

- Voucher comes off club fee (if club fee is under \$150 the remainder will come off league fee)
- AFLQ to invoice club for amounts that is removed off league fee





# 2024

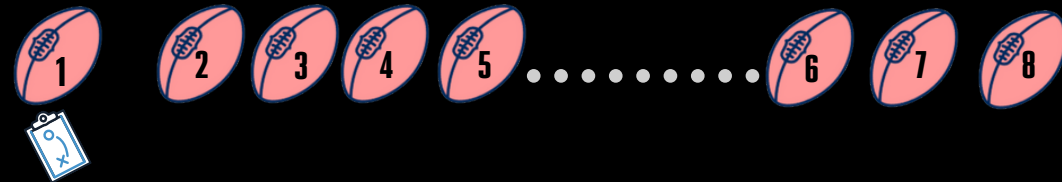
## Guide Only Dates Subject To Change

### JUNIOR & YOUTH PARTICIPATION SEASON DATES | QLD

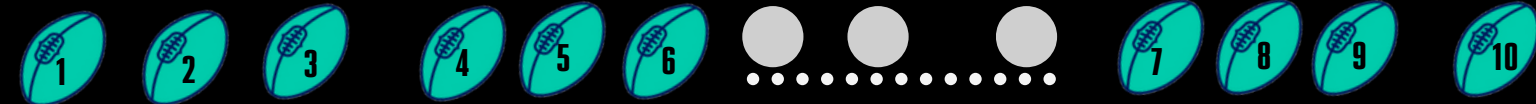
PROGRAM/  
COMPETITION

FEB	MAR			APR			MAY			JUN			JUL			AUG											
24	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31

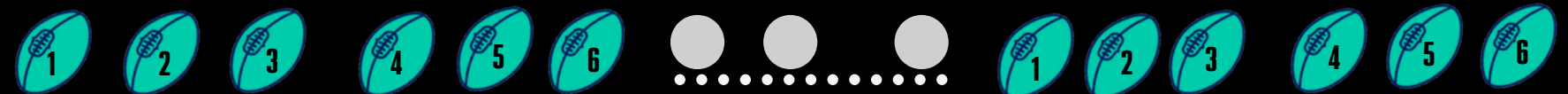
Community Auskick



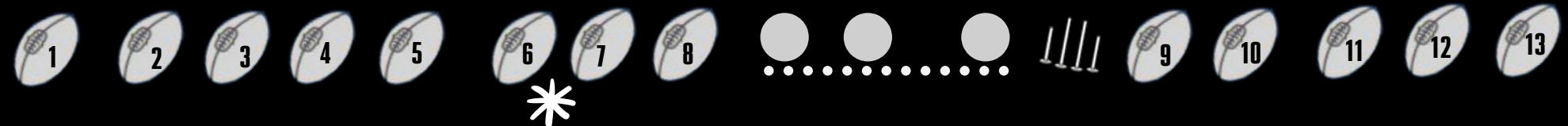
Community Auskick - Play 10 Week Season



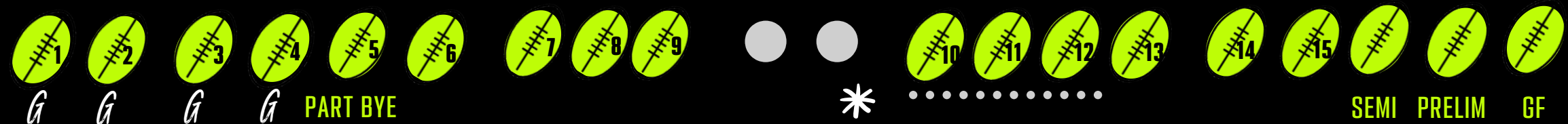
Community Auskick - Play 6 Week Seasons



Junior Football



Youth Football\*



● BYE ROUND    ..... SCHOOL HOLIDAYS    |||| CARNIVAL ROUND    📅 COACH EDUCATION    \* MID-SEASON ENTRY    G GRADING    \* SUNDAYS

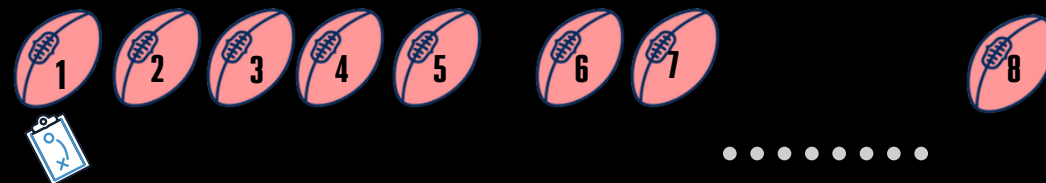
# 2024

## JUNIOR & YOUTH PARTICIPATION SEASON DATES | Northern Rivers

PROGRAM/  
COMPETITION

FEB 24 2 9 16 23 30 6 13 20 27 4 11 18 25 1 8 15 22 29 6 13 20 27 3 10 17 24 31

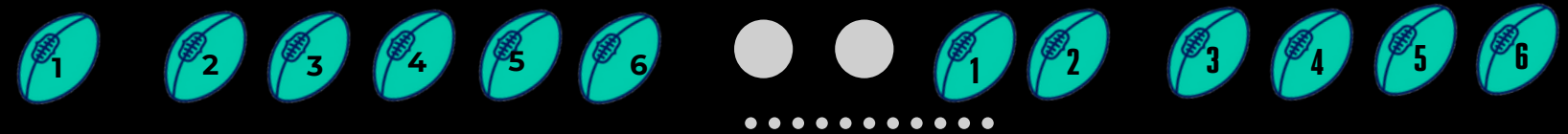
Community Auskick



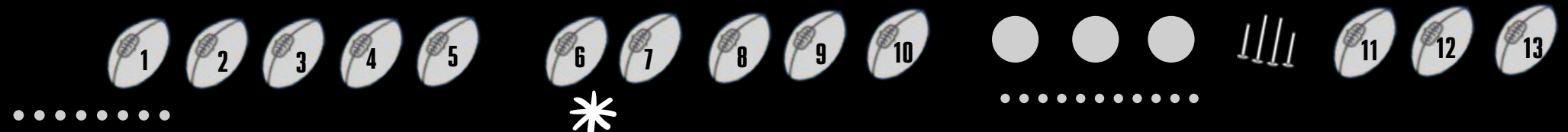
Community Auskick - Play 10 Week Season



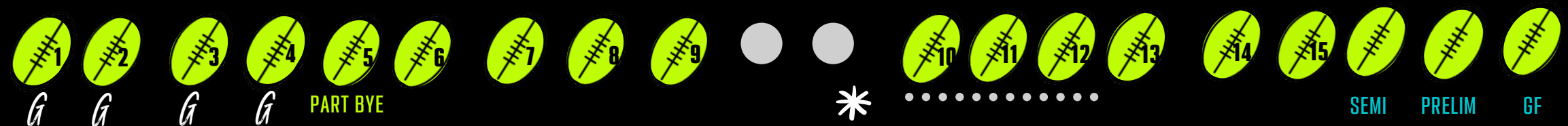
Community Auskick - Play 6 Week Seasons



Junior Football\*



Youth Football\*



● BYE ROUND ..... SCHOOL HOLIDAYS ||||| CARNIVAL ROUND 📅 COACH EDUCATION \* MID-SEASON ENTRY G GRADING \* SUNDAYS

# 2024 AGE GROUPS

Community Auskick - Play (Formerly Superstars)		1 Jul 2017 to 31 Dec 2019	Prep, Year 1 Transition Program Mixed & Girls
8's		1 Jul 2015 to 30 Jun 2017	Year 2 & 3 Mixed & Girls
9's		1 Jul 2014 to 30 Jun 2015	Year 4 Mixed & Girls
10's		1 Jul 2013 to 30 Jun 2014	Year 5 Mixed
11's		1 Jul 2012 to 30 Jun 2013	Year 6 Mixed & Girls
13's		1 Jul 2010 to 30 Jun 2012	Year 7/8 Mixed & Girls
15's		1 Jul 2008 to 30 Jun 2010	Year 9/10 Girls & Boys
17's		1 Jul 2006 to 30 Jun 2008	Year 11/12 Girls & Boys



# 2024 AGE GROUPS

## SUNSHINE COAST ONLY

Community Auskick - Play (Formerly Superstars)		1 Jul 2017 to 31 Dec 2019	Prep, Year 1 Transition Program Mixed & Girls
8's		1 Jul 2015 to 30 Jun 2017	Year 2/3 Mixed & Girls
9's		1 Jul 2014 to 30 Jun 2015	Year 4 Mixed & Girls
11's		1 Jul 2012 to 30 Jun 2014	Year 5/6 Mixed & Girls
13's		1 Jul 2010 to 30 Jun 2012	Year 7/8 Mixed & Girls
15's		1 Jul 2008 to 30 Jun 2010	Year 9/10 Girls & Boys
17's		1 Jul 2006 to 30 Jun 2008	Year 11/12 Girls & Boys





# 2024 AGE GROUPS

## NORTHERN RIVERS ONLY

Community Auskick - Play



1 Jul 2016 to 30 Jun 2019

Prep, Year 1, Year 2 Transition Program  
Mixed & Girls

9's



1 Jul 2014 to 30 Jun 2017

Year 2/3/4  
Mixed & Girls

11's



1 Jul 2012 to 30 Jun 2014

Year 5/6  
Mixed & Girls

13's



1 Jul 2010 to 30 Jun 2012

Year 7/8  
Mixed & Girls

15's



1 Jul 2008 to 30 Jun 2010

Year 9/10  
Girls & Boys

17's




1 Jul 2006 to 30 Jun 2008

Year 11/12  
Girls & Boys



# SEASON FEES 2024

## PLAYER REGO FEE

COMMUNITY AUSKICK		\$90.00	
COMMUNITY AUSKICK - PLAY		\$0.00/\$25.00/\$50.00	
AFL SUPERKICK		\$85.00	MID SEASON ENTRY
8'S		\$75.00	\$45.00 (After June 3rd)
9'S, 10'S, 11'S GIRLS		\$115.00	\$70.00 (After June 3rd)
11'S MIXED		\$130.00	\$70.00 (After June 3rd)
13'S GIRLS		\$140.00	\$75.00 (After July 1st)
13'S MIXED		\$145.00	\$75.00 (After July 1st)
15'S, 17'S GIRLS		\$150.00	\$75.00 (After July 1st)
17'S BOYS		\$155.00	\$75.00 (After July 1st)



# **VOLUNTEER POSITIONS**

**SUBMISSIONS DUE FEBRUARY 2024**

## **RECOMMENDED REQUIREMENTS**

- Volunteer Coordinator
- Coach Coordinator
- Umpire Coordinator
- Women & Girls Coordinator
- Junior Coordinator
- Youth Coordinator

## **COMMITTEE POSITIONS**

- President
- Treasurer
- Secretary
- Registrar
- Other

# JUNIOR FOOTBALL COACH

PROVIDE AN ENVIRONMENT WHERE OUR YOUNGEST PLAYERS ARE ABLE TO LEARN THROUGH PLAY WHILST ENABLING PLAYERS TO SAFELY GROW TO THEIR INDIVIDUAL NEEDS.

## QUALIFICATIONS & DESIRABLE CHARACTERISTICS

- Ensure your coaching philosophy and values are aligned with your Club's coaching philosophy and values.
- Hold a current AFL Level 1 (Junior) coaching accreditation as a minimum and registered in coach. AFL for the season.
- Hold a current QLD Blue Card or NSW Working with Children Check.
- Ensure your coaching philosophy and values are aligned with the Junior Footy philosophy and values.
- Understand participation is the overriding priority in Junior Footy.
- Understand and implement the modified rules of the game.
- Ability to communicate with parents, players and officials of the Club.

## DUTIES & RESPONSIBILITIES

- Ability to teach basic game fundamentals (kicking/marking/handballing/ground ball).
- Ensure players have equal opportunity with game time and playing positions.
- Understand the variety of personalities and abilities of the group.
- Ability to coach player to read play and make decisions (game-sense)
- Understand what to do when: Team has possession / Opposition has possession Ball is neutral
- Understand your obligations to the Code of Conduct.
- Ensure players understand the Code of Conduct and the need for good sportsmanship.
- Ensure an efficient and professional game day environment.



# JUNIOR FOOTBALL TEAM MANAGER

ENSURING THERE IS SUCCESSFUL MANAGEMENT OF THE TEAM AND WELFARE OF THE PLAYERS IN THEIR CARE WHILST ENSURING ALL OFF-FIELD FOOTBALL MATTERS, INCLUDING THE COORDINATION OF TEAM SUPPORTERS/SPECTATORS, ARE DEALT WITH EFFICIENTLY AND EFFECTIVELY.

## QUALIFICATIONS & DESIRABLE CHARACTERISTICS

- Hold a current QLD Blue Card or NSW Working with Children Check.
- Strong oral and written communication skills
- Strong organisational skills
- Conflict resolution
- Hold current or willing to obtain First Aid Certificate
- Previous experience in managing a team

## DUTIES & RESPONSIBILITIES

- Administration and management of the team.
- Game day responsibilities (team sheets - online and hard copies as required, footballs, transportation of gear, umpires, etc.).
- Ensure the coach and players are provided with enough equipment to ensure efficient operation of the team.
- Ensure all players are registered with the League or an approved clearance from previous club.
- Monitor and manage your team's spectators and Team Officials and their Compliance with the Code of Conduct.
- Intervene with any perceived breaches of the Code of Conduct involving your team's spectators and Team Officials and manage any conflict that may arise on game day.
- Support the home club's Ground Marshall with any breaches of the Code of Conduct involving your team's spectators and Team Officials.

# UMPIRE4FUN EXPLAINED

THE UMPIRE4FUN PROGRAM WAS CREATED TO DEVELOP AND NURTURE UMPIRES AT GRASSROOTS LEVEL ACROSS COMMUNITY CLUBS THROUGHOUT QUEENSLAND.

- Umpire4fun is an introductory level of umpiring with a modified rules format
- Umpire4fun also supports the Junior Footy program across AFL Queensland
- Provide long-term sustainability of umpiring to the AFL Queensland community
- Allows for continued growth and development of young umpires with a pathway to transition into youth & senior football
- Umpire4fun umpires will have opportunity to umpire in other disciplines of football such as goal and/or boundary

- **GROW** - Recruit umpires from traditional & diverse backgrounds because the bigger the base the higher the pinnacle.
- **TRAIN**- provide learning opportunities for all of our umpires
- **TRANSITION** - allow our umpires to be the best they can because one in two umpires want to progress to a higher level
- **RETAIN** - keep our umpires engaged for longer through inclusive and enjoyable environments

# UMPIRE4FUN COORDINATOR

THE OBJECTIVE OF THE CLUB UMPIRE COORDINATOR IS TO SUPPORT AND OVERSEE THE GROWTH AND DEVELOPMENT OF INDIVIDUAL UMPIRES AT THEIR CLUB.

## ADMINISTRATION

- Promoting the Umpire4Fun program to assist with the recruitment of Umpires to your Club.
- Selecting and appointing Umpires to Junior Footy games.
- Appointing an Umpire Mentor, if Club Umpire Coordinator not experienced in umpiring.
- Oversee your Umpires on game day.
- Ensure your Umpires are in possession of the right equipment to carry out their role.
- Complete monthly Umpire feedback forms for your Umpires, this will assist with them understanding their progress.
- Arrange payment for your Umpires on completion of their games.
- Provide assistance to your Umpires with their Umpire4Fun registration. Ordering of Umpire uniforms from AFL Queensland.
- Regularly assess, evaluate and mentor your Umpires.

## EDUCATION

- Encourage your Umpires to regularly attend local Umpire4Fun training sessions (expectation of minimum 1 x session per month per Umpire).
- Encourage your Umpires to attend monthly online education sessions hosted by AFL Queensland.
- Attend AFL Queensland Umpire Department information sessions as scheduled.
- Share general information provided by the Umpire Department at AFL Queensland with your Umpires.

# JUNIOR COORDINATOR

RESPONSIBLE FOR THE COORDINATION & ADMINISTRATION OF JUNIOR PROGRAMS AND COMPETITIONS AT THE CLUB, WITH THE AIM OF PROVIDING QUALITY EXPERIENCES, COMMUNICATION AND PROCESSES FOR PLAYERS AND FAMILIES OVER QUANTITY.

## ADMINISTRATION

- Hold a current QLD Blue Card or NSW Working with Children Check.
- Effective communication skills.
- Organisational skills.
- Conflict resolution skills.
- Positive and enthusiastic and can sell involvement to others.
- Promote programs such as NAB AFL Auskick and Auskick Play, NAB AFL Superkick and Junior Footy.
- Work closely with AFLQ staff to grow participation within club.

## EDUCATION

- Work closely with coaches and team managers within the Junior Footy program to ensure the club teams are well organised.
- Work closely with team managers to ensure that all participants are fully registered.
- Coordinate and assist in the facilitation of AFLQ run programs in conjunction with DC/DL.
- Assist and coordinator volunteers to ensure they understand the rules and philosophy of NAB AFL Auskick and Auskick Play, Junior Footy & NAB AFL Superkick.
- Focus on the transition between programs and competitions.

# YOUTH COORDINATOR

RESPONSIBLE FOR THE COORDINATION & ADMINISTRATION OF YOUTH COMPETITION TEAMS AT THE CLUB, WITH THE AIM OF PROVIDING QUALITY EXPERIENCES, COMMUNICATION AND PROCESSES FOR PLAYERS AND FAMILIES OVER QUANTITY.

## ADMINISTRATION

- Hold a current QLD Blue Card or NSW Working with Children Check.
- Effective communication skills.
- Organisational skills.
- Positive and enthusiastic and can sell involvement to others.
- Monitor umpire appointments and coordinate club umpires when league umpires are unable to be appointed to games.
- Ensure all match day paperwork completed by club umpires is submitted to AFLQ before 9am each Monday.
- Work closely with AFLQ staff to ensure all teams are compliant with the Codes of Conduct and Rules & Procedures.

## EDUCATION

- Work closely with coaches and team managers within the Youth competition to ensure the teams are well organised.
- Work closely with team managers to ensure that all participants are fully registered.
- Encourage coaches to attend a pre-season Youth education session administered by AFLQ.
- Ensure all team managers complete an online PlayHQ team manager education session through AFL ClubHelp.
- Assist and coordinator volunteers to ensure they understand the code of conduct, rules and philosophy of Youth football.

# GIRLS COORDINATOR

RESPONSIBLE FOR THE COORDINATION & ADMINISTRATION OF JUNIOR GIRLS PROGRAMS AND COMPETITIONS AT THE CLUB, WITH THE AIM OF PROVIDING QUALITY EXPERIENCES, COMMUNICATION AND PROCESSES FOR PLAYERS AND FAMILIES OVER QUANTITY.

## QUALIFICATIONS & DESIRABLE CHARACTERISTICS

- Hold a current QLD Blue Card or NSW Working with Children Check.
- Display effective communication, organisational and conflict resolution skills.
- Positive and enthusiastic and can sell involvement to others.
- Promote the girls program to assist with the recruitment of players to your club.
- Own the transition process for new to club players and their families.
- Promote programs such as Auskick, Auskick Play, Superkick and Junior Footy.
- Work closely with AFLQ staff to grow participation within club.

## DUTIES & RESPONSIBILITIES

- Provide support to all female players.
- Facilitate the allocation of new female players into appropriate teams.
- Work with the coaches & Team Managers to ensure best practice when it comes to the delivery of the girls program.
- Ensure that all girls have appropriate uniforms and facilities accessible to them.
- Ensure that all Team Managers & coaches accredited and participants are registered.
- Coordinate and assist in the facilitation of AFLQ run all girls programs in conjunction with the local DC/DL/W&G Task Force.



# GROUND MARSHALL

ENSURING ALL GAME DAY OPERATIONS ARE CONDUCTED SMOOTHLY THROUGHOUT THE SEASON

## QUALIFICATIONS & DESIRABLE CHARACTERISTICS

- Ability to work autonomously and to schedule.
- Excellent communication skills.
- Strong time management, organisational and decision-making abilities.
- Honesty, reliability, commitment and great work ethic.
- A strong conflict resolution ability.
- Friendly and approachable.
- Have a sound understanding of the competition Rules & Regulations.
- Ability to interact and liaise with numerous stakeholders, especially Team Managers who monitor their team spectators for breaches of the Code of Conduct.
- Complete AFL Queensland Ground Marshall Accreditation.

## DUTIES & RESPONSIBILITIES

- Completion of JLT/Marsh Game Day Checklist. Liaise with Home team Manager of first game.
- Ensure all volunteers involved in game day are organised and well equipped for the day.
- Collect all match day paperwork (where relevant) at the start and end of games.
- Be the first point of contact for game day issues.
- Be always clearly identifiable (green bib) during the day.
- Be available to provide assistance to Umpires as required throughout the day.
- Escort League Umpires to and from the oval.
- Monitor spectators and coach's boxes for breaches of the Code of Conduct.
- Assist if called upon by First Aid provider and coordinate emergency services if needed.
- Provide completed Incident Report forms to AFLQ for any breaches of the Code of Conduct.

# VOLUNTEER COORDINATOR

THE VOLUNTEER COORDINATOR IS TO RECRUIT, SUPPORT AND RECOGNISE VOLUNTEERS THROUGHOUT THE CLUB. ENSURING THAT ALL VOLUNTEERS HAVE THE KNOWLEDGE, TRAINING AND SUPPORT REQUIRED TO UNDERTAKE AND SUCCEED IN THEIR NOMINATED ROLES.

## QUALIFICATIONS & DESIRABLE CHARACTERISTICS

- Hold or willing to apply for a current volunteer "Working with Children Check".
- Effective communication skills.
- Organisational skills.
- Positive and enthusiastic and can sell involvement to others.

## DUTIES & RESPONSIBILITIES

- Create a detailed list of the volunteer requirements for the club in conjunction with the committee.
- Consider the knowledge, skills and time required for each role.
- Coordinate volunteer screening procedure when taking in new volunteers.
- Support new volunteer inductions by organising relevant orientation and training days.
- Coordinate volunteer rosters and work with the secretary to maintain club records.
- Ensure the club has a suitable number of volunteers in each area of the club.
- Be the primary contact for volunteers should they have any concern or problem.



In partnership with



Movember Ahead of the Game is a mental health literacy and resilience program which aims to educate umpires, young players (aged 12-18 years) and their support networks (parents, coaches, and club volunteers) on the importance of mental health. Giving them tools to deal with life's challenges, and the confidence to support their mates through tough times, whilst also empowering them to look after their own mental wellbeing.

Ahead of the Game consists of 4 x 45-minute **FREE** workshops:

## HELP OUT A MATE FOR PLAYERS

A mental health literacy workshop that young athletes complete first. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help themselves and others when faced with mental health challenges.

The Challenge is a mental health resilience program that helps players identify and develop skills for managing the challenges that sports (and life) can present. Participants consider key skills for being resilient and successfully navigating their own challenges through sport/ It includes the importance of problem-solving, embracing challenges, and managing setbacks.

## THE CHALLENGE FOR PLAYERS



In partnership with



# *NO.1* SUPPORTER

FOR PARENTS

Mental health literacy workshop for parents. The session focuses on building parents' knowledge of what mental health is and the skills and knowledge around how to help their children and others when faced with mental health challenges. It also helps breakdown what is normal teenage behavior and what is not.

Mental health literacy workshop for coaches and club volunteers. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help young players and others when faced with mental health challenges.

# GOT YOUR *BACK* FOR COACHES

For more information and to register interest for **FREE** Ahead of The Game Workshops, visit:  
<https://www.play.afl/clubhelp/club-management/mental-health-and-wellbeing/aotg/>