



Live the life of an elite athlete and learn what it takes to be an AFL star!

Join us at the Mission Elite Learning Centre at Whitten Oval, home of the Western Bulldogs. Here you will have direct exposure to the Western Bulldogs Football Department and find out how to take your game to the next level.

When: 30 June – 1 July 2010

Age: 13 – 17 years old

THE TWO DAY TRAINING CAMP WILL INCLUDE:

- Your own Bulldogs Academy training kit
- A tour of the Mission Elite Learning Centre & use of the facilities
- An in depth look into the recruitment process
- Leadership and motivational session from coaching staff
- Skills & conditioning session
- Weights & cardio training techniques
- Fitness testing
- Pool session
- Game sense drills
- Match practice
- Dietician lecture
- Recovery techniques

The program will provide a unique insight to the day to day operations of an AFL club. Get in early to secure your place in the Academy as numbers will be strictly limited.



PROUDLY SUPPORTED BY
THE WESTERN JETS FC &
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MAJOR PARTNER

