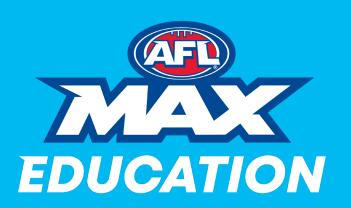


### CONTENTS

### This AFL Max Education brochure is helpful for:

- Teachers
- School Leadership (Principals, Year Level/Learning Area Leaders/Directors)
- Wellbeing leaders
- OSHC Directors
- Health and Physical Education Teachers and Coordinators

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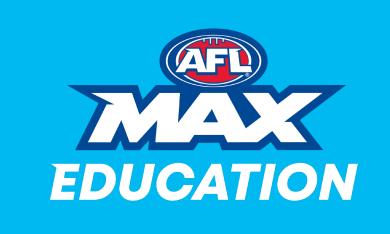


### MAXIMISING YOUR EDUCATION JOURNEY



"AFL Max brings people together to have fun, but also improve their health and wellbeing. Our education offerings educate and encourage students to live active and healthy lifestyles, which is also my personal purpose. We really need our future generations to be healthier, both physically and mentally. This is why we have blended our knowledge of elite sport and our expertise in education, to develop truly impactful experiences and programs for all ages. I'm truly proud of what our team has achieved in a short period of time, and the feedback we continue to get from schools is humbling. We have a fun and interactive venue that can bring our vision to life and support schools on their wellbeing and education journey. Hope to see you here soon."

- James Podsiadly, CEO.



# SCHOOL EXPERIENCES 2021/2022



Camp Max is a unique and fun overnight experience for your school. Sleep in the comfort of our state-of-the-art venue for a one-of-a-kind experience for your class.

Ideal for Primary and Secondary students.

### Camp Max Highlights Include:

- Access to all activities and attractions; rock climbing, trampolines, inflatables, interactive gaming screens, Footy Zone, Fitness Testing and more!
- Meals Included
- Bedding included for all guests (extra comfy mattresses for adults).
- Enjoy a group movie night on our HUGE arena screen!
- All year-round venue





### SPEND THE NIGHT AT MAX!

### THERE ARE THREE CAMP MAX PROGRAMS TO CHOOSE FROM:

### Leadership Camp

Students learn important leadership skills and strategies, encouraging anyone that they have the capacity to be a leader.

Using AFL Max's 4 Quarter Leadership framework, students will participate in a variety of practical activities throughout AFL Max:

- **Q1:** Me Be a better you. Goal setting and understanding your strengths.
- **Q2:** Purpose The why behind what you do. Active problemsolving challenges.
- Q3: Connect Great communication begins with connection. Interactive team challenges
- **Q4: Perform -** Setting high standards is the beginning High Performance challenges.

### **Healthy Kids Camp**

Combining Fitness, Nutrition, Positive Education and Fun – learn about finding the balance to become a healthier and happier person.

- Q1: Fitness Students learn exercises and strategies to keep their bodies fit and healthy, but also learn that fitness can be great fun.
  Group cardio fitness activities and challenges.
- Q2: Nutrition Students will learn that in order to keep our body and mind healthy we need to eat a variety of nutritious foods. Team Nutrition games and education (healthy vs unhealthy foods, food labels, sugar education and more)
- Q3: Mindfulness To truly be healthy, we need to care for our mind, just as much as our body. Box Breathing Strategies and being aware of, and regulating our emotions.
- **Q4:** Fun The Importance of Fun in our lives. Fun activities and access to zones and attractions at AFL Max.

### **High Performance Camp**

Sporting teams learn strategies from elite athletes in order to improve their own performance and wellbeing.

- **Q1:** Goal Setting Individual and team goal setting
- **Q2:** Test Fitness testing
- **Q3:** Mindset -Growth Mindset Training
- **Q4: Dealing with Pressure -**Strategies used by elite sportspeople.







Camps start from \$120pp (exc. GST)



### LEADERSHIP AND WELLBEING LESSONS

Our leadership and wellbeing lessons have been designed in alignment with the Australian Curriculum. The lessons aim to educate students about the importance of developing healthy lifestyles and positive wellbeing, utilising strategies used by elite sportspeople to create life-long learning. These lessons are appropriate for students from Upper Primary - Secondary Year Levels.

There are four topics to choose from that align with our leadership program (see 4QTR) We can customize your excursion based on the topics/lessons of your choice. Using a combination of theoretical and practical education, we guarantee to get your students moving and motivate them to improve their health and wellbeing.

### The program includes:

- Pre visit lesson plan (taught in class prior to visit)
- 2hr session at AFL Max
- Post visit lesson plan (taught in class post visit)









HIGHSCH















### FUN EXCURSIONS

Looking for a fun experience with your class? AFL Max is a great option for classes of all ages and skill levels. Delivered by our facilitators, AFL Max has a dedicated format for schools.

### **Excursions includes:**

- 120-minute sessions made up of structured and unstructured play at AFL Max
- Rock climbing, trampolines, interactive screens and much more
- Grip socks for each student
- Great for end of term celebrations or just to break up your PE lessons

Excursions start from \$20pp (exc. GST)

### SPORTS DAY AT MAX

### Let AFL Max host your school's Sports Day.

Team Max will host your special day full of exciting team activities and inclusive events. Unlike traditional athletics sports days, your event at AFL max will consist of rock climbing, team challenges, interactive gaming challenges, aerial events, inflatable events and more, all within the comfort of our safe, indoor, state-of the art venue.

### Why Sports Day at Max?

- Indoor venue rain, hail or heatwave, your sports day won't be impacted by the weather
- Planning + activities Max will take care of the events, activities and timings for the day
- Upstairs cafe and restaurant area dedicated viewing space for family spectators
- Carpark Large 150 spaces onsite carpark with included school bus drop-off and pickup zone
- Student drop off and pick up zone for parents (reduce school transport costs)



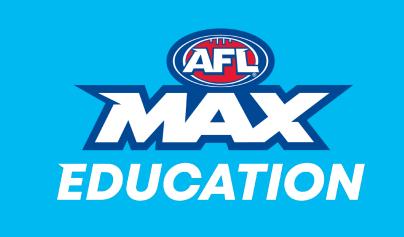












## OSHC & VACATION CARE EXPERIENCES

### DSHC EXCURSIONS + INCURSIONS

AFL Max is a great option for groups of all ages and skill levels.

Book in your OSHC group and enjoy the AFL Max experience including rock climbing, trampolines, interactive screens and much more.

Your group will experience all of our zones for 120 minutes.

Can't make it to our venue? Let us come to you!

### OSHC Excursions - Come to AFL Max

AFL Max is a great option for groups of all ages and skill levels.

Book in your OSHC group and enjoy the AFL Max experience including rock climbing, trampolines, interactive screens and much more.

### Session includes:

- 120 mins session for your group to experience each of our zones
- A pair of grip socks for each student
- Bookings are essential and dependent on venue availability, make an enquiry using the form below.
- From \$20pp (exc. GST)

### **MAKE YOUR ENQUIRY HERE**

\*\*Minimum group booking sizes apply. Other conditions may also apply.

### OSHC Incursions - AFL Max Comes to You

Our OSHC Incursions allow Team Max to bring the fun to you!

Let us come to you and break up the holiday schedule for your kids. Sessions run for 120mins, and are split into quarters.

### They include activities such as:

Q1: Energy Burner - Fitness for kids

 Burn off that energy and learn how to stay healthy in the process.

### Q2: School Yard Fun

 AFL Max themed games and activities. Let us freshen up your school yard games.

### Q3: Skill Development:

 Fundamental skills to improve students performance, regardless what sport they play and their sporting abilities.

### **Q4:** Team Fun:

Practical team challenges for all ages

From \$13pp (exc. GST)





### LET'S PLAY!

The Coles Healthy Kicks Holiday Program is an incursion-based program for ages 6-12 delivered at vacation care sites nationwide, delivered by Team Max.

### coles HEALTHY KYCKS



Coles Healthy Kicks aims to educate, activate, and motivate students to become more physically active, eat nutritious foods and develop a healthy mind whilst having fun with others.

Through fun fitness, healthy foods and engaging sessions, Coles Healthy Kicks is sure to be a winner with your holiday participants.

The 2 hour holiday incursions are divided into four quarters, just like a footy game. Students will learn, experience, and enjoy a variety of meaningful health education topics to become healthier and happier people, via fun activities.

### The session includes:

Q1

Healthy Body

Physical Activity & Movement

Q2

Healthy Mind

Problem Solving & Mindfulness

Q3

Healthy Food

Entertaining Food Activities

APPROPRIATE FOR AGES 6 - 12

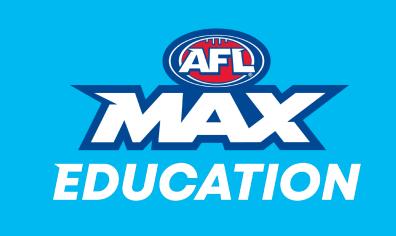
Q4

Healthy Team

Team Games & Fun



Learn more and make your enquiry <u>here</u>.



# LEADERSHIP PROGRAMS







AFL Max's newly created 4 Quarter Leadership Program (4QL), designed by James Podsiadly, takes learnings from elite sport and applies them to leadership for students the classroom and beyond.

Drawing from personal experiences in both elite sport and business, Pods has designed a unique program that brings a new perspective and approach to bettering leadership skills turning today's students in to tomorrow's leaders.

The leadership program is all about the how – how to be a better leader. Not the traditional why or what approach that is constantly taught in existing leadership programs. The 4QL Program arms students with the tools to not only to be a better leader, but to also enjoy it.

Split into 4 quarters, the program has 4 key focus areas – with the ability for schools to select topics best suited to the needs of their students.

### **Program Objectives:**

### Students:

- Understand that everyone can be a leader, at school, at home, at work, or in sport.
- Understand how improving their leadership skills can improve their health and wellbeing.
- Develop important skills and strategies to lead themselves and others.







### **Program Structure:**

Q1: Me	Q2: Purpose	Q3: Connect	Q4: Perform
"Being a better you"	"Make a difference to something bigger"	"Your journey needs people"	"Setting high standards is just the beginning"
TOPICS	TOPICS	TOPICS	TOPICS
Staying Healthy	Creating My Vision/Purpose	Respectful Communication	Dealing with Pressure
Developing Mindfulness	Bringing School Values to Life	Teamwork	Creativity & Problem Solving
Resiliance & Grit	Courage to Lead	Caring for Others	Goal Setting
Growth Mindset	Creating a Safe Environment	Building Trust	Challenging & Asking Questions
My Superpowers (Confidence)	Leading by Example	Diversity	Being Humble & Teachable

Better Leader • Better Wellbeing • Better Student • Better Person • Better School

### Who is this program suited for?

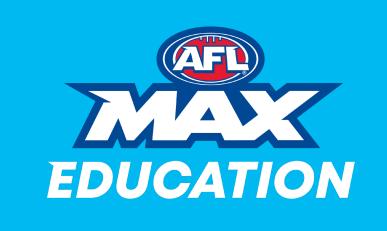
This program is suited for students who are in their adolescent years of development and education. Ideal for students from Year 7- Year 11, this program has been designed in alignment with the Australian Curriculum, specifically linked to the Health and Physical Education Learning Areas for each Year level.

### **Duration of the program?**

This program is flexible within each schools' timetable. Please enquire with us about how this program can work for your students.



The program can be run privately for your school's teachers, or individuals may participate in an open schools program.



# SCHOOL SPORT TEAMS

## INDOOR SCHOOL FOOTBALL COMPETITION

Register your team to play in our Schools' Indoor Football competitions. Students will play against a variety of schools in in our fast, fun and non-contact matches.

With 7 players on the field for each team, matches are highly engaging, fantastic for comradery and skill development, but most importantly great fun!

School Indoor football competitions run at various times throughout the school year on Monday-Friday's and open to all teams.

### Divisions and age groups:

Make an Enquiry <u>here</u> for more information about different divisions and competitions scheduled.



### SCHOOL FOOTBALL TEAM BUILDING AND TRAINING SESSIONS

### **Team Building Sessions:**

A team footy session hosted by an AFL Max team member, including footy related challenges across our zones. A great way to start, mix up or end your team's season.

Access to all AFL Max zones including:

- Rock Climbing
- Trampolines
- Footy Zone
- Fitness Testing
- Interactive Gaming Screens
- Inflatables and more!

Pricing: \$25pp (Minimum booking of 20 people), grip socks included, 90min session.

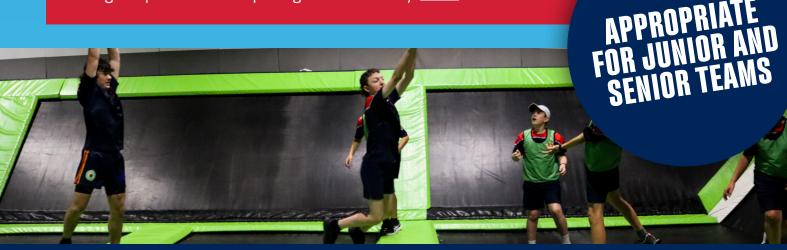
### Training Sessions (Zone Hire):

Hire out elite indoor field to run you own training sessions.

### Zone Hire includes:

- Elite playing surface
- Auditorium for team meetings with visual media facilities
- Plenty of space and height for football drills
- Optional team dinner post-training from \$20pp

Pricing: Enquire below for pricing and availability. Here.



### GET IN TOUGH!

Would you like to know more about our education programs including our Special Needs programs or set a time to tour our facilities?

Call AFL Max on (08) 8312 6585 or email bookings@aflmax.com.au











