

# **ELITE SUMMER TRAINING PROGRAM**

Do you possess the attitude, ability & ambitition to be the best you can?

Would you like to be mentored by elite coaches with TAC Cup and league rep experience?

If you answered <u>YES</u> then the ELITE SUMMER TRAINING PROGRAM is for you.

By participating in this ELITE program you will;

- Be coached by elite junior coaches and AFL players
- Train with other talented players in your own age specific training squad
- Prepare your body with Strength/Conditioning and Nutrition programs
- Complete testing directly from the AFL Draft Combine
- Experience Sport Psychology & Social Media Responsibility programs
- Attend the Induction Evening featuring a special AFL guest speaker
- Exclusive 'Train & Tour' session at an AFL club facility
- Receive an 'Elite Development Squad' training jumper valued at \$85
- Put it all together in the STP Match-Day finale

BOOK BEFORE SEPTEMBER 29 AND RECEIVE A FREE DFS TRAINING CAP VALUED AT \$25

**BOOKINGS CLOSE OCTOBER 9** 

"Having had my son complete several of the DFS programs, I can say first hand that you will enjoy the STP and gain so much from the programs and the wonderful coaches that DFS have."

ALAN RICHARDSON, SENIOR COACH, ST.KILDA FC

### **→ PROGRAM DETAILS**

<u>LOCATIONS:</u> Ascot Vale, Mt Eliza, Bulleen, Bundoora, Burwood,

**DATES:** October 19 through to December 6, 2015 TRAINING GROUPS: U10 to U16+



### **CLICK HERE FOR FURTHER DETAILS**



# **DFS HEAD COACHES**

#### ADRIAN TALARICO

(Director of Coaching)

Adrian is a Level 2 accredited AFL Coach, having coached and mentored at TAC Cup, League Representative, School and Local Level. Adrian spent 3.5 years as the Head of Football Development & Recruiting at the Northern Knights, as well as coaching at the Calder Cannons. Adrian has been heavily involved in the development of many players who now enjoy successful AFL careers.

#### BRETT POTTER

Brett has been coaching non-stop for 16 years at various levels, and is currently a Talent Identification Officer for the Carlton Football Club. In addition to this role, Brett is also the Development Academy Manager for the Northern Knights, and Junior Representative Manager for the NFL. He is also Level 2 accredited AFL coach.

#### JOEL STEINDL

For 13 years Joel was an integral part of the match day operations at the North Melbourne Football Club, fulfilling coaches box duties for the coaching staff. For the past 4 years Joel has acted as a Development Coach within the TAC Cup system, and been described as "one of the best 1 on 1 coaches going around". Joel is a Level 2 Accredited AFL Coach.

#### DAVID WITCHELL

David has an extensive junior coaching record, which includes 9 years coaching and selecting players for the Under 12 and Under 15 Victorian schoolboys teams. David was also a member of the coaching panel for the VAFA Under 18 Victorian team

that toured New Zealand. In 2015, David was the Head Coach for the Inaugural DFS Elite Camp squad.

#### JARRAD CAREY

(General Manager)
Jarrad has immense experience
in coaching and administration at
both AFL and local level. Jarrad
spent 7 years at the Collingwood
Football Club, fulfilling full-time
roles such as Player Recruiting
Officer, Team Manager and

Opposition Analyst. Jarrad also held the key position of Football Operations Manager at the NFL where, amongst many things, he oversaw the implementation of the Junior Development Program.

#### DAVID VELI

(Head of Strength & Conditioning)
Dave is the current Head of Fitness at the Williamstown Football Club in the VFL, having previously worked

with the Essendon Football Club (VFL) in a similar role. Holding a Masters in Exercise Science, Dave is a regular at the AFL Draft Camp where he conducts testing of potential draftees. Dave also works with athletes at the Victorian Institute of Sport.

## DYNAMIC FOOTY SKILLS

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