

Nelson
Alexander



St Bernard's Junior PUP 2018 Development Program

Open to Girls and Boys Aged 9 to 14 yrs in 2018

Part of another club already or don't even have a club don't worry – all welcome

10 week - 20 Session Junior Development Program

Professional Coaches – EX AFL and TAC, Running and Fitness

Focus on Running Technique, Games Sense, Football Skills and General Fitness

Individual Skill Assessment and Measurement

Mid Oct to Dec 2017 (6 weeks) and Feb to Mar 2018 (4 weeks)

Program Cost - \$100

Two Exciting and Fun sessions per week

1 x session Wed 4:30 to 6:00pm & 1 x session on Sun morning @ 10am to 11:30am

Expressions of Interest sought by 31st August 2017:

Reply to junioradmin@stbernardsfc.com.au