Dear Player

AFL NSW/ACT would like to extend an invitation for you to participate in one of our 2017 AFL Sydney Combines.

Participants will be tested using the latest AFL protocols and methods for skill and athletic testing (beep test, agility test, height and weight, vertical jump and 20m sprint etc). Players will also be assessed on their skill level, kicking and handballing (left and right sides). Participants will receive a report of their results following the Combine.

Each Combine will be conducted over **two days** at **two** **venues across Sydney**. All athletic testing will be conducted indoors to achieve consistency of results across all combines.

Representatives from the AFL Talented Player Program and Swans and Giants Academies will be present to assist and view players as they are tested.

Education sessions will also be conducted, these may include nutrition, stretching techniques and umpiring etc.

**These Combines will cater for female participants.** If we have sufficient numbers register, the girls will be in their own group, alternately they will be placed in an age appropriate group.

**Age:** Participants turning 12 – 18 years of age in 2017 (born in 2005 – 1999)**.**

**Cost:** $140.00 inclusive for two days (**ONLY $120.00 for registrations received by December 31st 2016**)

**Payment:** by **CASH OR CHEQUE ONLY, on the first day of your nominated Combine.**

**Time:** 9.30am – 2.30pm **(First day start 9.00am to facilitate registration and payment)**

Lunch will be provided each day (chicken or ham salad roll, fruit and water) however it is **strongly recommended that players bring extra drinks and snacks.**

**To register follow the link below specific to the Combine you wish to attend:**

1. **Sydney South** –- Sutherland Athletic Track – Rawson Ave. Sutherland (athletic testing will be at Sutherland basket ball stadium)

Monday 16th and Tuesday 17th January 2017

<https://www.surveymonkey.com/r/2017AFLCOMBINESUTHERLAND>

1. **Sydney** **City** – Matraville Sports High School – Chifley (enter from Burke Street)

Thursday 19th and Friday 20th January 2017 (please note athletic testing will be on basketball courts not indoors)

<https://www.surveymonkey.com/r/2017AFLSYDNEYCOMBINECHIFLEY>

Enquiries can be directed to Sandra Haberley on email: [sandra.haberley@afl.com.au](mailto:sandra.haberley@afl.com.au) or mobile: 0417 294 825.