

## Registrations – Auskick Rookies

**Auskick Rookies** introduces Australian Rules Football for boys and girls aged between 5-6. This program aims to teach the basic skills of AFL, including kicking, marking and handballing. Kids learn skills through fun, interactive drills and games, including modified mini-games of footy. With a focus on fun, Auskick Rookies also aims at laying the foundations of the importance of teamwork and good sports conduct.

The first Ainslie's three 8-week Auskick Rookies programs will run throughout term two on Wednesday afternoons at Alan Ray Oval from 4:15 – 5:00 pm.

The dates for our first program are:

27/4, 4/5, 11/5, 18/5, 25/5, 1/6, 8/6, 15/6

You can register a participant in our first eight-week program using the following link: [tinyurl.com/AFCRookies](https://tinyurl.com/AFCRookies)

Registration costs \$100 and includes an Auskick pack.

Players only require comfortable, warm clothing applicable to the weather, plenty of water for hydration and a willingness to learn AFL skills.

Parental assistance is paramount to fun and effective sessions, and we encourage you to get involved.

For more information or questions regarding this program or our term 3 Sunday morning Auskick program, please email the Ainslie Football Club's manager of junior football operations, Matthew Teasdale, at [matthew.teasdale@ainsliefootball.com.au](mailto:matthew.teasdale@ainsliefootball.com.au)

## Registrations – Auskick Pro (U8s)

**Auskick Pro (U8s)** is for boys and girls who turn 7 or 8 in 2022 and is the next step up from Auskick Rookies. The main focus is on fun and skill development and is a great starting point for kids learning how to play footy.

Auskick Pro teams train once a week on Wednesday nights at Reid Oval from 4:30 to 5:30 pm.

Games are played on Saturday afternoons at 2:45 pm and occur at locations across Canberra's north and south, such as Ainslie, Stirling, and Hughes.

At Auskick Pro, the ground is separated into three zones: forwards, mids and backs. Coaches rotate players across the zones during the match. Teams don't keep scores during games. Instead of winning, the focus of games is on teaching skills and developing young players.

Registration costs \$150 and includes an Auskick Pack. The club will provide players with a playing jumper (to be returned at the end of the season), an Ainslie training shirt and one pair of socks. Playing shorts will need to be purchased from the club. Families can purchase shorts at the AFC office located at 5 Angas Street, Ainslie, at the cost of \$30.

Mouthguards and football boots are essential (second-hand boots may be available on request).

Other than that, all required is warm clothing applicable to the weather, plenty of water for hydration and a willingness to learn AFL skills.

The season will commence on Saturday, the 30th of April.

Parental support is always necessary to help us run fun and effective training sessions for things to run smoothly on game day. We encourage you to get involved and support your child's team.

You can register for Auskick Pro at the Ainslie Football Club in 2022 using the following link: <https://tinyurl.com/AFCauskickPro>

For more information or questions regarding Auskick Pro, please email the Ainslie Football Club's manager of junior football operations, Matthew Teasdale, at [matthew.teasdale@ainsliefootball.com.au](mailto:matthew.teasdale@ainsliefootball.com.au)