



FREMANTLE  
DOCKERS



# Message from the Captain

The Fremantle Dockers Football Club has a corporate and social responsibility to the community in which it thrives. In essence, it's about giving something back to acknowledge the support the community gives the club.

*Freo Skills 4 Schools* is instrumental in achieving that aim through a broad range of programs. It is a school-based initiative designed to utilise the Fremantle Dockers' resources and player expertise to assist students to make informed decisions for a responsible, healthy and active lifestyle.

Everyone at the Fremantle Dockers is committed to the quality and success of every aspect of *Freo Skills 4 Schools*, especially all of our players who know the important role we have to play in the delivery of the programs.

Our commitment to the community reached new heights in 2012, with Freo Dockers' players making more than 1000 appearances at various community events and activities as well as having more than 200 schools from around Western Australia take part in at least one *Freo Skills 4 Schools* activity.

The curriculum based programs are fun-filled and encourage active and healthy participation among our young children. With childhood obesity on the rise, the programs are also a great way to help tackle major health issues in our community.

As has been the case in past years, all the programs are in strong demand. Because places are limited, I encourage you to make your program selections as soon as possible to secure your place.

Thank you for your interest, and I look forward to you being a part of *Freo Skills 4 Schools* in 2013.

**Matthew Pavlich**  
Captain

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# HOW TO REGISTER

*Freo Skills 4 Schools* delivers a range of exciting and innovative programs aimed at primary school-aged children. With the program's continued success, opportunities to participate are in high demand.

**To be part of this highly sought after program, follow the steps outlined below:**

- 1** Read through this booklet and select the programs most appropriate to your school's needs.
- 2** Visit [fremantlefc.com.au](http://fremantlefc.com.au), then click on the Schools tab and follow the links to complete the online booking form
- 3** If you require assistance please email [skills4schools@fremantlefc.com.au](mailto:skills4schools@fremantlefc.com.au)

Please remember completed booking forms will not guarantee placement in the program and early lodgment of booking forms is encouraged to avoid disappointment.





# Freo

PP-YR1  
**FUNDAMENTALS**

The Fremantle Dockers Football Club in conjunction with the University of Notre Dame Australia will conduct *Freo Fundamentals* in selected lower primary schools throughout Perth.

*Freo Fundamentals*, with its emphasis on fun and enjoyment, introduces simple play activities designed to fit into outdoor play sessions that promote fundamental motor, communication and social skills. Young children will be introduced to fundamental motor skills through the structured learning program conducted by students from Notre Dame and the club mascot, Johnny 'The Doc' Docker.

The *Freo Fundamentals* content has been designed to match young students' needs and develop competency in fundamental play skills within the WA Curriculum Framework Outcomes.

## **PROGRAM OUTLINE**

*Freo Fundamentals* is conducted over four sessions in term one for students in Pre-Primary and Year One with a maximum of four classes from each school participating. **There is no cost to be involved in *Freo Fundamentals*.**

### **SESSIONS ONE - THREE**

Notre Dame students conduct a 30 minute fundamental movement session at your school, based on the curriculum framework outcomes for three consecutive weeks.

### **SESSION FOUR**

All schools involved in *Freo Fundamentals* will receive an invitation to an exclusive Fremantle Dockers' Gala Day. The Gala Day will allow students the opportunity to develop their football skills with Freo Dockers' players at Fremantle Oval.



# Welcome to Freo

YRS 4-7

*Welcome to Freo* is designed to utilise the Fremantle Dockers' resources and player expertise to assist students in making informed decisions for a responsible, healthy and active lifestyle.

The specific objectives of the program are as follows:

1. To develop an understanding of BULLYING, GOAL SETTING, HEALTHY LIFESTYLE, LEADERSHIP, and SOCIAL RESPONSIBILITY within the WA Curriculum Framework Outcomes.
2. To provide students with a rare opportunity as they take part in a football clinic and tour run by Freo players at the Fremantle Dockers Football Club.
3. To promote a healthy and active lifestyle by engaging in a practical football session.
4. To introduce and engage culturally and linguistically diverse populations to Australian culture through Australian Football, the Fremantle Dockers Football Club and the AFL.
5. To introduce and engage female participants to the Fremantle Dockers Football Club and the AFL.

## PROGRAM OUTLINE

*Welcome to Freo* is conducted over three sessions in terms one to three for primary school students in Years 4-7. A maximum of four classes from each selected school participating can be accommodated.

In season 2013, the Fremantle Dockers are pleased to offer *Welcome to Freo* at no cost to all participating schools.

### SESSION ONE: INTRODUCTION TO THE GAME

A club representative will visit your school and provide an overview of *Welcome to Freo*. This interactive session will include an outline of the three session program, a DVD presentation and a fun, practical football activity.

*Note:*  
30-40 minutes per class

### SESSION TWO: THE FREMANTLE EXPERIENCE

Students and teachers are given an opportunity for a first hand look behind the scenes at the Fremantle Dockers Football Club by club selected players. Students are also taken for a skill development session on Fremantle Oval.

*Note:*  
90 minute session

### SESSION THREE: PLAYER VISIT SESSION

Each school has the opportunity to have a Freo Dockers' player conduct an interactive in-class session on one of the following topics:

- Bullying
- Goal Setting
- Healthy Lifestyle
- Leadership
- Social Responsibility

*Note:*  
20-30 minutes per class





# Purple Haze PARTIES

## **Create a Purple Haze at your school and WIN!**

The annual Starlight Purple Haze Game, proudly supported by Fremantle Ports, is the culmination of fundraising activities aimed to help brighten the lives of seriously ill and hospitalised children in WA.

Schools have the opportunity to host Purple Haze Parties in the lead up to the Starlight Purple Haze Game to help raise money for the Starlight Children's Foundation.

There are many different and creative ways to get your school involved. Your Purple Haze Party can be anything from a purple themed assembly or morning tea, to a teachers and parents v students footy match!

Simply hold your fundraiser in the month of March and your school will go into the draw to win a framed Fremantle Dockers Purple Haze jumper signed by 2013 player ambassadors.

Also, the school that raises the most funds for Starlight will win a football clinic run by Fremantle players for up to 100 students.

2013 marks the 11th annual Starlight Purple Haze Game. With more than \$425,000 raised to date, we are looking to make 2013 the year we break through the \$500,000 mark. We look forward to many schools getting on board and supporting this fantastic initiative.

# Competitions

The following competitions are coordinated by the WA Football Commission with the support of the Fremantle Dockers Football Club.

To register please follow one of the below options:

1

Click [here](https://www.fremantlefc.com.au) to register via [fremantlefc.com.au](https://www.fremantlefc.com.au)

2

Click [here](https://www.wafootball.com.au) to register via [wafootball.com.au](https://www.wafootball.com.au)




*Freo Fast Ball* is an exciting team handballing event. The competition involves a team of six students handballing a football through the zig-zag formation as quickly as possible.



*Freo Kwik Kick* involves students kicking in pairs over a short distance to see how many successful kicks they can complete in three minutes.



*Freo Long Bomb* is the easiest of the three competitions to conduct. It simply involves students trying to kick a football as far as they can.



*Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb* are curriculum based football activities. Teachers are provided with educational and promotional resources to assist in implementation of the *Freo Fast Ball, Freo Kwik Kick* and *Freo Long Bomb* competitions.

All schools that apply for any/all of these competitions are automatically accepted and will receive the following:

Competitions are divided into eight categories:

- Fremantle Dockers footballs (size one)
- Six-week Physical Education planning document for *Freo Fast Ball / Freo Kwik Kick / Freo Long Bomb*
- Competition timeline
- Equipment checklist
- Event checklist
- Official recording sheets
- Official rules and regulations
- Promotional poster
- Year 4 boys
- Year 4 girls
- Year 5 boys
- Year 5 girls
- Year 6 boys
- Year 6 girls
- Year 7 boys
- Year 7 girls

These competitions encourage enjoyable team competition whilst at the same time promoting school spirit and participation in sport.

Competitions are easy to organise and can be conducted either by schools during normal physical education classes, sports lessons and athletics carnivals or by the student council during lunch times to minimise disruption to classes.

We ask that all competitions be conducted during term two of the school year as all school winners will be invited to participate in a finals series to be held at either Fremantle Oval or Patersons Stadium.



The *Freo Dockers Cup* is an extremely popular interschool football competition for primary aged Year 6 and Year 7 female students. The *Freo Dockers Cup* is played either in a one day Lightning Carnival format or a weekly round-robin competition. The special modified rules (NAB AFL Junior Rules) allow for maximum participation, enjoyment and skill development in a safe environment. The emphasis should always be on playing for fun rather than on winning. Every school that enters receives a resource pack, including footballs.



Primary schools that participate in an interschool one-day Lightning Carnival organised by either the schools in their District or conducted by their local WAFL Club will compete for the *Freo Dockers Shield*. In both cases these carnivals will be supported by the WA Football Commission and their local WAFL Club. Although the *Freo Dockers Shield* is targeted primarily towards males in upper primary, female participants are welcome.



# COMMUNITY GOALS

## PROGRAMS, COMPETITIONS AND SPECIAL EVENTS FAMILY TREE



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