|  |
| --- |
|  |

|  |  |
| --- | --- |
|

|  |
| --- |
| **http://gallery.mailchimp.com/89e0c7d8eceb5a1f56b545354/images/Header_image.1.png** |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **DraftStar Skillmaster is here.****High performance monthly skills training sessions.**Imagine training with the kind of intensity that your favourite players do... Well, now you can!**What is DraftStar Skillmaster?**DraftStar, the Official High Performance Talent Partner of the AFL, runs footy development programs for kids.  Each DraftStar Skillmaster session is a high performance skills session, delivered monthly, to polish your skills, and keep you focused on your goals, whatever they may be.  They are developed and run by past and present AFL stars, so you can be sure you are learning from the best in the business.http://gallery.mailchimp.com/89e0c7d8eceb5a1f56b545354/images/_5AA99A58_483E_43B3_9630_605778060A4B_.1054e4ffb00fb.jpg**Who is DraftStar Skillmaster for?**DraftStar Skillmaster is for athletes of all abilities and is especially designed for boys and girls between the ages of 11 and 17 who love their footy and want to be the best that they can be.**What will I learn at a DraftStar Skillmaster session?**Like all DraftStar programs, Skillmaster has a holistic focus, so you’ll experience elite level skills and fitness training along with sessions on leadership, nutrition, and recovery.  Each session has a special skill highlight which gives extra focus and incredible insight into an important element of the game.  Input from [DraftStar Ambassadors](http://www.draftstar.com.au/index.php/about-us/the-team/the-draftstar-ambassadors) will have you learning the secrets behind their specialised skills, then you can practice and hone those skills yourself with the drills we teach you.  The sessions will run for two hours and will include the following: 1. Warm up:  Once you've registered we'll send you a link to a special video showing how you can do the special pre-session warm-up. When you arrive at your DraftStar Skillmaster session, you can get straight into it!
2. Core skills session:  Each session will focus on either kicking or ball handling skills.
3. Specialist skill highlight:  Each session will have a special skill highlight, inspired by the talents of the DraftStar Ambassadors.
4. Drills:  We use the latest in AFL methodology to get you focused on refining and improving your abilities.
5. Skills testing:  Results will be placed on the DraftStar Skillmaster Leaderboard.  The athlete with the highest combined score for 2013 will get a free enrolment to a [DraftStar Camp](http://www.draftstar.com.au/index.php/participate/draftstar-camps)in 2014.
6. Holistic session:  In line with DraftStar's holistic approach to athlete development, there will be a session on leadership, motivation, recovery, nutrition etc to help you focus on the other vitally important factors that will contribute to your success.
7. [Dineamic](http://www.dineamic.com.au/) Meal:  At the end of the session you will receive a hot DraftStar Dineamic Meal to complete our holistic approach and to take the pressure off the evening rush.  Dineamic supplies a number of AFL Clubs, sports groups and elite athletes with customised performance nutrition through prepared meal solutions. These meals ensure the athlete is meeting their nutritional requirement every time they eat a Dineamic meal.  Extra meals will also be able to be purchased for other members of the family.

**What is the planned skill focus for each Skillmaster session?**There are seven sessions planned for 2013 which will cover the following:1. *Inspired by Delidio:*  Skill highlight - **speed**.  Core skill - **kicking**.
2. *Inspired by Watson:  S*kill highlight - **clean hands**.  Core skill - **ball handling**.
3. *Inspired by Rioli:  S*kill highlight - **agility**.  Core skill - **kicking**.
4. *Inspired by Selwood:  S*kill highlight - **hard ball gets**.  Core skill - **ball handling**.
5. *Inspired by Kreuzer:  S*kill highlight - **ruck work and leap**.  Core skill - **kicking**.
6. *Inspired by O'Keefe:  S*kill highlight - **endurance**.  Core skill - **ball handling**.
7. *Inspired by Pendlebury:  S*kill highlight - **decision making**.  Core skill - **kicking**.

**What is the cost?**Attendance at each DraftStar Skillmaster session costs $54.95, which includes a nutritious dinner.**Where are the sessions held?**The first Melbourne session will be held at:J.J. Holland Park, Kensington Rd, 67-121 Kensington Rd, Kensington, 3031The rest of the session locations will be announced closer to the session dates, please like our [Facebook page](http://www.facebook.com/draftstar.afl) to be kept informed of all announcements.If you are not based in Melbourne but are interested in DraftStar Skillmaster, we'd really encourage you to email admin@draftstar.com.au and register your interest and your desired location as we aim to roll these sessions out nationally and will definitely aim to run the sessions where there is the most interest. **When will the sessions be held?**Our Melbourne sessions have all been scheduled, starting with the Delidio Speed Skillmaster Session on Monday 18 March at 4.30pm.  Check out the [website](http://www.draftstar.com.au/index.php/component/eventbooking/?view=category&category_id=7) for the dates of the rest of the sessions for 2013.We will be in NSW from April 15-19 and in SE Queensland between June 24-28 and we're looking into running Skillmaster sessions on those dates.  Please register your interest by emailing admin@draftstar.com.au and watch our [Facebook page](http://www.facebook.com/draftstar.afl) for announcements about new sessions as they are confirmed.**How do I register?**Go to the [DraftStar website](http://www.draftstar.com.au/index.php/component/eventbooking/?view=category&category_id=7) to complete the online registration process.  If you have any queries or would like to know more, please feel free to email your questions toadmin@draftstar.com.au or phone 03 9020 5655. http://gallery.mailchimp.com/89e0c7d8eceb5a1f56b545354/images/_0B7AC3C0_15FB_4ACB_875B_AC8702B3C5DF_.jpg |

 |

 |