



Dear Parents

Now that the U12's Rep has finished...It's time to get to work! There's a lot of time before the next season starts, whether that's U14's or U12's. Therefore, it's the perfect time to get into the lab.

We are excited to provide the laboratory in our **Pirates Academy 2.0!** (U12 age group)

Our vision for this program, is to provide players with a strong foundation that is based on the application of individual skills and development that can be applied to a team environment. It is the intention therefore to provide the athletes with more tools, for their tool belt. Hopefully this will be providing players with a basis to launch and build upon their own individual game in the years to come.

We have listened to our membership base and will be rolling out a development program that will be purely focus on skill development in the below areas:

- **Skills** – shooting, passing, ball control, defence & finishing
- **Reads** – primary, help, advantage & screens
- **Habits** – Offensive, defensive, Comms & 1%'s
- **Physical** – Strength, speed, agility, sleep, nutrition, prehab & rehab
- **Mental** – approach, confidence, composure, toughness & competitive greatness

We will look to teach this by using the below techniques:

- **Connect** – Routines, seek to connect, vulnerability & beyond the game
- **Teach** – Methodology, priming, layering & loading
- **Motivate** – understand, involve, inspire, celebrate & challenge
- **Communicate** – body language, listening, terminology & sticky language
- **Correct** – Timing, tone, frequency & understanding

The Academy will run all the way to the end of term 4. Each month we will be focusing on a particular strategy, as per the above list.

The Academy will run on Sunday mornings at Runcorn SHS. Session times as per below:

Please note the Pirates Academy 2.0 won't run during the school holidays.

- 8-9:15am Rep level Div 1,2,3&4 Boys and Girls
- October dates -9th, 16th, 23rd & 30th
- November dates – 6th, 13th, 20th, & 27th
- December dates – 4th



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The investment for the Pirates Academy 2.0 will be \$100. We will also offer a 2 installment payment plan of 2x \$50 . This will be regardless of whether your child attends 1 or 9 of the sessions. As we are seeking accountability, commitment and competitiveness greatness!

The Academy will commence on Sunday the 9th of October. I will be overseeing the program, along with 2 excellent skills Coaches...guest Coaches will be in from time to time.

We believe that this solution is cost effective and exactly what our U12 age group needs.

Please reply by email if your child is interested in joining the Pirate's Academy 2.0!

Best Regards



**South West Metro
Pirates**

Proudly supported by



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