



# EFC ELITE TRAINING

**IS YOUR CLUB LOOKING FOR THE ULTIMATE AFL TRAINING EXPERIENCE?  
DO YOUR PLAYERS WANT TO TRAIN LIKE AN AFL PLAYER?**

Come and train at Essendon Football Club's new True Value Solar Centre with an AFL skills coach and an AFL strength and conditioning coach. Experience the same skills and fitness sessions AFL players complete, and provide your team the extra edge required to be successful.



- COMPLETE A 30-40 MINUTE TRAINING SESSION WITH AN ESSENDON COACH
- COMPLETE A 20 MIN. WARM UP AND 30 MIN. FITNESS SESSION WITH A STRENGTH AND CONDITIONING COACH
- COMPLETE A GPS REVIEW OF TRAINING IN THE CLUB'S FLIGHT DECK ROOM

**Cost starts at \$3,000**

To enquire or to design your preferred training package.

Contact Bernard Shephard on [bshephard@essendonfc.com.au](mailto:bshephard@essendonfc.com.au)

Terms & Conditions: AFL Coach and Strength and Conditioning Coach will be determined by the club pending availability. Length and structure of training session can be negotiated to fit Essendon Football Club and participating team. Alternative dates can be arranged pending any of the following circumstances; inclement weather, changes to Essendon Football Club schedule, any other Essendon Football Club changes. The participating club must give minimum 48 hours cancellation, any cancellation made within 48 hours will not be provided a refund. Payment is required prior to session. Participating club must have a minimum of 20 players participate and maximum of 35 players. Additional players can be included at extra cost.