



STK EDUCATION PROGRAM OFFERINGS

STK Education is committed to delivering rich learning experiences for all within the realm of our high-performance industry.

We facilitate a variety of programs for primary, secondary and tertiary year levels.

AFLW CLINIC (60-90 mins)

Football with friends is the perfect combination. Students can engage and have fun in a tailored Skill Development Clinic, run and led by St Kilda AFLW players, suitable for a wide variety of skill levels including those brand-new or with minimal exposure to Aussie Rules. Clinics are facilitated by AFLW athletes equipped with both coaching expertise and on-field experience at the highest professional level.

RIISING FROM THE BENCH - LEADERSHIP DEVELOPMENT (90 mins)

Unleash your voice as a leader. Delivered by STK Education staff and AFLW athletes, this session focuses on leadership, culture, and values within a high-performance setting. Students will engage in a range of activities that promote communication, confidence, resilience and utilising their unique strengths to amplify their own voice in team environments.

MINDFUL MOVEMENT (60 mins)

Training the mind has never been more important. Students will engage in a session that educates on the importance of the mind and body, and how their connection can positively impact performance. Students will experience meditation and breathwork practices, mobility, core, and Pilates type movement to prepare, maintain and enhance mental and physical output.

*Limited to max. 30 students per session.

FUEL YOUR WAY (90 mins)

You're only as good as what you put in. This nutrition-focused session captures the importance of fuelling and hydrating the body to be at your best on and off the field. This specialised program includes theory concepts that align with the Australian Curriculum and VCE Curriculum – Health and Human Development and Physical Education.



THE ELITE ENERGY (90 mins)

Step into the environment of an elite athlete at St Kilda Football Club at the state-of-the-art RSEA Park. Students will be guided through a typical week of a professional footballer to see what is required to reach their peak. Students will be given a snapshot of all aspects of the elite program including the physical demands of AFL/AFLW, the importance of recovery, sleep and nutrition, the mental aspects of the game, goalsetting and using the resources available to be the best version of yourself.



RECOVER RIGHT (90 mins)

Immerse yourself in the best St Kilda Football Club has to offer through the Danny Frawley Centre for Health and Wellbeing. VCE students can learn about and experience a variety of recovery methods to reduce fatigue and enhance physical and mental performance, utilising our first-class facilities to discover the possibilities of an elite recovery centre. Infrared dry saunas, Normatec recovery boots, Theraguns and electronic foam rollers for myofascial release, cold-water immersion and hydrotherapy pool sessions are among the treatment options available for practical and theoretical learning. *Max. 25-30 students per session.



FOOTY, TECHNOLOGY AND INNOVATION (90 mins)

Technology is the way of the football world; we see constant innovation and analysis to improve the quality of the game. This session will showcase the power of technology to improve athletes' performance through GPS units, data analysis, training, and gym programming. The game is evolving by 'The Arc', score reviews, performance analysis/visual aids as a means of feedback and umpire real time feedback.

SPORT, RECREATION & CAREER INSIGHTS (90 mins)

Go beyond the classroom. Tailored for classes aligned with Sport, Recreation and Careers, this session puts a strong interest in learning and enhancing priority skills for the workforce within a high-performance industry. This program will allow students to experience industry examples through both theoretical and practical concepts. The session will allow students to understand that they do not have to be the athlete to work in a sporting organisation – including case studies and real-life industry examples from all those that work within our organisation.



DIVERSITY & INCLUSION PROGRAMS

TACKLING INCLUSION (100 mins)

NEW

Step into the shoes of a person living with a disability or support staff as part of our Tackling Inclusion program. You will learn the importance of providing people living with a disability the right to participate in sport in an engaging, empathetic and fun way. With inspiration from St Kilda FC Blind and Wheelchair teams you will have the opportunity to wear Vision Impaired Goggles or play in a Wheelchair to experience the challenges our athletes face while playing sport. Delivered by STK Education staff and Blind and Wheelchair players you will be sure to walk away from this program with a better understanding of Inclusion in a theoretical and practical setting.

DANNY FRAWLEY CENTRE PROGRAM OFFERINGS

MENTAL FITNESS (60 mins)

The practices and processes that underpin our Elite teams, the Danny Frawley Centre's flagship program teaches students Mental Fitness and how you can train your own Mental Fitness to be at your best and do what matters most.

PLAY TO YOUR STRENGTHS (60 mins)

Play to your Strengths has been developed and tailored for both primary and secondary-aged students. Through interactive activities, students learn about the 24 universal character strengths, explore their top strengths and ways they can flex these in all aspects of life as well as gain an insight into the strengths of others.

POINT AND BE PROUD (60 mins)

With testimonies from prominent First Nations & Australian athletes the program is currently designed for teenage athletes and students. Inspired by Nicky Winmar's stand against racism in 1993, Point & Be Proud is a program that aims to educate the community about the ongoing impacts of racism on mental health and wellbeing.

PARTNERSHIP BENEFITS 2025

The St Kilda Football Club and STK Education welcome your school to immerse your students in the high-performance industry through a variety of rich learning experiences:

Your school's logo displayed and advertised on St Kilda's website.

Your school having access to our world class facilities as well as our qualified STK Education and AFLW players.

Content delivered by our STK Education team closely aligns with many learning areas, general capabilities, and cross-curriculum priorities within the Australian Curriculum.

Flexibility with delivering sessions as an excursion at RSEA Park at Moorabbin, Healthy Futures Hub at Seaford, or even an incursion at your school.

ESSENTIAL PACKAGE

\$1,500 (+GST)
Inclusions:

- ✓ Choice of TWO STK Education Programs
- ✓ Saints Pass
- ✓ 50 tickets to AFL Men's Home Game @ Marvel Stadium in 2025 Season
- ✓ Access to AFLW Game Day Experience at RSEA Park in 2025 season

STANDARD PACKAGE

\$5,500 (+GST)
Inclusions:

- ✓ Choice of FOUR STK Education Programs
- ✓ Entry into Female Lightning Premiership
- ✓ Saints Pass
- ✓ 50 tickets to AFL Men's Home Game @ Marvel Stadium in 2025 Season
- ✓ Access to AFLW Game Day Experience at RSEA Park in 2025 season

Add on \$500 (+GST)
Choice of ONE DFC Program

PREMIUM PACKAGE

\$7,000 (+GST)
Inclusions:

- ✓ Choice of SIX STK Education Programs
- ✓ Entry into Female Lightning Premiership
- ✓ 1 x AFLW Signed Guernsey
- ✓ 1 x AFL Signed Guernsey
- ✓ 50 tickets to AFL Men's Home Game @ Marvel Stadium in 2025 Season
- ✓ Access to AFLW Game Day Experience at RSEA Park in 2025 season

- ✓ Premium Package Partner Schools will be provided with a

STK Partner School Marketing Suite

Add on \$500 (+GST)
Choice of ONE DFC Program

All packages are available for a 12 month period



Promote your school with an AFL club affiliation today.

For more information scan the QR Code or head to:
www.saints.com.au/community/our-programs/stkeducation





PRICING SCHEDULE 2025

STK EDUCATION PROGRAMS	PRICE PER STUDENT
AFLW Skill Development Clinic (60-90 mins)	\$22.50/student
How I Want To Be (90 mins)	\$32.50/student
Mindful Movement (60 mins)	\$32.50/student
Fuel Your Way (90 mins)	\$32.50/student
Recover Right (90 mins)	\$42.50/student
Footy, Technology and Innovation (90 mins)	\$32.50/student
The Elite Energy (90 mins)	\$32.50/student
Sport and Recreation - Careers Insight (90 mins)	\$32.50/student
Tackling Inclusion (100 mins)	\$32.50/student

DANNY FRAWLEY CENTRE PROGRAMS	PRICE PER STUDENT
Mental Fitness Program (60 mins)	\$32.50/student
Play to Your Strengths (60 mins)	\$32.50/student
Point and Be Proud (60 mins)	\$32.50/student

All pricing is inclusive of GST.
Minimum cost \$500 per session.
Enquire for larger class sizes (40+ students)

CONTACT US

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Football Club, RSEA Park 32/60 Linton
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