



IMMERSE YOUR STUDENTS IN A HIGH PERFORMANCE CAMP AT RSEA PARK

Gain exclusive access to RSEA Park, engaging in our STK Education programs to help transform your athletes to the elite. Having an inner sanctum, immersive experience, your students will gain knowledge to be able to take their game to the next level.

Choose from a 1-Day (3 programs) or 2-Day (6 programs) offering in Term 4 2025. Additional extras that allow an even greater insight into the opportunities at the elite level. High Performance Camps are full-day experiences including all content, detailed activity booklets to help the application their learnings.

SCHEDULE OUTLINE

Day 1 Arrival	Day 2 Arrival
Program 1 (60 mins)	Program 4 (60 mins)
Recess Break	Recess Break
Program 2 (90 mins)	Program 5 (90 mins)
Lunch Break	Lunch Break
Program 3 (60 mins)	Program 6 (60 mins)
Additional Extra (60 mins)	Additional Extra (60 mins)
Day 1 Departure	Day 2 Departure

1- Day Program	2- Day Program
\$105 per student	\$190 per student
\$120 per student with food provided	\$220 per student with food provided

A minimum of 15 students are required



STK EDUCATION PROGRAM OFFERINGS

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

Choose from any of our STK Education Programs for your own personal High Performance Camp suitable for your students.

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.

RISING 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 AND 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.

ADDITIONAL EXTRAS

GUEST SPEAKER PANEL (60 mins)

Listen from our industry professionals to see how they have navigated the industry to work for the St Kilda Football Club today. Students are able to interact with panelists to hopefully spark various opportunities unknown to them in the industry.

AFLW Qanda (60 mins)

Hear from our AFLW athletes about their journey from their upbringing to their professional career. Students will be able to engage and enquire about training habits, helpful tips and tricks to help them reach the pinnacle of their sport.

HIGH PERFORMANCE INSIGHT (60 mins)

Hear from one of our High Performance Roles to provide an insight into their career and discipline here at the Saints. From a dietitian to our High Performance Manager, your students will be able to gain an insight into how different roles help athletes to perform at their best.

FIELD PERFORMANCE TESTING (60 mins)

Have your students undergo some baseline testing to see their attributes in action. Our tests allow each student to experience field performance testing to recognise their strengths, no matter what sport they play.

