

Yeronga Junior Australian Football Club

Youth Girls Program

2021-2025



YERONGA
JUNIOR AUSTRALIAN FOOTBALL CLUB

YJAFC Female Youth Program Goals

- Meeting the holistic needs of adolescence girls through
 - Continued participation in football
 - A sense of belonging and inclusion for all players
 - A safe, fun and active environment that meets the needs for players, regardless of skill
 - Fostering a community mindset of giving and care for others
 - Supporting pathways for representative players
- We will achieve this by implementing a program built around the Australian Physical Literacy Framework



Program and goals were developed in the 2021 off-season

YJAFC Key Program Key Outcomes & Growth 2021- 2025

Overall Club Growth:

- Total (junior/youth) Club Growth Rate: 52% increase since 2021.

Number 1 Junior and Youth girls club in QLD

Female Participation:

- 39% of players are female (junior and youth aged players) — up from 21% in 2021.

Growth in Female Participation:

- 218 girls (excluding superstars/Auskick), a +218% growth since the 2021 program inception.
- 121 female youth players, a +332% growth since 2021.
- 97 female junior players, a +97% growth since 2021.

All-Girls Teams:

- All-girls teams in every age group.
- 4 all-girls superstar teams in 2025 (registration still open pending season commencement).

Female Representation in Umpiring:

- 48% female representation in footy4fun umpiring (none in 2021).

Female Coaches:

- 8 female coaches in junior and senior teams.
- 7 female coaches in junior teams from the senior and youth girls program.





Additional Achievements:

- QLD and Academy representation across various age groups.
- Integrated U17's program with the senior QAFLW program.
- Women and Girls Chartered Club Recognition achieved.



Numbers updated to 27/4/2025

Australian Physical Literacy Framework*

DOMAINS	ELEMENTS
 PHYSICAL The skills and fitness a person acquires and applies through movement	→ <ul style="list-style-type: none">■ Movement skills■ Moving using equipment■ Object manipulation■ Coordination■ Stability/balance■ Flexibility■ Agility■ Strength■ Muscular endurance■ Cardiovascular endurance■ Reaction time■ Speed
 PSYCHOLOGICAL The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move	→ <ul style="list-style-type: none">■ Engagement & enjoyment■ Confidence■ Motivation■ Connection to place■ Self perception■ Self regulation (emotions)■ Self regulation (physical)
 SOCIAL A person's interaction with others in relation to movement	→ <ul style="list-style-type: none">■ Relationships■ Collaboration■ Ethics■ Society & culture
 COGNITIVE A person's understanding of how, why and when they move	→ <ul style="list-style-type: none">■ Content knowledge■ Safety & risk■ Rules■ Reasoning■ Strategy & planning■ Tactics■ Perceptual awareness

*developed by Sport Australia 2019

YJAFC Female Youth SWOT

Completed end of 2021 season

Strengths

Committed & stable committee- committed to youth female football

Strong financial position of club- resources

Strong & growing player numbers- increasing team representation across all ages, continued influx from junior to youth teams

Positive relationship with AFLQ- supportive of the club

Access to AFLW players at the senior club- representation matters!

JYAFC have several state representative and Lions Academy players- strength in teams, specialized training, opportunity to provide club mentoring to these kids and ensure they promote club values

Numerous BSSSC AFL Academy kids at the club – receiving specialized training at school, they provide holistic approach to kids' development, opportunity for future club membership due to proximity to school

Facilities- our facilities are best in state being at AFLQ headquarters

Small but dedicated parent volunteer group within female cohort

Weakness

U15 & U17 club numbers U15 should be a full Yeronga team in 2022. U17 presents an ongoing challenge

No current coaching framework in our youth programs

Currently no mentor program for coaches or players- opportunity for development and retention & opportunity to lean into and support crucial U13 adolescence challenges

Currently no leadership opportunities for older youth girls- opportunity for U15/U17 girls to step into community orientated club roles, be involved in 'club captain' like roles, lead conversations with younger players on program goals and develop conduct standards.

No youth female umpires- we must have female representation here- 2022 push to involve U15/U13 girls underway in umpiring junior games. First female umpire will commence through AFL'9 in October.

Few female coaches-

- Youth- need U11 x2, U13, 15 & ?17 coaches in 2022, for experienced female coaches, or, if not regular/familiar guest coaches and mentors to assist the program
- Junior- 2022 opportunity for youth female players to coach U6 teams (with assistance where needed). Some have expressed interest in this already

YJAFC Female Youth SWOT

Completed end of 2021 season

Opportunities

Links with senior club, especially women's program -Mentors/role models, coaches, training assistance, coach the coach

Q Schools Cup growth + QGSSSA introducing AFL in 2022- attract female players to club football

AFL- commitment to AFLW and grass roots footy, female coaches- investigate practical support around coaching especially

Preseason clinics run at the club- JA can assist create program, need female coaching leads for this

Target touch football players- need to gain an additional night of ground access to avoid BMTA competition on Thursdays

QAFLW program for our high potential players within Yeronga Devils' network- pathway for our representative players and opportunity to have 'inhouse' mentors

Utilisation of senior club coaches to tap into senior relationships- Anthony Corrie & Lexi Edwards

Club relationship with AFL summer skills clinic at UQ- promote off season skill development in highly structured and respected program- 6 girls currently attending

Partnership with Inspire Health Services- to help optimize performance from a multi-disciplinary or allied health approach

Understanding unique adolescence girls in sports needs - explore link with UQ School of Psychology for surveys or research, link with Inspire Health Services, Outside the Locker room program

AFLQ opportunities through Jack Barry for coaching development

Threats

Drop out rate that affects youth ages kids around sport participation (50% across AU through teenage years) - Program for youth female program built around the Australian Physical Literacy Framework to ensure the club is meeting holistic needs and wellbeing of players

Adolescence related pressures and attitudes-

- Outside the Locker room program in 2022
- Creation of youth girls' values to hold one another accountable
- Opportunity to bring in consistent positive female role models

Lack of opportunities that still exist in women's football- there are not enough opportunities to keep playing football after youth

Lack of female focussed coaches especially in youth where parents may feel the are stretched in their experience and skill set- how can we better support this within a community-based club

Ongoing challenges around ground access across the club with AFLQ- makes further growth of our girls program near impossible, limits special event opportunities, has significant impact on current training opportunities across all age groups- how can we expand access for all- Managed through the junior committee ongoing dialogue with AFLQ alongside senior club needs

Linking our SWOT with the Framework



PHYSICAL DOMAIN ELEMENTS

MOVEMENT SKILLS
MOVING WITH EQUIPMENT
OBJECT MANIPULATION
COORDINATION
STABILITY/BALANCE
FLEXIBILITY
AGILITY
STRENGTH
MUSCULAR ENDURANCE
CARDIOVASCULAR ENDURANCE
REACTION TIME
SPEED

WHAT

- Applying multi disciplinary approach to training and wellbeing
- Ensuring participation of all players, regardless of skill level
- Pathways for representative players
- Coaching support to meet physical needs of our youth girls through
 - Varied training program development from expertise within club
 - 1-1 sessions where appropriate

HOW

- Working with Inspire Health Services, bringing varied and non football specific training to the older aged program (eg pilates, dynamic stretching sessions, combine style training and individual assessment sessions)
- Harnessing the unique skills across the club to enhance development (eg Lexia Edwards, Stewart Mackay, Anthony Corrie, Tim Notting, Scott Stephens, Tori Pope, Joel Archbald, David Hodge plus senior players and training squads)
- Utilising positive role modelling in training sessions to reinforce the importance of training
- Continued relationships with AFLQ and The Lions Academy to identify talent
- Building relationship with BSSSC for talent player in the junior program
- Training opportunities with senior women's team where appropriate similar to that offered to some youth male players in 2021

Completed end of 2021 season

Linking our opportunity with the Framework

WHAT

- Encouraging perseverance, commitment and enjoyment of football
- Ensure players respectfully follow coach instructions and take training seriously, take feedback onboard and continue to give 100% even in challenging times e.g. game losses, team selection set backs, tough sessions
- Encouraging players to self identify areas for improvement and/or seek feedback for improvement
- Ensuring players are commitment to their team mates and uphold club values
- Ensuring players understand the benefits of teamwork and participation
- Ensuring players have skill to manage stress, fatigue or injury

HOW

- Have players identify their own set of values for the youth program and encourage them to hold each other to account
- Facilitate our current U15 players to have leadership roles within the youth program in recognition of their representation of club values and to enhance with development
- Utilising Inspire Health Services and Outside the Locker Room to promote good mental & physical health and provide coping strategies for challenging times
- Utilising the opportunity to teach others when lessons in perseverance and self control are needed to aid in a players own development. E.g., have the player help with younger age kids and provide positive behaviour examples that represent their own development needs (UofPenn Research)
- Uptake of umpiring and coaching opportunities within the club
- Participation through volunteering in community opportunities, canteen, Inclusion Footy, Hear for Kids Footy, AusKick
- Positive role models or mentors through our senior football club involvement
- Identified people for support throughout the club
- Dedicated off ball sessions to encourage team building and allow coaches and mentors time to connect to meet the holistic needs of the players



PSYCHOLOGICAL DOMAIN ELEMENTS

ENGAGEMENT & ENJOYMENT

CONFIDENCE

MOTIVATION

CONNECTION TO PLACE

SELF PERCEPTION

SELF-REGULATION (EMOTIONS)

SELF-REGULATION (PHYSICAL)

Linking our SWOT with the Framework



SOCIAL DOMAIN ELEMENTS

RELATIONSHIPS

COLLABORATION

ETHICS

SOCIETY & CULTURE

WHAT

- Demonstration positive relationships with teammates, coaches, umpires etc
- Connection to club both junior and senior affiliates, promoting a sense of belonging and pride
- Feeling supported to lead and uphold playing group values
- Having the playing group lead by example eg first to volunteer or proactively bring community initiatives to the attention of the club
- An inclusive environment for all player and reduces player drop out
- Showing leadership in adversity and sportsmanship in all competitive situations

HOW

- Opportunities through mixed age & gender social football to build club culture (AFL9's, AFLX) (Youth male/female and senior mixed teams)
- Future Stars/All Stars event more age appropriate to youth, jersey design, season kick off events etc
- Youth players involved in coaching, umpiring, volunteering
- Youth players driving community events important to them with support from club (eg IWD, Sir Doug Nicolls round)
- Ensuring multi age and gender relationships across junior and senior club to promote inclusion and belonging and build club culture
- Ensuring youth female players know our senior women's players through deliberate relationships building activities
- Voluntary assistance for senior women's program (running water or other appropriate roles of assistance)
- Reciprocal support at youth male and female games as a result of club culture enhancement

Linking our SWOT with the Framework



COGNITIVE DOMAIN ELEMENTS

CONTENT KNOWLEDGE

SAFETY & RISK

RULES

REASONING

STRATEGY & PLANNING

TACTICS

PERCEPTUAL AWARENESS

WHAT

- Players positively contributing through their role in the team and club
- Players calling out teammate behaviour that is harmful or contradicts their values
- Players supporting each others learning and development
- Players respecting coaches and training programs
- Players contributing to team goals, supporting each other through game losses
- Players respecting opposing teams, umpires and officials

- HOW

- Match Reviews
 - Youth player sessions with the senior program observing their match reviews, with opportunity for select game cut scenarios
 - Record youth games to provide similar match review sessions for them with experienced coaches or players
- Player led initiative either club or community benefit program
 - Players pick and develop a project for the season that they are mentored on through to completion.

How will we measure success?

Achieving stage 3 and 4 of Development of Australian Physical Literacy specific to club including;

- Player retention
- Membership growth
- Improved training performance
- Participation and attendance and other club (junior-senior) games
- Uptake of coaching and umpiring opportunities
- Involvement in community initiatives through the club
- Facilitated surveys of both parents and playing group
- Leadership of youth aged players

Acknowledgments

Developed following the 2021 season by YJAFC Youth Female Working Group

- Kim Bridle- Club Secretary, Youth Parent, Age Group Coordinator
- Belinda Scarth-Johnson- Team Manager, Youth Parent
- Helena McNaught- Coach, Youth Parent, AFLQ
- Necole Wolf- Age Group Coordinator, Parent, Social Worker, OTLR Facilitator

In consultation with

- YJAFC Committee
- Emily Bates- Lifetime YJAFC Devil & AFLW Player
- Lexia Edwards- Yeronga QAWFL Head Coach & Representative AFL Player
- Megan Green -GM People & Organisational Development Gold Coast Suns & Former Multi Sport Representative Athlete
- Ben Blythe- Youth Parent and Coach
- David Hodge- Youth Parent, Director Athletes Agency International, Former Head Coach Tennis Australia RISE Sport Director
- Joel Archbald- Coach

Program Key Outcomes & Growth 2021- 2025

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**Number 1 Junior and
Youth girls club in QLD**



1. Physical Domain Development Outcomes



PHYSICAL DOMAIN ELEMENTS

MOVEMENT SKILLS
MOVING WITH EQUIPMENT
OBJECT MANIPULATION
COORDINATION
STABILITY/BALANCE
FLEXIBILITY
AGILITY
STRENGTH
MUSCULAR ENDURANCE
CARDIOVASCULAR ENDURANCE
REACTION TIME
SPEED

What We've Achieved:

- Multidisciplinary Approach:** By integrating varied training methods—such as dynamic stretching, and non-football-specific training (S&C)—we ensure that our players' physical development is well-rounded and addresses multiple facets of fitness. This is in line with Stage 3 and 4, where athletes are expected to apply a wide range of physical skills.
- Inclusive Participation:** Our program guarantees that all players, regardless of skill level, have the opportunity to engage in training that meets their physical needs. This inclusivity fosters skill progression from beginner to proficient levels.
- Pathways for Development:** By engaging or partnering with organisations like The Lions Academy and supporting local schools through Q Schools Cup, we provide pathways for representative players, helping them progress toward Stage 4, where proficiency in the sport is a clear goal.
- Senior Player Involvement:** Senior players serve as role models during training, offering valuable insights and mentorship that enhance the physical and tactical development of our younger players.

How We've Done It:

- Collaborating with S & C provider and leveraging expertise from our coaching team allows us to create a well-rounded training program that addresses both physical and psychological needs.
- Offering 1-on-1 training/skills sessions and mentorship ensures that individual player development is tailored to their specific needs, which is key for advancing to Stage 4.
- External Coaching opportunities through Enhanced Football, both for player and coach development
- Integrating our senior women's team into youth training provides opportunities for younger players to learn directly from those at a higher level of competition, encouraging both physical and tactical development.

2. Psychological Domain Development Outcomes



PSYCHOLOGICAL DOMAIN ELEMENTS

ENGAGEMENT & ENJOYMENT

CONFIDENCE

MOTIVATION

CONNECTION TO PLACE

SELF PERCEPTION

SELF-REGULATION (EMOTIONS)

SELF-REGULATION (PHYSICAL)

What We've Achieved:

- Perseverance and Commitment:** We encourage our players to remain resilient and committed, even through setbacks such as game losses or team selection challenges. This fosters a mindset that is essential for Stage 3 and 4 athletes who must be mentally tough and persistent.
- Self-Reflection and Feedback:** Our program encourages players to identify areas for improvement and seek feedback, a key element in the transition from basic participation to proficiency.
- Commitment to Values:** We ensure that our players uphold club values and demonstrate leadership within the team, reinforcing the mental discipline needed for Stage 4 proficiency.

How We've Done It:

- Leadership roles for players within the youth program help develop self-awareness and emotional intelligence, essential for the maturity expected at Stage 4.
- Partnering with groups like Outside the Locker Room provides players with mental health support and coping strategies, which are vital for handling the pressures of competitive sport.
- Encouraging community involvement through voluntary roles and leadership opportunities helps players build a sense of responsibility, further promoting mental growth and resilience.

2. Social Domain Development Outcomes



SOCIAL DOMAIN ELEMENTS

RELATIONSHIPS
COLLABORATION
ETHICS
SOCIETY & CULTURE

What We've Achieved:

- **Positive Relationships:** Our program promotes strong, positive relationships with teammates, coaches, and umpires. We focus on creating an inclusive environment where every player feels supported, which is essential for developing social skills at Stage 3 and 4.
- **Leadership and Initiative:** Players are encouraged to take leadership roles and actively engage in club initiatives (e.g., IWD, Pride Round), fostering both personal and collective responsibility.
- **Increased Female Participation:** The program has seen a rise in female participation, with more girls becoming involved in coaching, umpiring, and volunteering roles. This increase in involvement is a strong indicator of social maturity.

How We've Done It:

- We've created opportunities for mixed-age and mixed-gender teams (e.g., AFL9's, AFLX) to build club culture and encourage inclusivity across all levels.
- Youth-led initiatives allow players to take ownership of community projects, which helps strengthen the bond within the club and reinforces leadership values.
- Engaging youth players with senior teams through training sessions and voluntary roles helps foster connections between different age groups, promoting a sense of belonging within the club.
- Youth-led coaching- upper age youth players now coaching junior players providing positive role modelling and leadership
- Aged our youth players- returning to coach junior teams providing positive role modelling and leadership

2. Cognitive Domain Development Outcomes



COGNITIVE DOMAIN ELEMENTS

CONTENT KNOWLEDGE
SAFETY & RISK
RULES
REASONING
STRATEGY & PLANNING
TACTICS
PERCEPTUAL AWARENESS

What We've Achieved:

- **Team Contribution and Understanding:** Our players are encouraged to not only focus on their own development but also to contribute meaningfully to the team's goals. This holistic approach helps players develop a deeper understanding of the game, which is essential for Stage 4 proficiency.
- **Self-Regulation:** We promote self-regulation by encouraging players to reflect on their performances and engage with tactical learning, an essential component of cognitive development at the highest stages.

How We've Done It:

- Through match or training reviews, players gain the opportunity to analyze their performances and those of their teammates, enhancing their tactical understanding of the game.
- Player-led initiatives and community projects offer players the chance to apply critical thinking and problem-solving skills, contributing to their overall cognitive growth.
- Allowing players to mentor and lead (eg coaching, umpiring, assisting at AusKick) helps them further develop their strategic thinking, planning, and decision-making skills—key components of cognitive literacy.

Summary

Our success was measured by several key indicators identified in our initial plan, a summary of which looks like this:

- Player Retention and Membership Growth:** We've seen remarkable growth in female participation at the club, now making us the largest junior and youth girls' club in QLD. This growth indicates that our program is successfully fostering long-term involvement and skill development.
- Increased Female Participation:** Female participation has grown significantly, with female players now making up 39% of our registrations, up from 21% in 2021. We now have multiple teams or divisions in all but one age group, highlighting the program's success in engaging and developing female athletes. Additionally, we have 9 female coaches, and female club umpires make up 48% of our junior umpire pool.
- Key Transition Milestones & Retention:** We've successfully guided players through key transition points—Auskick to Superstars, Superstars to Juniors, and Juniors to Youth—ensuring players stay involved at every stage of their development.
- Leadership Development:** We've nurtured youth leadership within the program, with more young players stepping up to take on coaching and umpiring roles and lead community initiatives.
- Community Involvement:** Our players' growing involvement in community initiatives, including voluntary roles at the club, shows their increasing sense of social responsibility and alignment with our values.
- Representative Success:** Players have earned Regional, QLD, and Academy representation, and we've integrated our U17 program with the senior QAFLW team, creating a seamless pathway to higher levels of competition.



Queensland's Leading girls AFL Club

