Option 1 – Live Right, Feel Bright Program

In 2013 the Live Right, Feel Bright program has expanded to include all students from Reception to year 7. The importance of exercise and healthy eating will again be the theme of Live Right, Feel Bright for 2013. The program will consist of 2 visits to your school with an optional 3rd visit available.

Students from R-7 will participate in the first visit, which will consist of a presentation to the students with videos to watch, prizes to give out and a visit from our club mascot Claude the Crow. The presentation will go for about 45 minutes and all students will also receive Crows merchandise such as posters and stickers. After the presentation has concluded, Reception to year 3 students will be invited outside to participate in a 30 minute football clinic. (Logistics will be worked out once the booking has been made. We can see 3 classes at a time and conduct a maximum of 3 30 minute clinics in a day)

The second visit will run for about 30 minutes and only be available for students in years 4 to 7. The session will involve another presentation to the students with videos and more prizes. The students will be given work books relating to the videos, which will also be read through and filled out during the session. Students will need to bring a pen or a pencil with them. During the session the students will be informed of the Live Right, Feel Bright test, which consists of aiming to complete 60 minutes of exercise and consume 2 serves of fruit and 5 serves of vegetables every day for 10 days. There are 2 diary pages in the work books for the students to record their progress. Once the students have completed the 10 days, teachers can then collect as many diaries as possible and then send them back to me at the football club. We'll then process all the diaries, pick out winners and then contact you for a 3rd visit. There will also be an opportunity after the presentation for any Reception to year 3 classes to participate in the football clinic if they missed out during the previous visit.

The 3rd visit is only available if your school returns over 50% of the participating students’ diaries. The session will involve a visit from one of our younger players to assist with their personal development. We will conduct an interview with the player and give the students the opportunity to ask some questions. After the questions we will announce a winning class that has returned the most diaries with the best results (decided in coordination with you) as well as an overall individual winner (again, decided in coordination with you).

It is a condition of the program that the students attempt to complete the test and that yourself and the other teachers do their best to encourage the students. We do need your help to employ the program across the participating classes and make sure the students are doing it properly. The information that we receive back from the students is all used for research and the more information we receive, the better. Students’ identities will remain anonymous.

If your school would like to participate in the Live Right, Feel Bright program in 2013 then please return the expression of interest form (attached). If you require any more information on the program, please contact Nigel Osborn on 8440 6663 or email nosborn@afc.com.au.
Option 2 – Westpac Centre Tours

We would also like to offer the opportunity for all Primary schools to participate in a tour of the Westpac Centre (Adelaide Football Club) AAMI Stadium for the all inclusive price of $7.50 per student.

Teachers and Carers are free of charge.

The tour goes for approximately 2 hours (for up to 45 students at a time) and includes the following features:

- A short inspirational film is shown in our 48 seat theatre.
- A mock press conference in our media conference room where all the sports reporters and journalists sit.
- A visit to our interactive sports museum detailing the history of the Adelaide Football Club and its future plans for greater inclusion of the wider community. Also details on Sports Science, AFL Draft, and making your own Crows team.
- A walk through the Replica Locker Room which features memorabilia in every locker as well as details of every player who has played over 100 games.
- Compare yourself with the Crows players with the 20 metre Sprint test and Vertical leap on the shed floor.
- A walk down the players’ race to see AAMI Stadium for photos (subject to availability).
- A “kick and a catch” on Max Basheer Oval where the current players also train.
- A group photo opportunity with the historic 1997 Premiership Cup.
- Presentation at completion of the tour with prizes given out to the kids who excel.
- Crows giveaways at completion of tour for every participant.
- Crows signed football to use for fundraising activities.
- Opportunity to have recess and lunch on Max Basheer Oval before and after the tour (A bag of footballs are available for use).

If your school or OSHC group is interested in a tour please contact Brooke Jeffs on 8440 6681 or email bjeffs@afc.com.au.

For more information on the tours visit our website by searching this link: