

Targeted Sports Program – Australian Football (Girls)

The Program

The TSP – Australian Football (Girls) is designed to contribute to the development of 20 identified aspiring athletes in the sport of AFL. The program caters to both current and aspiring players; it provides opportunities for current players to further develop and strengthen their skills, while also allowing students with little to no experience to learn about and develop the knowledge/skills in a safe, fun environment. The aim is to empower every individual to perform at their highest potential, regardless of experience level.

The program will involve athletes:

1. Participating in weekly sport-specific training sessions every Tuesday and Thursday from 7:30 – 8:30am. These sessions will be programmed to focus on improving fundamental skills, strategic game knowledge, fitness and personal performance goals.
2. Being provided with a variety of opportunities to compete and represent KHS in Girls AFL
3. Accessing high quality coaching and development opportunities through affiliated and complementary sporting bodies
4. Developing their personal understanding and knowledge of training and health requirements to build long-term success as athletes

Coaching Staff Profiles



Ms Brooke Hawkey

- KHS PDHPE Teacher
- Accredited Youth Foundational Coach
- Bachelor's Degree in Sport and Exercise Science
- North Coast U15 Girls AFL Manager
- Tweed Coast Tigers AFC Board Member
- Tweed Coast Tigers AFC Senior Women's Player