



NORTHERN RIVERS  
FOOTBALL ACADEMY

# 2023 SEASON **TRIALS** OCTOBER '22 **LENNOX HEAD**



## HIGH PERFORMANCE PLAYER

*The only specialised high-performance Football Academy on the Northern Rivers*

- U8 - U18
- Boys & Girls
- November through to September season (Trials October)
- 2 to 3 training sessions per week
- Weekend matches in FQ or FFNC competition
- 2 x Live monthly Underground Coaching webinars (U12-U18)

## HIGH PERFORMANCE PLAYER TRAINING ONLY POSITION

*Train full-time with our High Performance squads, whilst still playing for your local club.*

- 2 to 3 training sessions per week
- No weekend matches
- Play trial games and friendlies when spots available
- 2 x Live monthly Underground Coaching webinars (U12-U18)

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