



# DANNY FRAWLEY CENTRE

POWERED BY

**AIA** *Vitality*

SMJFL – 5<sup>th</sup> MARCH

# Danny Frawley Centre – Spud's legacy

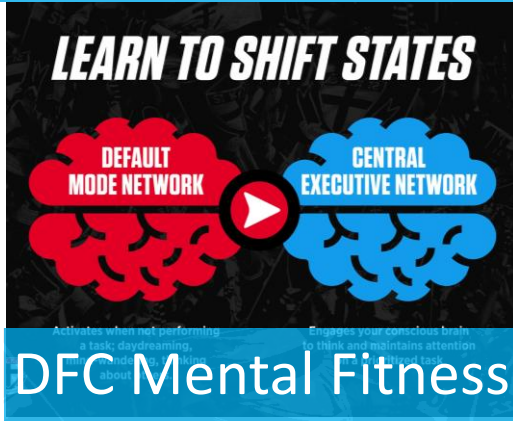


# DFC – The Facility

- Room hire
- Gym
- Studio – reformer Pilates
- Studio – group programs e.g. yoga, tai chi
- Pool
- Hydrotherapy pool
- Recovery centre:
  - Infrared saunas
  - Cryo baths
  - Normatec compression boots



# Mental Fitness Programs



Utilizing the practices and processes that underpin our elite teams, the Danny Frawley Centres' flagship program teaches players and coaches, what Mental Fitness means, why it's important in life and in sport and how you can train your own Mental Fitness to be at your best on and off the field.

Time: 60 mins

Who: 16+ Athletes

Where: DFC or Club Rooms

EOI's for free programs close 5th March



## AHEAD OF THE GAME

Movember's Ahead of the Game (AOTG) is one of Movember's most successful programs aimed at young men.

This program aims to improve youth mental health through community organized sport and targets adolescent male mental health by engaging with the whole community around the local sports club.

Time: 60 mins x 2 for athletes, 60 mins for coaches and parents

Who: 16+ Athletes

Where: DFC or Club Rooms

EOIS Open



## SAFETALK

safeTALK is a 3-hour alertness workshop that prepares participants, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives.

Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources

Time: 3 hours

Who: Club Coaches and

Volunteer's

Cost : (Max 40 tickets)

# Team Opportunities



		Cost
<b>Group programs (DFC* or at club)</b>	Mental Fitness Program# (over 16's)	EOI's open
	safeTALK	Contact DFC to discuss
<b>Add a DFC experience to the program to create a team building exercise **</b>	Pool	\$8 per person
	Recovery centre – hour session	\$1,000 up to 30 people (≈\$30 per player)
	Gym	TBC
	Studio group programs	TBC
	Studio reformer Pilates	TBC
<b>Room hire</b>		One room: \$75 per hour or \$500 per day Two rooms: \$100 per hour or \$750 per day

\* Inclusive of room hire

\*\*Subject to availability

# COMMUNITY SPUD'S GAMES



## GAME ACTIVATION

- + Liaise with league/umpires to have the game delayed by 2 minutes
- + Using key campaign messages in this document, brief the two captains from each team to host the two minutes
- + Have players/umpires from each team join arm in arm
- + Time2Talk banner displayed
- + Goal umpires to use Time2Talk flags
- + Spud' Frawley Mateship Award (club to provide)



## FUNCTION

- + Host an event on game day with a guest speaker who can promote the campaign messaging
- + Ask for a donation to your team's donation page for entry into function



## FUNDRAISING

- + Merchandise Auction off a signed Saints Guernsey at your event (or any other item)
- + **Ask for donations**
  - + An all-important step. Friends and fam can donate via your event page or directly to your fundraising page. Streamline donations by sharing your donation space.

# More info and bookings

[More info:](#)

[dannyfrawleycentre.com.au](http://dannyfrawleycentre.com.au)

[Expressions of interest:](#)



Scan Here