

Sample AFL Tags

Many more resources available

Look at the samples

other Programs include:

General Programs

10 Key Attributes

Speed & Co-ordination Circuits

You are the Difference

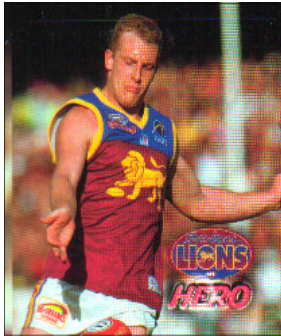
Fitness and Movement Skills

Push-Ups — Sit-Ups

and many others

Sample AFL Tags (1)

1



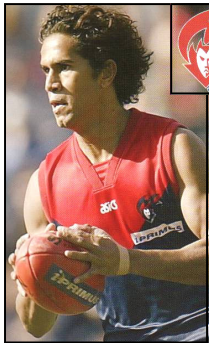
Potential
is what you may be
capable of doing
Motivation
directs what you do
Attitude
determines
how well you do
www.nwaswimaths.com



You can be
an outstanding AFL
footballer for a few
exciting years;
you can be an
outstanding person
all your life
www.nwaswimaths.com

6

2



Be Your Best
No More !
No Less !!
No Excuses !!!
www.nwaswimaths.com



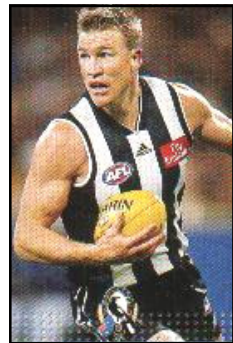
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7

3



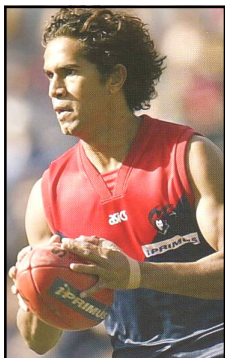
Never
Give
Up
www.nwaswimaths.com



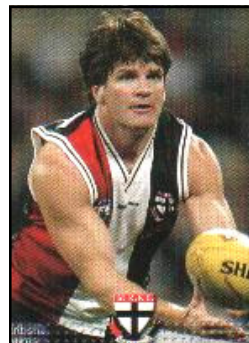
We can't all
be winners
but
We can all be
champions
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8

4



North West Athletics
SPEED
is a
Key
Be the fastest you can be
www.nwaswimaths.com



Champions are
distinguished by
differences:
The different things
they do, and
The things they do
differently
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9

5



What you can
conceive
and believe
YOU
can achieve
www.nwaswimaths.com



The difference
between ordinary
and
extra-ordinary
is
that little extra
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10

Sample AFL Tags (2)

11

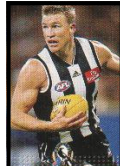


**By Failing
to Prepare
YOU are
Preparing to Fail**

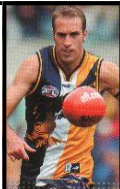



WHAT SHAPE AM I IN DOCTOR?
PEAR SHAPE

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**The harder
you work
The harder
it is
to surrender**

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16

12



**The only
performance
YOU control
is
Your
Performance**

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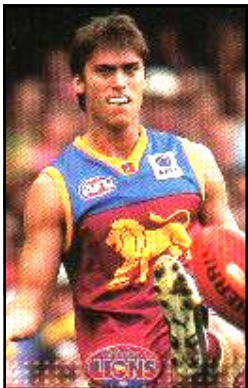


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North West Athletics
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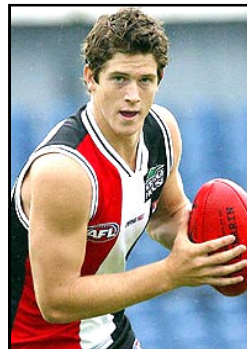
17

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**Young Athletes
Skills
are No. 1 Priority**
Growth happens at
an individual rate
SKILLS can be
developed and reinforced
at all ages

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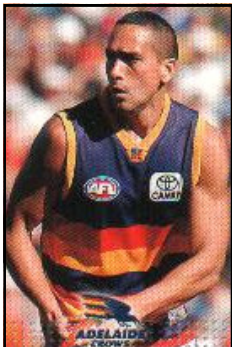


**Seniority
and
Leadership
are not about age
but about
ATTITUDE**

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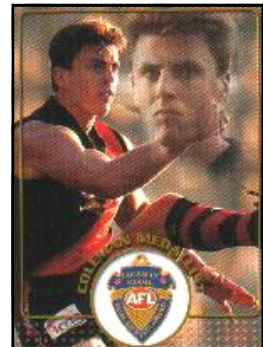
18

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**We are what we
repeatedly do
Make excellence
your habit**

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**The only time
you can't afford
to fail
is
the last time
you try**

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15



**Win
with a grin
Lose
with a smile**

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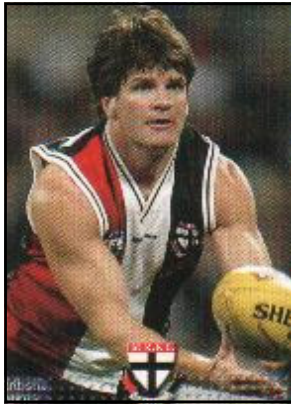


**Champions
always
do
their best**
You can never be better
than your best



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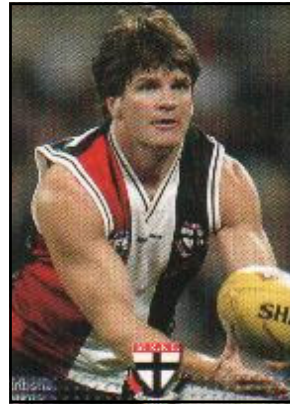


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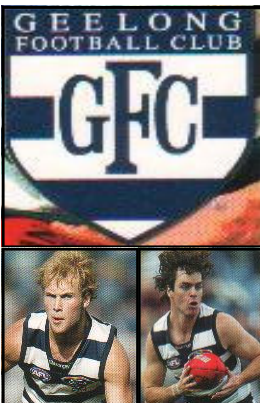
**Go
Saints**

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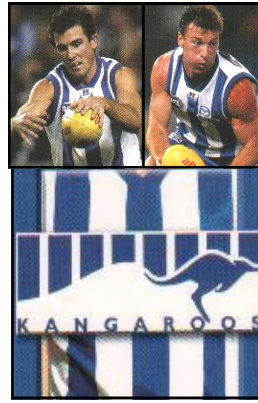
**Go
Pies**

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**Go
Cats**

www.nwaswimaths.com



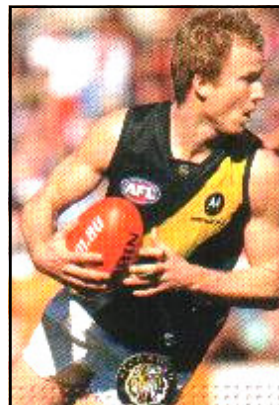
**Go
Roos**

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