



2024/2025 ANNUAL REPORT

Central Australian Football Club

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OUR VISION

The Central Australian Football Club and the Redtails Pinktails Right Tracks Program strive to develop our participants socially, physically, mentally and emotionally through sport, education, job ready programs and role modelling. By doing so develop the capacity for our participants to engage and thrive to effect positive change in their families, communities and mainstream society.



OUR PURPOSE

An independent, elite sporting program developed by locals for locals to address our unique remote challenges by:

- Engaging and assisting in the broader development of sporting clubs and their participants
- Health, wellbeing and leadership programs to encourage and support participants to develop healthier lifestyle choices
- Developing alternative programs to engage participants outside of traditional sport
- Supporting participants to attend school and/or seek employment opportunities
- Provide elite talent pathways for remote and town participants
- Supporting national talent pathway programs

THE PROGRAM



embrace the passion **DEVELOP TO LEAD**

Right Tracks support sports clubs to provide a positive, function, inclusive and sustainable environment for their members.

Recognising the huge role that sport plays in the development of healthy individuals and communities and Right Tracks aims to strengthen the link between sport and community health outcomes.

The Right Tracks program works because it utilises and builds upon the sense of identity, belongingness, purpose and inspiration that comes from association with sporting clubs.

Sport is a powerful environment to connect children, men and women with vital information, skills and strategies to push for inclusive, equitable, healthy and safe sporting spaces for everyone.

Positive thinking, goal setting and resilience to challenges is incorporated throughout all Right Tracks activities and particularly in sport training.

Sporting clubs play a big role in supporting vulnerable members of the community through ongoing social and emotional challenges, including mental health, suicide and domestic violence and Right Tracks acknowledges that clubs are not just places to play sport. They can be like a second family – providing identity social support, networks and role models.

To further support local sports clubs, they are entitled to up to \$500 of sporting gear from Intersport Alice Springs once their members have completed health checks.

Right Tracks staff are knowledgeable, committed and respected community members. The Right Tracks program is designed and led by locals, for locals and health is viewed holistically and social determinants of health are tackled.

2017 – 2025

Partnering with existing and new sporting clubs the Right Tracks program includes:

- Health Education
- Leadership
- High Performance Program
- Club Development
- Employment Support
- Goodsports Program
- Health Checks
- Coach Development
- Skills Development





HISTORY



2012

Motivated by the continued conversations connecting Aboriginal young people with social issues in Central Australia, Central Arrernte man and former Aussie rules player/coach Ian McAdam, along with Rob Clarke, president and coach of the Rovers Football Club in Alice Springs founded the Central Australian Football Club and the Redtails Pinktails Right Tracks Program

2017

Now a partnership between Central Australian Aboriginal Congress (established in 2017), Central Australian Football Club and the Australian Drug Foundation, the Redtails Pinktails Right Tracks Program now makes use of multiple sports to ensure that the opportunities reach as many as possible.

2025

The Central Australian Football Club and Redtails Pinktails Right Tracks Program will continue to generate the outcomes our community needs through quality health programs within sporting clubs, the opportunity and support to gain meaningful employment with passionate mentors supporting both the employee and employer, opportunities to pursue an elite sporting career through the unique talent program of the RPtails Academy. And, support for sporting clubs to thrive so they can continue to be a vital support for our community



DEVELOPMENT PILLARS



LEADERSHIP

Communication skills development, one on one personal planning sessions for individual goal setting and engagement in community services and events



HEALTH & WELLBEING

Targeted health education sessions about alcohol consumption, tobacco and drug use, nutrition, sexual health, maintaining healthy habits, and health checks. The No More family violence program is included as part of this key area. Role modelling family safety is essential to changing attitudes towards violence and the aim is to create a future free from family violence.



EMPLOYMENT

Engagement in pre-employment programs to enhance employability and mentoring and support to ensure long term success in employment



SPORT

Promotion of fair play, good relationships and overall sportsmanship by developing Code of Conducts and standards of behaviour. Talent identification pathways, leadership activities and promotion of the Good Sports framework.



HEALTH EDUCATION

Health sessions are delivered to local and remote football clubs that participate in the CAFL competition, School Academies, Community softball teams, Trainees and other organisations.



There has now been 169 health & well-being sessions delivered since the partnership with Central Australian Aboriginal Congress, ADF (Australian Drug Foundation) & Tackling Indigenous Smoking from 2017.

- 73 sessions – Alcohol & other Drugs
- 49 sessions – Tackling Indigenous Smoking
- 22 sessions – Family & Domestic violence
- 12 sessions – Mental Health
- 10 sessions – Sports & Nutrition
- 8 sessions – Sexual Health
- 2 sessions – Smoke free Club policy

2024/25



8x Alcohol & other Drugs

- West Netball jnr team
- Harts Range Pinktails FC
- Saltbush Employment
- Western Arrernte FC
- Federal FC
- South Alice FC
- Norforce Cadets
- NITA Yulara Trainees



5x Mental Health

- Western Arrernte FC
- South Alice FC
- Rovers FC
- Harts Range Pinktails FC
- Santa Teresa FC



3x Stop the Violence

- Harts Range Pinktails FC
- Western Arrernte FC
- Federal FC



16x Smoking & Vaping

- West Netball jnr team
- 2x Saltbush Employment
- 4x Yirara Clontarf Academy
- Living waters
- 3x3 Basketball challenge
- Harts Range Pinktails FC
- Western Arrernte FC
- Federal FC
- South Alice FC
- Norforce cadets
- NITA Yulara Trainees



LEADERSHIP

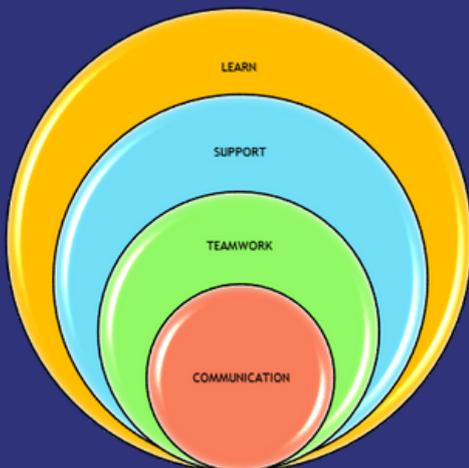
Based around theory of change by understanding the process of success through group activities

RP Right Tracks Program deliver communication skills development, one on one personal planning sessions for individual goal setting and engagement in community services and events

Leadership activities are used to improve teamwork, foster better communication in the workplace or school environment to develop team cohesion.

60 Leadership sessions completed in 2024/25

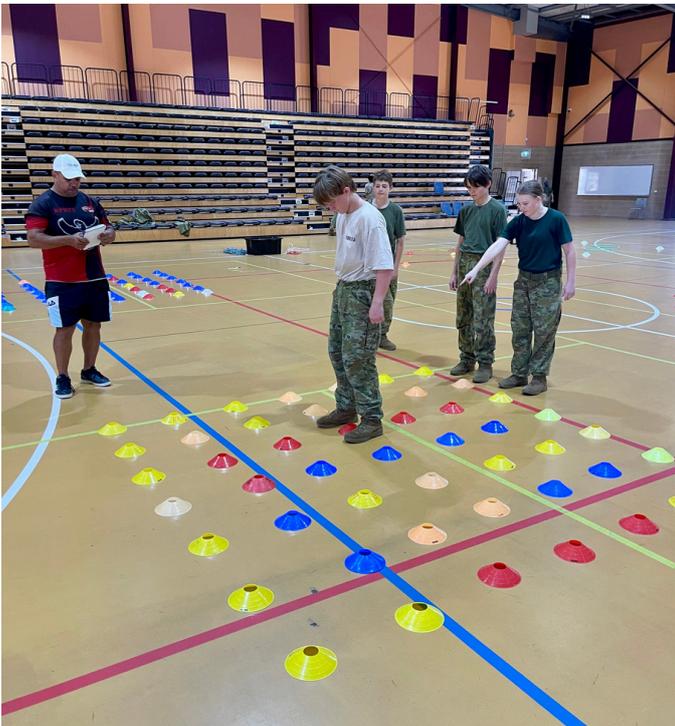
- West Netball jnr Team
- 2x Western Arrernte FC
- 3x NITA Yulara trainees
- 16x Yirara Senior Students
- Central Desert Regional Council
- 2x Tanami Football League
- CSC Stars Foundation
- 4x Saltbush Employment
- 16x Footy Foundation
- Stars Foundation Staff PD
- 2x Pioneers FC
- 4X AFLW Players
- First Circles leadership group
- Norforce Cadets
- Harts Range
- Hermannsburg
- 3x Stars Foundation Gillen Primary



LEADERSHIP

Since 2017 there has been 240 leadership sessions delivered:

- Alice Springs Correction Centre
- Stars Foundation girls Academies
- Clontarf Foundation Academies
- NITA Yulara Trainees
- AFLW Players Association
- Remote Community Football Clubs
- Footy Foundation Program
- Alice Springs Netball Clubs
- Yirara Senior College
- Tanami Football League
- Alice Springs Netball Association
- Saltbush Employment
- Norforce Cadets
- Other Organisations & Businesses



HIGH PERFORMANCE



“TEAM BRANDING”

“AGREED BEHAVIOURS”

The Redtails Pinktails Right Tracks Program uses the Leading Teams model to assist in developing high performing cultures within sporting clubs and teams.

We are passionate about improving performance through leadership and personal accountability where everyone from the President to the water boy contributes to the success of the team.

**Are we living to our Agreed Behaviours?
How do we view/describe ourselves?
Overall team performance?**

HP Club Reviews

The purpose of doing a performance review is to accelerate the rate of change of the team and in doing so enhance the performance of the team.

The coach-player relationship is probably the most important relationship in the team.

The knowledge possessed by the coach can be classed as the “tools” needed for the team to achieve success.

How this knowledge is transferred to the team can determine the level of success. Open feedback or team reviews is without doubt one of the most effective methods in passing on this knowledge through genuine conversations.

Feedback allows coaches to tell players how they are performing in relation to their expectations. Coaches can then instruct and teach their players how to reach these expectations and perform better as a team.

It is impossible to measure what you can't see, and some players are exceptionally good at hiding how they really feel.

Looking at the ‘small picture’ of a player’s daily habits, shapes the ‘big picture’ of match day performance

42 sessions conducted since 2018

2024/25

10 Sessions delivered

2 Remote community AFL clubs

4 Town AFL clubs

3 External organisations

HIGH PERFORMANCE



2024/25

- Health Promotion Team
- Norforce Army Cadets
- Alice Springs Hospital
- 2x Rovers Football Club
- West FC
- Harts Range Pinktails
- Western Arranda FC
- Federal FC
- South Alice FC



EMPLOYMENT



The RPRTP assist our participants in gaining & retaining employment and pre-employment training through local businesses and social networking connections to enhance employability and mentoring and support to ensure long term success in employment.



10 participants gained employment in 2024/25

Organisations of gaining Employment

- Alice Springs Town Council
- TDR Plumbing
- Central Australian Aboriginal Congress
- Stars Foundation Academy
- Territory Families
- Children's ground
- Central Land Council
- Red Centre Technology
- Gillen Primary School
- Clontarf Foundation



130 participants have gained & retained employment since 2017



PROJECTS



RCN Concept:

Came of the back of watching the Santa Teresa community Car parade ON YOUTUBE for the 2020 CAFL Community GF, where their cars were dressed up.

Owen Webb: Training and Technical Manager with Concept Paints

Andy Lopez: Co-Founder "Out There Productions" & Co-Owner of the Summernats

Creating a partnership with Northern Territory Major Events and Red Centre Nats on working out how they could invite a team of dedicated young Aboriginal people from their community to enter a car into the September RCN to show case their skills and potential around the automotive industry.

But also engaging with in the community of the RCN would not only be exciting but a place that Yapa (Aboriginal people) is not too familiar with, would be a great platform for future and possible employment opportunities.

The Redtails Pinktails Right Tracks Program started the Rusty Gems project in 2021 with Yirara College and Papunya community in conjunction with the Red Centre Nats crew, which replaced the activity of footy with another interest being cars.

The team gets a vehicle and or vehicles and engages the lads to help repair and maintain them, and also learn about what it takes to maintain a vehicle amongst other mechanical learnings. The vehicles are also entered into the Red Centre Nats.

Since 2021 Right Tracks, working alongside the Red CentreNATS team, fostering a constructive, inclusive, and enduring setting for our members.

Acknowledging the significant impact programs like ours can have on fostering well-being in individuals and communities, Right Tracks endeavours to enhance the connection between our remote Central Australian Communities and the annual Red CentreNATS event in Alice Springs.

PROJECTS

66 workshop sessions have been delivered since 2021



Harts Range



Yirara



Congress

Not only building and maintaining cars, the Rusted Gems Program integrates.

- Health Education
- Leadership Training / Mentoring in Automotive industry
- Alcohol / Tobacco Education
- No More Domestic Violence Education
- Health Checks

Participants

Yirara College, Harts Range community & Central Australian Aboriginal Congress.

Our why...

Our ultimate aim with the Rusted Gems Program is to establish educational and employment resources in remote communities, fostering opportunities and engagement in one of Central Australia's most distinctive and extraordinary events - Red CentreNATS.

RPRTTP has recently created a partnership with Centre for Appropriate Technology Limited on developing a program for all participants to obtain a qualification on completing a Certification 1 in Automotive Vocational preparation.

This will then roll into Cert 2 once completed for ongoing training and skills development

RP TAILS ACADEMY

Overall stats since established in 2022



**North
Adelaide**



**South
Adelaide**

In 2022 the newly formed RPtails Academy will provide our talented senior grade men and women an authentic elite level experience with SANFL clubs in Adelaide, South Australia.

This creates a unique opportunity of pursuing the dream of playing in an elite tier two competition and, a greater chance of being drafted by an AFL club whilst having the ability to remain in Central Australia which alleviates the pressures of having to move interstate, away from home, family and friends.

Overall since 2022

PREMIER LEAGUE WOMEN
12 WOMEN, 45 GAMES

PREMIER LEAGUE MEN
3 MEN, 34 GAMES

RESERVE WOMEN
11 WOMEN, 22 GAMES

RESERVE MEN
13 MEN, 17 GAMES

U18S
2 MEN, 5 GAMES

TRIALS WOMEN
31 WOMEN, 16 GAMES

TRIALS MEN
25 MEN, 11 GAMES

**150
GAMES**



Overall since 2022

PREMIER LEAGUE WOMEN
12 WOMEN, 43 GAMES

PREMIER LEAGUE MEN
1 MAN, 2 GAMES

RESERVE WOMEN
13 WOMEN, 23 GAMES

RESERVE MEN
6 MEN, 15 GAMES

U18S
7 MEN, 9 GAMES

TRIALS WOMEN
30 WOMEN, 10 GAMES

TRIALS MEN
18 MEN, 13 GAMES

**115
GAMES**



RP TAILS ACADEMY

2024/2025 PHOTO GALLERY



**North
Adelaide**



**South
Adelaide**





REPRESENTATIVE GAMES



The Central Australian Football Club provides established talent pathways with the Redtails and Pinktails programs and over 90+ representative games have been played since 2012.

The Central Australian Football Club compete against quality opposition outside of our community. We are the representative team for Central Australia.

Over the 2024/25 annual year there were no representative games played.

The **WHY** behind this was the Central Australian Football League had re-ignited the local representative team to play a NTFL rep team in 2025.

In the same year RP Tails academy had a large group of participants being involved in the SANFL/W trial games in late 2024 & early 2025 for North Adelaide Men & Women and South Adelaide Men & Women.



CAFC TRAINING



The training model is tailored to create an elite academy in Central Australia to build the desire to bring a players fitness level to match their incredible talent, something that has never really been harnessed to the required level or/and sustained over a long period.

Training details:

- Representative side will train for 10-12 weeks leading into a game
- SANFL/W summer training delivered over 5 days a week leading into trial & in season games

Players who are members of our RPtails Academy and meet the standards set are also eligible to play with North Adelaide or South Adelaide Football Club.

Aggregate number for the year 3192

130 training sessions delivered in 2024/25

**Average of 24 participants at every training
for 2024/25**



COACHING DEVELOPMENT



The Central Australian Football Club in conjunction with AFL Coaching Accreditation will deliver coach education to football clubs in Alice Springs and surrounding communities.

The aim is to provide coaching resources, workshops and representative coaching experiences, 12 months of the year for grass roots coaches in Central Australia.

THE PROGRAM

The Central Australian Football Club support football clubs in Alice Springs and surrounding communities to provide a positive, function, inclusive and sustainable environment for their members.

Recognising the huge role that sport plays in the development of healthy individuals and communities the CAFC aims to strengthen the link between sport and community health outcomes.

Utilising existing relationships with Talent ID pathway providers like the SANFL, the Central Australian Football Club Program includes:

- Pre-season/in-season planning booklet
 - Coaching clinics/ training planning sessions
 - Skill coaching drills and technique
 - Short/ Long term goal setting
 - High Performance Program
 - In game coach development (RP ACADEMY and Rep games)
 - Guest speaker functions
- 



SESSIONS COMPLETED IN 2024/25

Live game day Interim coaching
2 CAFL Womens teams = 10 games

Skill & drills training development
49 sessions
4 CAFL Clubs, 1 School academy, 1 Remote Community

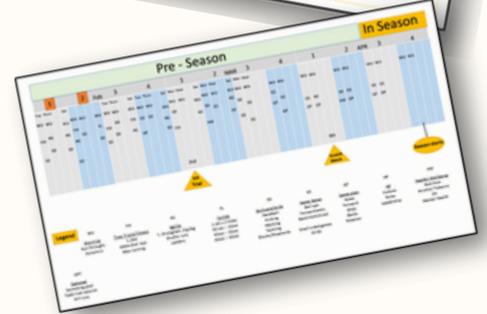
Live game coaching development
2 CAFL Coaches = 2 teams, 6 games

Coaching Development/ Yearly planning sessions
1 CAFL club, 3 team coaches

**COACHING
DEVELOPMENT**



Tuesday Night Session Week 1		
Time	Drill	Activity
6:00pm - 6:30pm 900	Warm Ups 30 - 35 mins Max	Agility Speed Balance High Jump Medicine Ball Sleds (100-200kg) Sleds (200-300kg)
6:30pm - 6:45pm 900	Craft Work 20 mins Max	One Hand Pushups (10-15) Sleds Medicine Ball Sleds
6:45pm - 7:00pm 900	Skills & Drills 45 mins Max 8-10 mins Max each activity	Medicine Ball Sleds Medicine Ball Sleds Medicine Ball Sleds



Harts Range Pinktails



Harts Range Swans



SPORTING CLUBS



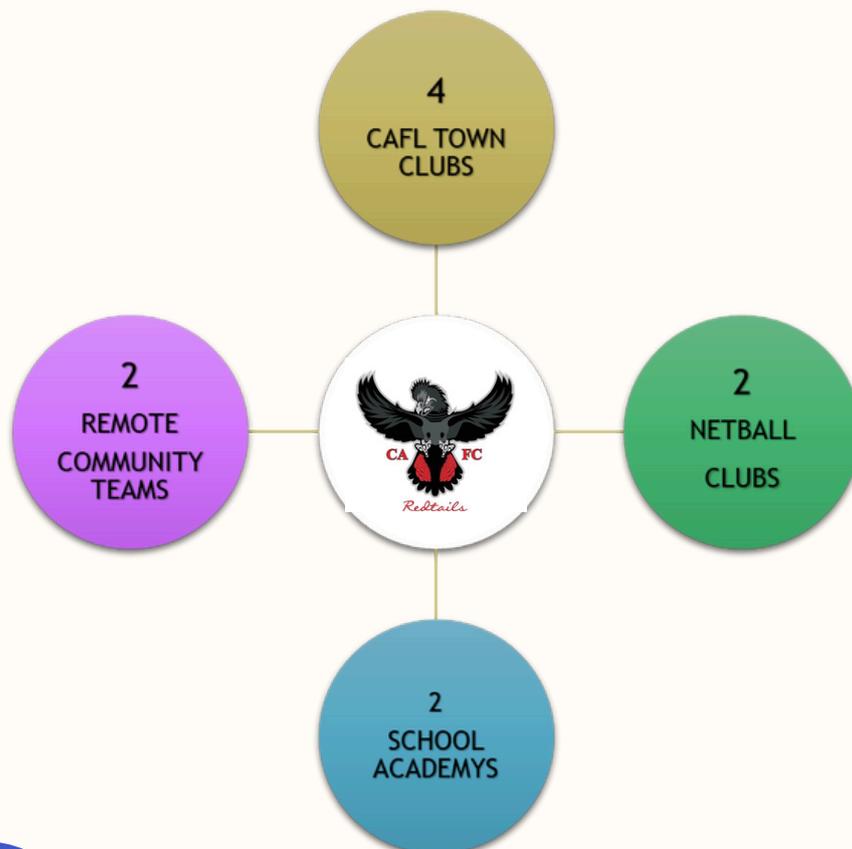
Central Australian Region

The Central Australian Football Club is excited to be able to support and assist sporting clubs, academies and youth programs in Central Australia.

Once they become a member of the RPRTTP this enables their club access to:

- Vital resources for your club Assistance with health checks for your athletes quality health sessions
- Representative AFL Football/access to SANFL/W talent pathways
- Education and employment pathways
- Coaching advice and training sessions

Club administration also provide advice around Club culture and leadership support.



PILOT PROGRAMS



Remote Communities

Redtails/Pinktails (Right Tracks) pilot programs were created in 2024 and provides support to young men and women from remote Aboriginal communities based on positive leadership and community engagement to encourage and promote positive health outcomes, including a reduction in AOD harm.

The Right Tracks Program, utilise local football clubs as a link for health services to community to engage and support them appropriately.

To enhance the program, the right tracks team will identify 2 local champions within Harts Range and Ntaria communities to train and deliver Right tracks on an ongoing basis. This will help increase capacity across those communities.

By doing so this will ensure sustainability for the program which currently is only delivered when staff from Alice Springs can travel to these remote communities.

Community members will partake training and education from Central Australian Aboriginal Congress the lead organisation to enable them to deliver sessions within their community.

The session content will include.

- Alcohol abuse and its harmful effects
- Tobacco control and Vaping
- Domestic Violence
- Mental Health
- High Performance Leadership

Once the training has been completed, the community champions will then deliver the sessions to others within the community to increase their AOD and wellbeing knowledge.

PILOT PROGRAMS



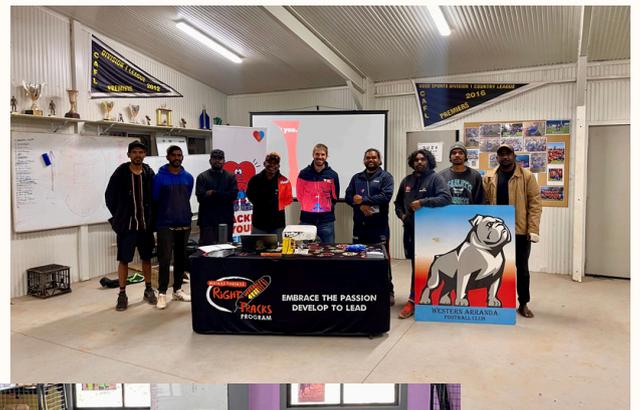
Sessions completed in 2024/2025

Harts Range Pinktails

- Alcohol abuse and its harmful effects
- Tobacco control and Vaping
- Domestic Violence
- Mental Health
- High Performance Leadership

Western Arranda FC

- Alcohol abuse and its harmful effects
- Tobacco control and Vaping
- Domestic Violence
- Mental Health
- High Performance Leadership



COMMUNITY EVENTS



RP RTP took part in the following events in 2024/25

- Remote CAFL U18s Footy Fair
- 2024 Masters Games
- Oceanic Tobacco Conference
- 3x3 TIS Basketball Tournament
- Brain Awareness Event
- Hermannsburg Sports Carnival
- Alice Springs Show
- Dreamtime Academy Football Program



GOOD NEWS STORIES



GOLF CHALLENGE

Through an exciting partnership with the Redtails Pinktails Right Tracks Program (Right Tracks), Central Australian Aboriginal Congress, Alice Springs Golf Club and Golf Australia NT, around 20 local young participants took to Alice Springs Golf Club's spectacular central Australian course in the first ever Right Tracks golf event last week for NAIDOC week.

Designed to open up the facility – and the game – to the young Aboriginal players, the free program included four coaching sessions with Alice Springs PGA Professional Justin Speirani, introducing players to technique, etiquette and more. The program then culminated in a modified 5-hole Ambrose event, with new participants paired with more experienced players to help guide the way.

A health promotion session was run prior to getting out on the course, discussing topics such as smoking/vaping and mental health. In addition, local community leader, Right Tracks director and self-confessed golf tragic, Paul Ah Chee gave a talk to participants. Reflecting on growing up in Mparntwe (Alice Springs), Paul shared that back then, golf was not an accessible sport. He also talked through some different aspects of the game, including how he has benefited from taking it up.

Well established in the Territory footy scene, Right Tracks uses sport and other platforms to engage young Aboriginal people in leadership and lifestyle conversations. The program also provides participants with pathways to grow their skills in their sport of choice, which we hope will include golf in the future as a result of this partnership.

Right Tracks co-founder Ian McAdam was pleased to have the opportunity to test the program in a new sport.

"I'm excited that Right Tracks has the opportunity to introduce golf to members of our community, most of who would never have thought they'd be there – with the support of the golfing community." McAdam said

"This has come about because Golf NT and Alice Springs Golf Club actively reached out to us to see if we were keen to partner, to make the game of golf more accessible to Indigenous players from Alice Springs.

"We are seeing a lot more of our retired Aboriginal footballers playing competitive golf these days. That gives us motivation to support the next generation of Aboriginal golfers pursue a different kind of sport, and one they can play for life."

Golf NT president Kate Buckland was along at the event also, excited to see conversations come into fruition. "It was great to see new players to the game out there enjoying this sport we all love, but there are still barriers to challenge that limit the perception of golf," she said.

"We need to continue to take active steps to grow the game.

"To show real value in our communities, clubs and peak bodies need to generate pathways to the sport and make these pathways available to everyone. Meaningful partnerships like this one with Right Tracks provide the opportunity to do just that.

"This is a good first step and I can't wait to see what comes next."



First nation academy

Sydney Swans embrace Red Centre connection in partnership with Redtails Pinktails

The Sydney Swans took a contingent of their ARA First Nations Academy youth to the Red Centre as part of a playing and cultural development program.

The trip built on an ongoing partnership with the Central Australia based Redtails Pinktails Right Track Program included matches in Alice Springs and Marn Grook.

Players earned selection following games against the QBE Swans Academy earlier in the year with the program a key part of the club's First Nations strategy.

Former Sydney Swans First Nations player, Fred Campbell, is a development coach of the Right Tracks program.

Meanwhile the club's newest AFLW recruits Sarah Steele-Park and Lulu Pullar were members of the Pinktails.

Sydney Swans First Nations strategy and development manager Jarred Hodges said the week "was purely about our next generation".

"Not only athletically but personally and I think across the week we've seen tremendous growth in both areas, I'm sure those participants will go away with fond memories," he said.

"Connection to country, connection to culture, connection to ancestors, stories, kin. And that's the part I think I'm most proud of, is what the Red Centre provides in terms of connection."

Hodges said building "positive social emotional well-being" gives Australia "the best chance of changing some of the statistics around our youth".

"We want our kids and our people being strong in who they are, we want them to be able to walk around and proudly identify," he said.

"But also we want them to give them the skills and knowledge that they can pass on to broader Australia as we all keep working towards a united country.

GOOD NEWS STORY





DREAMTIME ACADEMY

Sydney recruit Lulu Pullar spent her off-season working as a doctor in the Alice Springs emergency department and creating a football academy in the region.

After a trade from North Melbourne to Sydney on the AFLW trade deadline day, Pullar took up a job working in the emergency department of Alice Springs Hospital before pre-season at her new club kicked off in May.

Speaking on this week's podcast episode of "More than Footy", Pullar said working in remote Australia as a doctor was something she had always wanted to do, and the off-season period had provided the perfect opportunity.

"I was out there working in the emergency department, just as an experience for my medical career," Pullar said.

"I guess I've always wanted to work in remote medicine, but specifically working among the Indigenous demographic and practising those sort of remote medicine skills.

"The off-season presents a great opportunity for me to go out and upskill myself as a doctor and I sort of earmarked working in central Australia for a little while, the timing probably wasn't exactly perfect having moved to a new club, but it's always a good opportunity for me to get out there and just become a better doctor."

During her time in Alice Springs, the utility kept up with her training program and, in doing so, identified an opportunity to help create a pathway for women and girls in the region to pursue their footballing dreams.

"While I was out there, I was really fortunate enough to train with a local academy out there, they're called the **Redtails Pinktails Right Tracks Program**, who (Swans teammate) Sarah Steele-Park started her footy career with," Pullar said

"I was just training with them to essentially keep up to date with my skills and get some footy in, and I guess I saw a real market and a need to create some sort of pathways for young, remote Centralians, Indigenous and non-Indigenous.

"There weren't a lot of pathways out there, there weren't enough resources and opportunity, and I think in a region that is quite challenging socially, it's very remote, then there's a lot of challenges, I sort of thought, well how could I combine my skillset to at least facilitate some opportunities for some of these local women?."



DREAMTIME ACADEMY

Pullar created the "Dreamtime Academy" and, with the help of fellow AFLW stars, delivered a week-long football academy in the red centre.

"So we started together with the Red Tails Pink Tails, we ran a four-day women and girls AFL clinic in Alice Springs and in one of the remote communities, Hermannsburg," she said.

"We flew out about six AFLW players from a few different clubs, Sarah (Steele-Park) came out, a few Hawthorn players and a few Brisbane Lions players and ran some high-performance sessions, ran some community sessions and some school sessions as well.

"So all in the mission to empower dreams and empower opportunities for these young people so they can go out, feel capable of achieving their dreams, just like everyone who has played for the Sydney Swans.

"It sort of turned into something really exciting and quite big, it was really well received, and so we've got some exciting plans for 2026 as well." The 26-year-old said the sessions had been a great success and she already had plans for next year.

"We'll be running camps every year out there, then we're also looking at running a game at the end of the year as well," Pullar said "Really excitingly, we'll be launching out a virtual academy as well, which is essentially an online platform for participants to regularly engage with high-performance programs, whether it's athletes, sports dietitians, being able to learn from high performers themselves, both on the field, off the field, in corporate spaces.

"And then building out sort of our scholarship program as well, which will connect participants with opportunities with employment and education as well."



CASE STUDY 1



CS1 has been a participant of the Redtails Pinktails Right Tracks Program since 2021.

In mid-December of 2023 after being a part of the RP tails Academy trial games with the North Adelaide women's team in late November 2023, CS1 made the decision to move down to Adelaide and continue to keep training with North Adelaide after receiving an invitation from the Club.

CS1 had an Aunty in Adelaide that they could live with during this transition.

CS1 was also still attending school to finish their Yr11 & Yr12 in the year of 2024, with the process of enrolling into a school and also building new relationships with other students was a everyday struggle.

Trying to cope with this new environment was having an impact on CS1 which eventually turned CS1 towards seeking support from a program called "The Loft" that is situated with in the school campus on helping students with the difficulties they face educational issues that arise.

CS1 also signed up with "Tjindu football academy" and using this for a place to release the pressures of the school demands.

Not only was CS1 attending school to complete their Yr11 & 12 and also involve themselves in football activity time with Tjindu, CS1 still had the responsibilities of attending North Adelaide training from where she lived in West Beach to Prospect that is 15.6kms away in heavy traffic.

CS1 only means of transport at that time was reliant on her Aunty who also during this time had given birth to a new born. CS1 had an older sister living Adelaide at the time that they could turn too now and then for transport to training & also having to ask teammates for a lift started to become a shame job in the eyes of CS1.

Overcoming these hurdles for a short moment their life CS1 had being playing Reserve grade for North Adelaide and was also a train on with the Senior side.

In the end this became a forceful issue to attend training while completing school which eventually ended up being a mental challenge that had seen CS1 start to suffer from anxiety & low-grade depression.

CS1 did go on and complete Yr11 & Yr12 in the same year, but made the decision that the city life and employment opportunities was something they could not cope with this time in their life.

This had led to CS1 returning back to Alice Springs to live with her mother & siblings in the middle the 2024 season.

CASE STUDY 1 cont



SI reconnected themselves with the RP tails Academy back in Alice Springs where the mentors/coaches and the academy members welcomed them home with open arms.

One of the coaches/mentors who had supported CS1 through this vigorous journey down to Adelaide & back to Alice had kept in contact at all times to positively support CS1 through the hard times they had endured.

CS1 was now given another opportunity to train & play trial games with the other SANFL club South Adelaide that is also in partnership with RPRTTP.

This opportunity motivated CS1 to attend every training for the RP tails Academy.

CS1 also had the support of their mother in making sure they were at trainings and events the RPRTTP would put together. CS1 secured part time employment with Children's Ground as a Youth worker which has given CS1 a sense of balance & structure in their life.

This journey has seen CS1 become a regular start up player for the South Adelaide Reserves team that had made the grand final with CS1 being named best player for their team on the day.

One-week later CS1 debuted for the South Adelaide Senior side vs West Adelaide in Rd11 and secured their spot in the team which seen CS1 play their second grand final in as many weeks and winning a premiership along the way.

CS1 was a part of the Dreamtime Academy training with Lulu Pullar and seven other AFLW players that had also caught the attention from the AFLW players with an impression training day. This has led to CS1 being invited to train with Sydney Swans & Hawthorn at the end of 2025.



embrace the passion

DEVELOP TO LEAD