



GWS GIANTS ACADEMY PERFORMANCE MANUAL



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INTRODUCTION

WHAT IS THIS DOCUMENT TO BE USED FOR?

The GIANTS Academy has a mission of increasing the national talent pool. What the Academy Performance manual contains is information to assist in preparing athletes to play at the highest level possible.

This High-Performance manual is written to ensure players know what to do, why they are doing it and when they need to do it.

The manual is only a guideline but will be a vital tool for our players education around High Performance and what it takes to be able to compete at the highest level.

It is suggested that all players print this manual and have it in your football bag so as you can refer to it whether you are at home or away for football.

SOFT TISSUE INJURY MANAGEMENT

Immediately After Injury Occurs

- Good immediate management from an injury will be vital for you to return to the field as soon as possible.
- Report your injury to the Academy Physiotherapist and your main Physiotherapist and then follow all instructions given. Good communication with consistent reports between yourself, your Academy Physiotherapist and any others involved with your RETURN TO PERFORMANCE will ensure the quickest return to the field.

Following a soft tissue injury, the following advice must be taken

Apply the PRICE principle - in consultation with a physio

PROTECTION - of the damaged tissue is vital to ensure the healing process starts effectively.

REST - if you injure your leg try not to walk with a limp, this may mean you need to slow down, but try to walk normally/stay off your legs as much as possible.

ICE - up to 20min every hour over the injured area as this will help reduce inflammation of the area.

COMPRESSION - Compress the area if advised by your Physio

ELEVATION - where possible keep the injury above the heart when resting to assist with swelling.

Apply the NO HARM principle - avoid the below as this can make your injury worse.

HEAT - applying heat to the area will only increase blood flow to the area (avoid hot showers, baths, saunas, hot water bottles and heat packs)

ALCOHOL - most will be under 18 so common sense but Alcohol increases blood flow and swelling so avoid this.

RUNNING - running and exercise increases blood flow and swelling to an injured site which therefore delays healing

MASSAGE - will increase swelling and delaying healing process

RECOVERY

Recovery is one of the most important aspects of being able to train and play consistently at a high level.

AFL football requires players to perform at high speeds for a long duration with a high level of contact. The demand of this will take a toll on a player's bodies if they aren't strict with their recovery practices.

Both mentally and physically the body will be depleted not only post game but after any type of training session as well.

Every player will handle the stresses of training and playing differently that is why I have found a way to individualise every players recovery process.

All GIANTS Academy players will use a simple 100-point system for every training/game they do which will allow each individual to recover effectively. All players must do all 3 non-negotiable recovery strategies and then make up the remaining 30 points with individual choice of recovery strategies. 100 points is the bare minimum.

Immediately Post-match/training

Category	Type	Instruction	Points
Non-Negotiable	Sleep	8-10 hours in bed	30
	Nutrition	Consume a full post-match meal as detailed in the nutrition advice document supplied	20
	Hydration	Drink 150% of fluid lost as soon as possible post game/training (eg if I lose 2kg body weight consume 3L to replace)	20
Recommended - Individual Choice	Ice Bath	10min straight cold	10
	Flexibility	10min targeted to sore areas	10
	Compression Garments	Wear for 12h post game/training	10
	Cycle	10-15min light riding	10
	Swim/Water walk	10-15min light session	10
	Self-Massage	15-20min light flush with foam roller and tools	10
Other - Individual Choice	Listen to music	20min	5
	Deep Breathing exercises	10-15min click link	10
	Watch an episode of your favorite TV show	60min max	5
	Read a chapter of a book	60min max	5
	Go to the movies		5
	Listen to a podcast	60min max	5
	Play a board game/card game	60min max	5
	Play your favorite video game for an hour	60min max	5
	Family time	Talking anything but football 20-60min	10

Day after a Match/training

Recovery the day after a game/training is just as important especially when you are travelling a lot through the year. Be just as strict with the 100-point target as you would be immediately post a match or training on the day after as this will continue to ensure you are best prepared for your next match/training. 100 points is the bare minimum.

Category	Type	Instruction	Points
Non-Negotiable	Sleep	8-10 hours in bed	30
	Nutrition	Consume a full day of meals as detailed in the nutrition advice document supplied	20
	Hydration	Be back to pre-match/training weight.	20
Recommended - Individual Choice	Contrast Baths	5 x 2min hot/colds (1min hot, 1min cold)	10
	Flexibility	30min targeted to sore areas or yoga session	10
	Compression Garments	Wear for 12h post game/training	10
	Cycle	20min light riding + 15min light walk/pool	10
	Swim/Water walk	20min light session + 10min Walk	10
	Self-Massage	15-20min light flush with foam roller and tools	10
Other - Individual Choice	Listen to music	20min	5
	Deep Breathing exercises	10-15min click link	10
	Watch an episode of your favorite TV show	60min max	5
	Read a chapter of a book	60min max	5
	Go to the movies		5
	Listen to a podcast	60min max	5
	Play a board game/card game	60min max	5
	Play your favorite video game for an hour	60min max	5
	Family time	Talking anything but football 20-60min	10

Mental Recovery

Mental recovery is just as important as Physical Recovery and I recommend that you get 20-30 min of mental recovery in each day. All of the - individual choice recovery protocols are strategies used for mental recovery. The key point when doing mental recovery is to switch off all outside stresses and focus in on something which will help you relax and give you pleasure.

If you struggle with switching off and relaxing try some of the below.

Thai Chi - <https://www.youtube.com/watch?v=oCnCSOWgIUU>

Mindfulness using smiling mind app - <https://smilingmind.com.au/>

Meditation using Rewire app - <https://www.shinzen.org/rewire-is-here/>



RUOK?TM

The logo features the text "RUOK?" in a bold, black, sans-serif font. The letter "O" is replaced by a black circle containing a yellow smiley face. A small "TM" trademark symbol is positioned to the upper right of the question mark. The entire logo is centered on a solid yellow rectangular background.

Nutrition Resource

GWS GIANTS ACADEMY MEAL RESOURCE

BREAKFAST



Gold medal options



OR



OR



OR



Oats made with milk + fresh fruit

Eggs + multigrain toast

Chobani yoghurt + muesli Ham/cheese/tom toastie



Silver medal options



OR



OR



OR



Whole grain cereal & milk

Grain Toast & peanut butter

Baked beans on toast Smoothie



Bronze medal options



OR



These options aren't ideal but better than not eating at all

Don't forget water at each meal and snack!



RECESS

Choose 1 of the following options:
(Can be accompanied with some muesli with the yoghurt, or crackers with dip)
+ a piece of fruit



OR



OR



OR



(Chobani dip)

LUNCH

If you have a trainina session after school



Gold medal options



2x Salad roll with meat/chicken + cheese on multigrain bread + fruit +milk



Silver medal options

Leftover dinner with extra veg or Salad
+ piece of fruit
+ milk or 100% fruit juice



Bronze medal options

Tuckshop/canteen meal
Aim for not deep fried or pastry (e.g. pie or pasty) + extra vegies

If you don't have a session after school



Salad roll with meat/chicken + cheese on grainy bread by itself

TIP!

Protein is important for building strong muscles. The best sources of protein are animal foods: Meat, chicken, fish, poultry, eggs and dairy. Try to include at each meal and snack!

Don't forget water at each meal and snack!



Nutrition Resource

GWS GIANTS ACADEMY MEAL RESOURCE

AFTERNOON SNACK/PRE-TRAINING SNACK (OR SAME AS RECESS)



A piece of fruit and oat based muesli bar

TIP!

Carbohydrates are our muscles main form of energy so they're important to eat before training. Carbohydrate foods are breads, cereals and fruit.

AFTER-TRAINING SNACK (Only have if dinner is more than 45mins away)

Choose 1 of the following:



OR



OR

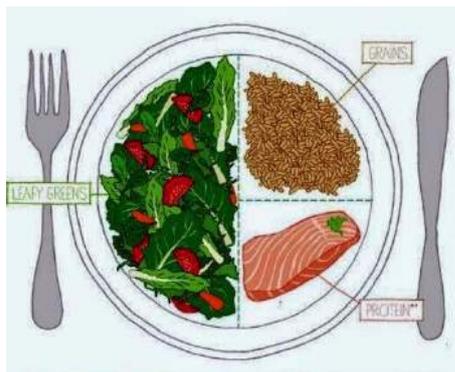


OR



DINNER

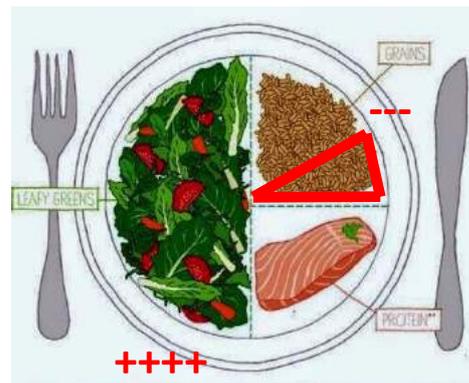
After a main training session



On heavy training days, we want to eat more carbohydrates at dinner so we can recover and have enough energy to train hard next time. We also want protein to help muscles recover and build and vegies because they're good for us and fill us up!

Note: sometimes the meat and carb portions are together e.g. in lasagna – make it no more than half the plate

After a light session



On light training days, we don't need as many carbohydrates because we have used as much energy.

Instead fill up with more vegetables.

Don't forget water at each meal and snack!
Water should be your main drink of choice.



SUPPER /DESSERT

Choose 1 of the following options:



Fruit/yoghurt smoothie



Milk & piece of fruit



Peanut butter toast & milk



Chobani yoghurt + fruit & nuts

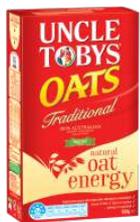
Intended as a guide only. For personalized nutritional advice, see a dietitian.

Nutrition Resource

GWS GIANTS ACADEMY MEAL RESOURCE

Best cereals

Go for wholemeal/wholegrain and high fibre varieties such as:



OR



OR



OR



Rolled oats

Sustain

Weetbix range

Carman's Muesli range

OR



Goodness Superfoods

Best types of bread

Go for wholemeal/wholegrain and high fibre varieties such as:



Tip Top 9 Grain



Helgas's Range

Developed by Jessica Spendlove (Athletic Performance Dietitian for GWS GIANTS) & Alex Munt (Fast Track Trainee – Nutrition for GWS GIANTS)

Intended as a guide only. For personalized nutritional advice, see a dietitian.

Pre-Hab

Pre-habilitation is a simple routine that can be performed at home to help mobilise and strengthen more of the small inner muscles of our core outside a gym setting. The routine below should be done minimum of twice a week.

Exercise	Comments	Tempo	Sets	Reps
	Self-Release			
Foam Roller	Thoracic , Lats , Adductors , Hamstrings	30+Sec		
Ball Massage	TFL , Glutes , Hip flexors	30+Sec		
	Mobility			
Stretches	<ol style="list-style-type: none"> 1. Pidgeon 2. Lizard 3. Bretzel 4. Hip Flexor Stretch 5. Scorpions 	30Sec each		
Thoracic Rotations	<ol style="list-style-type: none"> 1. Archer 2. Thread the needle 			3 of each
	Strengthening			
Core Activation	TrA , Multifidus , with correct breathing	10 Breaths		10
Knee fall outs, leg lifts	Core on, exhale leg out, inhale leg in			20 each
Bird Dog	Core on		2	10
Bridge Marching	Core on, keep pelvic level, slow tempo		2	20
Glute Med Strengthening	Clams, slow tempo		3	15 each side
Bridge with ring Add + Abd	Constant squeezing on ring, keep pelvic level			20 of each

Pilates & Yoga

Find below links to a few different Pilates and Yoga routines.

Pilates

Pilates is another great way to learn more about your body with a heavy focus on alignment, breathing, and developing a strong core. The below links are just a guide, the best way to learn would be to go to a Clinical Pilates Session. These are normally run at Physiotherapist practices.

Beginners

https://www.youtube.com/watch?v=ICg_gh_fpl

Intermediate

<https://www.youtube.com/watch?v=1gzT-FZ45i0>

Advanced

https://www.youtube.com/watch?v=peqOP2_XvSw

Yoga

Yoga is a simple way to get full body stretch routine in. There are many different types of yoga focusing on physical, mental and spiritual discipline. For the purpose of AFL we would encourage our athletes to go try a session with a practitioner as this is safer and a good experience but use the below sessions as a guide to either relax or get in a good full body stretch session.

Beginners

https://www.youtube.com/watch?v=2_SE2gQwXoo

Intermediate

<https://www.youtube.com/watch?v=Z6jRKThDCBU>

Advanced

<https://www.youtube.com/watch?v=ORzlvF8inyl>



Key Contacts

Name	Occupation/Area	Email
Jason Saddington	Academy Head Coach	jason.saddington@gwsgiants.com.au
Daniel Scroope	Academy Operations/High Performance Manager	daniel.scroope@gwsgiants.com.au
John Quinn	Academy Director	john.quinn@gwsgiants.com.au
Liam Phillips	Physiotherapist Canberra	Lphillips@capitalclinicphysio.com.au
Alex Peterson	Physiotherapist Wagga Wagga	alex@synergyhealthworks.com
Katelyn McGregor	Physiotherapist Wagga Wagga	katelyn@synergyhealthworks.com
Chris Wynne	Physiotherapist Western Sydney	Chris.wynne@hotmail.com
Scott Smith	Strength and Conditioning Coach Canberra	sjsmith3232@gmail.com
Finlay Taylor	Strength and Conditioning Coach Wagga Wagga	finlay@synergyhealthworks.com
Ben Wharton	Strength and Conditioning Coach Western Sydney	bwharton94@gmail.com
Steven Tripney	Speed Coach Western Sydney	steven.tripney@hotmail.com