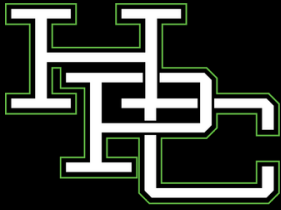


FOOTBALL PROGRAM



C O A C H I N G

2026/2027

HPC FOOTBALL PROGRAM



WE KNOW FOOTBALL

MEET THE TEAM

TARQUIN BROWN

HEAD OF FOOTBALL PERFORMANCE

- 10 + years SANFL experience as a Player, Performance Coach, and Line Coach.
- Specialist in long term player development, football specific conditioning, resilience training.
- AFL Level 3/Gold Coach
- Head Coach Victor Harbor FC



GERARD DUTTON

HEAD COACH & PERFORMANCE DIRECTOR

- Background in Strength & Conditioning, long-term experience with elite athletes in South Australia.
- Specialises in speed development, athletic performance, and youth pathways.



JOSH MOLENAAR

WEIGHT ROOM + REHABILITATION COACH

- Holds Bachelor of Sport and Exercise Science, undertaking Graduate Certificate in Exercise Rehabilitation for Sports Injury
- Specialise in strength and power development, injury rehabilitation and return to performance coaching



KANE VISKA

ATHLETIC DEVELOPMENT COACH

- Experience in collegiate and elite football organisations
- Keen interest in speed development and increasing athletic ability



TIER 1

HPC ELITE PROGRAM

OFF-SEASON

- Remote training program
- Strava group for accountability

PRE-SEASON

- 4x Saturday sessions at HPC
- 1x coach-delivered session per week
- Weekly coach consultations (Review and Plan)
- GPS tracking & data review with coach
- Gym program via TrainHeroic
- Individualised, team-specific program (speed, conditioning, injury prevention)
- Optional pre-season camp
- Tuesday rehab session at HPC with Head S&C/Rehab coach (for injured players)

IN-SEASON

- Weekly coach consultations (Review and Plan)
- 1x coach-delivered session per week
- GPS tracking & data review with coach
- Gym program via TrainHeroic
- Tuesday rehab session at HPC with Head S&C/Rehab coach (for injured players)

POST-SEASON

- Full coach and team review

\$12,500 + GST



TIER 2

HPC PROGRAM

OFF-SEASON

- Remote training program
- Strava group for accountability

PRE-SEASON

- 2x Saturday sessions at HPC
- 1x coach-delivered session per month
- 1x fortnightly coach consult review
- Gym program via TrainHeroic
- Individualised, team-specific program (speed, conditioning, injury prevention)

IN-SEASON

- 1x fortnightly coach consult review
- 1x coach-delivered session per month
- Gym program via TrainHeroic
- Tuesday rehab session at HPC with Head S&C/Rehab coach (for injured players)

POST-SEASON

- Full coach and team review

\$6,500 + GST



TIER 3

HPC PROGRAM

OFFSEASON

- Remote training program
- Strava group for accountability

PRESEASON

- Initial season guide delivered by coach
- 1x monthly coach consultation (review & plan)
- Gym program via TrainHeroic
- Individualised, team-specific program (speed, conditioning, injury prevention)

POST-SEASON

- Full coach and team review

\$3,000 + GST

PROGRAM ADD-ONS

HPC SATURDAY SESSIONS

Join additional Saturday sessions at HPC to push fitness and preparation before the season. These sessions are designed to complement club training and give players extra exposure to HPC coaching.

PRICE TBC (PENDING SESSION NUMBERS)

COACH-DELIVERED SESSIONS AT CLUB

Have HPC coaches come directly to your club to run tailored training sessions. This brings professional coaching into your own environment and keeps the program consistent with what players are doing at HPC.

\$250 PER SESSION

PRE-SEASON CAMP

Take your team through a focused pre-season camp with HPC. The camp combines intensive training and team-building activities to set the standard for the year ahead.

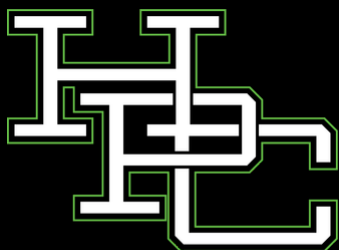
HALF DAY (4HRS) \$1000+ GST







**JOIN THE
PROGRAM
TODAY**

THANK YOU

**WE ARE LOOKING FORWARD TO WORKING WITH
YOU AND SUPPORTING YOU ON YOUR FOOTBALL JOURNEY.**



Contact information

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-  @hpc_coaching