

## Rugby Union: Academy in Australia

Duration: 8 - 12 weeks



### Overview

The Sport Lived **Rugby Academy** in Brisbane gives you the chance to train like a professional rugby player. Our courses provide the ultimate rugby education: you'll receive elite coaching and have access to outstanding facilities at our rugby academy in Australia.

### Recommended for:

- Work intensively on your game
- Meeting friends through club and academy
- Training alongside elite players & coaches
- Time to travel before/after your programme

### At a glance:

- Daily training plus matches every weekend
- Access to world-class rugby facilities
- Elite Coaching from highly skilled staff
- 4-star city centre accommodation

### Sporting adventures

You can attend the Australian rugby academy for 12 weeks from March to June or for 8 weeks from July to August. On both programmes you'll train every day Monday to Friday and play matches for a local rugby club at the weekends. You'll live 15 minutes from the Brisbane academy in 4 star city centre apartments with other Sport Lived participants.

### Prices and dates...

Location	Duration	From	To	Price
Brisbane	8 weeks	05/07/2010	29/08/2010	£ 4895
Brisbane	12 weeks	21/03/2011	12/06/2011	£ 6195

## Your coaching team

The expertise and experience of the Rugby Academy coaching team are second to none. Every member of the team brings a vast amount of knowledge and an individual approach to the coaching role. Each area of the game has a specific coach ensuring that each person receives individually tailored tuition. Please find below profiles on the academy coaching staff.

### **James Holbeck**

#### **Academy Backs Co-ordinator**

- Assistant Coach for Randwick Premier Grade Rugby Club
- ARU Level 2 Accredited Coach
- Completed Waratahs Advanced Coaching Programme
- Played for the Wallabies from 1997 ? 2001
- ACT Brumbies 1996 - 2003

### **Cameron McKintosh**

#### **Academy Assistant Coach**

- BA in Sports Studies from University of Queensland
- ARU Level 2 rugby coach
- Rugby academy assistant coach 07-09
- University of Queensland Premier colts coach 2008/09
- Queensland Reds Junior Representative Coach

### **Vince Kelly**

#### **Academic Consultant**

- Provides input on all strength and conditioning programmes at the academy
- Holds an Honours degree in Exercise Physiology
- Undergraduate degree in Applied Science

- Previously held strength and conditioning roles with the Western Force, ARU, Auckland Rugby Union and Queensland Academy of Sport

## **David Infantie**

### **Academy Head Coach**

- Currently Head Coach of the University of Queensland Premier Colts
- 2008 Co-coach Easts Premier Colts (Grand Finalists)
- 2007 ? 2008 South Queensland Rugby Manager ? Queensland Rugby
- 2007 Assistant Coach North Queensland U19
- 2004 ? 2007 North Queensland Development Manager ? Queensland Rugby
- 2004 Australian Rugby Union Level 2 Accredited Coach

## **Adam Garred**

### **Strength and Conditioning Coach**

- Co-ordinates physical development programmes for all academy players
- Programmes focus on developing players speed, agility, strength and power
- Holds a masters degree in Exercise Science ? Strength and Conditioning
- Level 2 Strength and Conditioning Coach
- Has a Human Movement Studies Degree from the University of Queensland

## **Your pad**

Accommodation is key to the Sport Lived experience. You'll live in 4-star centrally located apartments. The academy is a 20 minute bus ride from your accommodation and with lots of bars, clubs, restaurants and shops close by there are plenty of places to work, rest or play!

### **At a glance:**

- 4-star fully furnished apartments
- Located close to transport and nightlife
- Shared with other Sport Lived participants

- Stress free as the price includes most bills

## **Home from home...**

Apartments are shared with other Sport Lived participants and include many mod cons. Each complex has a 24 hour reception and many have an in house swimming pool and gym. Apartments are fully furnished including a tv, linen, kitchen appliances, washing machines, etc. NB: Illustrative accommodation pictures.

## **Social life**

Regular social events are organised for players attending the academy. These include bush trips, days out at the beach and an end of programme dinner.

## **Through your rugby club...**

Rugby clubs enjoy an unrivalled reputation for their social activities! Pub crawls, fancy dress parties, BBQs and nights out at sporting events will ensure there's never a dull moment.

## **With Sport Lived...**

You'll live alongside other Sport Lived participants who are playing and coaching a wide variety of sports. This provides a ready made group of friends for you to get together with and explore life in your chosen Aussie city.

Your programme will begin with introductory drinks during the first week, co-ordinated by your mentor who will also organise monthly social events. These might include a day out at a seasonal event, a traditional Aussie barbie, pub golf, etc.

## **Tuition**

The expertise and experience of the Academy coaching team are world-class. Every member of the team brings a vast amount of knowledge and an individual approach to the coaching role. Each area of the game has a specific coach ensuring that players receive individually tailored tuition.

## **The tuition you'll receive**

Our coaching team will analyse and develop every area of your game. The programme adopts a 'holistic' approach in terms of complete player development, and combines proven best practice coaching principles, education programmes, monitoring and evaluation procedures.

The coaching at the academy will focus on:

## **Strength, power, speed, agility and endurance development**

The aim here is to transfer physical gains from gym work and training onto the field and to maximise injury prevention in collision and non-collision situations. They also include elements of 'prehabilitation' to address and manage any identified predisposition to injury.

## **Psychological skill development**

Over the course of the programme players are provided with mental toughness tools to help achieve goals. Techniques will help:

- develop confidence
- identify and establish optimised performance zones
- overcome negative thinking
- relaxation
- pre-game preparation, in-game focusing and post game review

## **Athlete education**

Regular seminars are provided to academy players during the course of the programme:

- psychological skills for rugby
- nutrition
- time management
- team building and culture development
- recovery
- injury prevention
- leadership development
- tactical and decision-making development

## **FAQs**

### **Do you have to be a really good rugby player to attend the academy?**

No. Players of all abilities can attend the rugby academy in Queensland where they'll receive quality coaching and play matches to improve their game.

### **Where is the Academy located?**

The academy is in the suburb of St Lucia which lies around 4km outside central Brisbane. It takes around 20 minutes to travel from the city to the academy on bus. There are regular buses between the city and St Lucia throughout the day, so it is easy to get to the academy on public transport.

### **How is the accommodation structured?**

All players on the programme share fully furnished apartments in Brisbane's central business district.

## **How many hours of training will players do each week?**

Players undertake 15 hours of training each week.

## **What times of the day are the training sessions held?**

Players train each day during the week in the morning and the evening.

## **Do players on the programme play matches for a club?**

Yes, all players on the programme train with a club during the week and play matches in Queensland's Premier Rugby Competition at the weekends.

## **Is there any support whilst I'm away?**

All staff at the academy are fully trained to deal with any sporting issues that arise during the placement. Pastoral support will be available from your Sport Lived mentor in Brisbane who will be on hand to deal with any issues.

## **Can I extend my programme after 12/8 weeks?**

Yes. If you'd like to do this please liaise with the Sport Lived staff in Brisbane.

## **Facilities**

All academy sessions take place at the University of Queensland. The university is just 15 minutes from the city centre and has some of the best sporting facilities in Australia.

### **At a glance:**

- 3 floodlight rugby pitches
- Gym and fitness centre
- Sports medicine facility
- 8 lane Olympic sized swimming pool
- Athletics track
- Seminar rooms

## **What to expect**

When you arrive at the academy a thorough assessment will be made of your strengths and weaknesses. This assessment provides the basis of your training programme at the academy. Performance objectives are set and continually reviewed as development progresses.

The academy has an in-house sports medicine facility which includes physiotherapy, massage therapists and sports physicians.

You'll have access to superb facilities to help improve all aspects of your game.

## Timetable

A typical weekly schedule on our 8 and 12 week programmes is shown below. On both programmes players undertake a combination of strength and conditioning, specific skill sessions, sports psychology and general rugby education seminars. In addition, participants also play matches with a club at the weekends and attend club practices during the week.

### A typical weekly schedule...

	Activity AM	Activity PM
Monday	<b>6am - 9am</b> Strength Development with Adam Garred Player Injury Assessment/ Triage Massage	<b>6pm - 7.30pm</b> Education Session Life skills Laws of the game Nutrition
Tuesday	<b>6am - 9.30am</b> Individual Player Review with Zane Hilton	<b>5.30pm - 8pm</b> Speed & Agility with Adam Garred Core Skill Development with David Enfantie Team Training with Club Recovery with Adam Garred
Wednesday	<b>9am- 12pm</b> Optional Gym Session	<b>3.30pm - 5pm</b> Strength Development
Thursday	<b>7am - 9am</b> Rehabilitation & Recovery with Adam Garred	<b>5.30pm - 8pm</b> Speed & Agility with Adam Garred Position Specific Skills with Zane Hilton Decision Making Practical with James Holbeck Team Training with Club
Friday	<b>9am - 11.30am</b> Optional Gym Session	<b>4.30pm - 5.30pm</b> Recovery with Adam Garred
Saturday	<b>9am -12pm</b> Club Match	<b>12.30pm - 7pm</b> Club Match
Sunday	<b>All Day</b> Rest & Recovery	

## **Matches**

Players on our academy programmes also join a rugby club in Brisbane . You'll attend mid-week training sessions and play matches at the weekends.

## **Personal development**

Playing for a local club enables participants to put academy coaching into practice in competitive fixtures. Playing and training with a club also enables you to integrate into the local community, meet new people and make new friends.

Most rugby clubs in Brisbane have 3-4 U19 teams and 4-6 senior mens' teams. A number of the rugby clubs we have affiliations with in Brisbane have Super 14 and international players. Having the opportunity to play and train alongside individuals is another great way to develop your game.