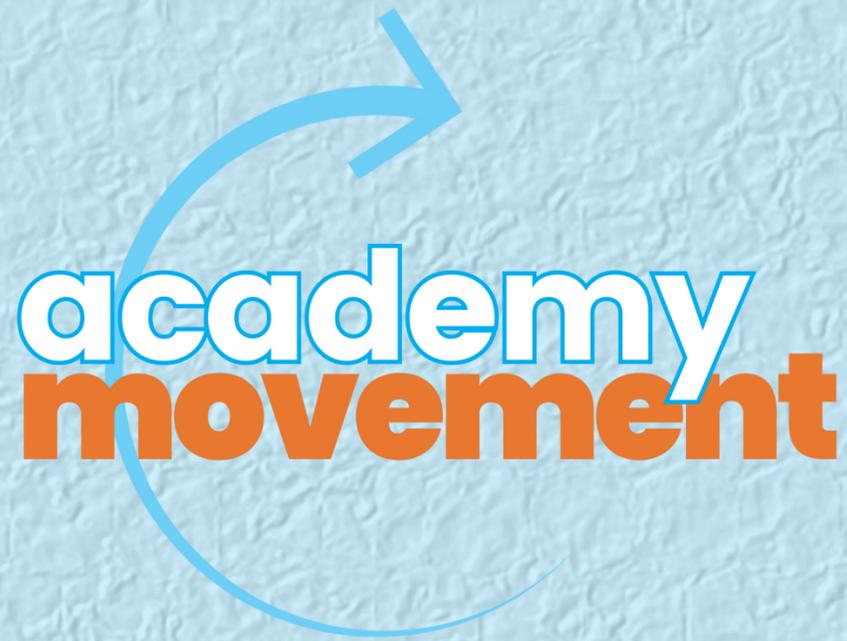




# Sunshine College Rugby Union Academy





# Who are we?

Academy Movement Inc are a not for profit organisation who provide education consultancy services to schools to establish high level Rugby Union academies. We are working with Sunshine College to establish and grow an exceptional Rugby Academy.

We are focussed on:

- Better student engagement in school
- Higher levels of academic success
- Building a winning and respectful culture at school
- Creating pathways to careers for students in the future
- Promoting and developing physically and mentally healthy youth



Jimmy Orange - Director  
and Founder

# Key Rugby Academy Staff



**Mr Tumai Edwards**  
Director of Rugby

- Level 3 Rugby Coach
- Former Australian U18's Youth Sevens Coach
- Former NZ Under 21's Player



**Ms Alex Clarke**  
Rugby Academy  
Teacher

- Expert PE Teacher

# Sunshine Rugby Academy Structure

## 2024

- Introduction of Year 9 and 10 Rugby Academy Classes
- Introduction of Year 7 and 8 afterschool Pre-Academy

## 2025

- Introduction of Year 11 Academy Class

## 2026

- Introduction of Year 12 Academy Class



# Training Sessions



## **Practical Rugby Sessions**

Rugby specific training sessions



## **Fitness Testing**

Multiple fitness and strength testing throughout the year



## **Tournament Preparation**

Students will be expected to take part in after school rugby sessions in preparation for upcoming tournaments you will compete in for the school

# Rugby Academy at Year 9

The Year 9 Rugby Union Academy class is the first year of the school Rugby Academy and will run for the full year (Semester 1 and Semester 2) in place of one of the elective subjects in each semester.

- High level Rugby Union training sessions facilitated by our new Rugby teacher
- Theory classroom lessons on topics relating to rugby and high-level sport.
- Four periods per week with three practical sessions and one theory session
- Smart Rugby coaching qualification
- Rugby refereeing qualification

# Year 9 Theory Classes

Students will complete one theory session in class per week

Examples of some of the units students will be completing throughout the year in the Year 9 Rugby Academy class

- Goal Setting and Health Habits
- Sports Nutrition
- Officiating
- Smart Rugby Coaching
- Fitness and Exercise Prescription
- Sports Psychology and Mindfulness

academy  
learner

# Rugby Academy at Year 10

The Year 10 Rugby Union Academy class is the second year of the school Rugby Academy (first for those in 2024) and will run for the full year (Semester 1 and Semester 2) in place of one of the elective subjects in each semester.

- High level Rugby Union training sessions facilitated by our new Rugby teacher
- Theory classroom lessons on topics relating to rugby and high-level sport
- First year of a three year Certificate III in Sport and Recreation
- First Aid Certificate Qualification
- Smart Rugby Coaching Qualification
- One level 3 VCE unit
- Four periods per week; three practical training sessions and one theory sessions

Teacher Notes: The strapper and patient should be classmates who feel comfortable working with each other strapping and being strapped. Take the time to brief the students on appropriate questions to ask when relating to touching and talking through their process and appropriate and professional behaviours.

The patient should be briefed on their injury and describe it to the student just as they would in a real-life scenario. The patient may have special requirements which should be disclosed to them prior to the assessment.

You may allow a student multiple attempts to re-sit the assessment, however, it is suggested to assess them on a body part they have not already been assessed on to ascertain whether they can be judged competent on their strapping and taping.

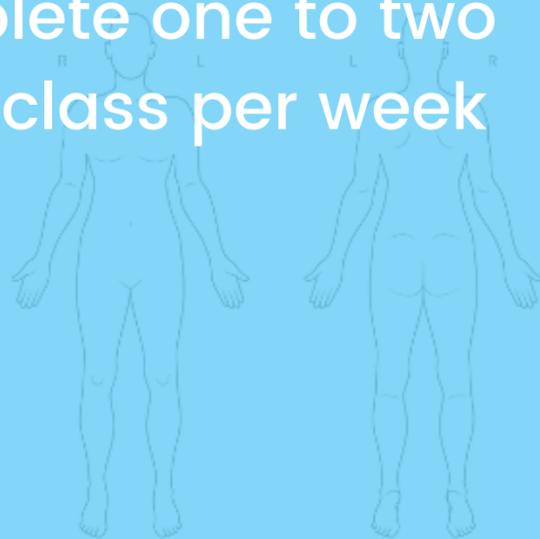
# Year 10 Theory Classes

## Strapping and Taping Physical Assessment

You will be assessed on your strapping and taping skills by strapping a specified body part assigned to you at the time of assessment. You will be required to ask the patient questions about their comfort levels and speak to them as you conduct the strapping. Remember to put the patient at ease and be conscious of the patient's needs.

Students will complete one to two theory sessions in class per week

- Shoulder (rotator cuff)
- Shoulder (whole shoulder)
- Elbow
- Thumb and Wrist
- Hamstrings
- Calf
- Knee (patella support)
- Knee (Y-strap patella support)
- Knee (rigid medial support)
- Ankle (rigid for support and stabilisation)
- Ankle (to stabilise, compress and reduce swelling)



# Examples of some of the units students will be completing throughout the year in the Year 10 Rugby Academy class

The Sunshine College Rugby Academy strives for academic excellence, as such the students in Year 10 will receive a VCE Unit 3 which supports a full VCE load in Year 11.

- Goal Setting and Health Habits
- Sports Strapping and Taping
- Smart Rugby Coaching
- Officiating
- First Aid
- Preparation for competition
- Sport injury prevention and management



# Pre-Academy

- Open to all Year 7 and 8 students looking to develop their rugby skills
- Improves their chances of making the school teams at the junior levels
- Students who commit to pre-academy trainings are looked upon favourably for selection to the Year 9 rugby academy the following school year
- Will run as an after school program in 2024



# Competitions and Excursions

As a member of the Sunshine College Rugby Academy, you will be expected to compete in all tournaments and games you are eligible to play in for the school.

**Please note we recommend ambulance cover for all our academy members**



**RUGBY  
VIC**

## Gala Days

Inter-school Rugby  
Sevens Gala Days

## Rebel Shield

Boys 15 and Girls 10  
aside school games

## Tours

Possibility of  
participating in  
**interstate** and  
**international** rugby  
tours in the future.

## Excursions

Students will get  
access to excursions to  
**AAMI Park** to see  
behind the scenes with  
the Melbourne Rebels

# Qualifications Year 9 – 12

## Smart Rugby Coaching Qualification and Level 1 Match Officiating

### Year 9

Smart Rugby is a coaching qualification allowing every student who completes it to coach junior rugby.

Level 1 match officiating is the minimum requirement to referee junior rugby union world-wide

## Certificate III Sport and Recreation

### Year 10 - 12

Students in Year 10, 11 and 12 classes will complete a Certificate III Sport and Recreation qualification which focusses on Rugby Union and creates a pathway into the Sports Industry in the future.

## Provide First Aid Certificate

### Year 10

Students in the Rugby Academy will gain a full First Aid qualification during Year 10.



RUGBY  
AU



# Expectations

Students who are accepted into the Rugby Academy must;

- maintain high standards of behaviour,
- have good levels of organisation
- contribute positively to the program
- play rugby for the school at every available chance and should be paying club rugby on weekends from 2025 onwards
- Encompass the schools' values and culture



**Sunshine College**

*Creating futures*





# Focus on student outcomes and improvement

We focus on high student standards which means monitoring effort and achievement across all aspects of school, not just Rugby.

## BAR data

- Behaviour
- Attitude
- Respect
- Attendance
- Lateness

## Positive data

- Positive compass chronicle entries relating to the school values
- Positive achievement across all aspects of school

# Monitoring Period

- Positions in the Rugby Academy are competitive and if a student isn't following our code of conduct or displaying "anchor" behaviours, it affects the whole academy negatively as well as them as an individual student.
- A student may be put of a performance review monitoring period at any time if they are not sticking to our high standards, to correct their behaviours, if they value their spot in the academy they will correct these behaviours, if not, their place in the academy will be given to a student who will.



# Uniform

As members of the Sunshine College Rugby Academy you will be given the privilege of wearing a special rugby uniform made by Puma.



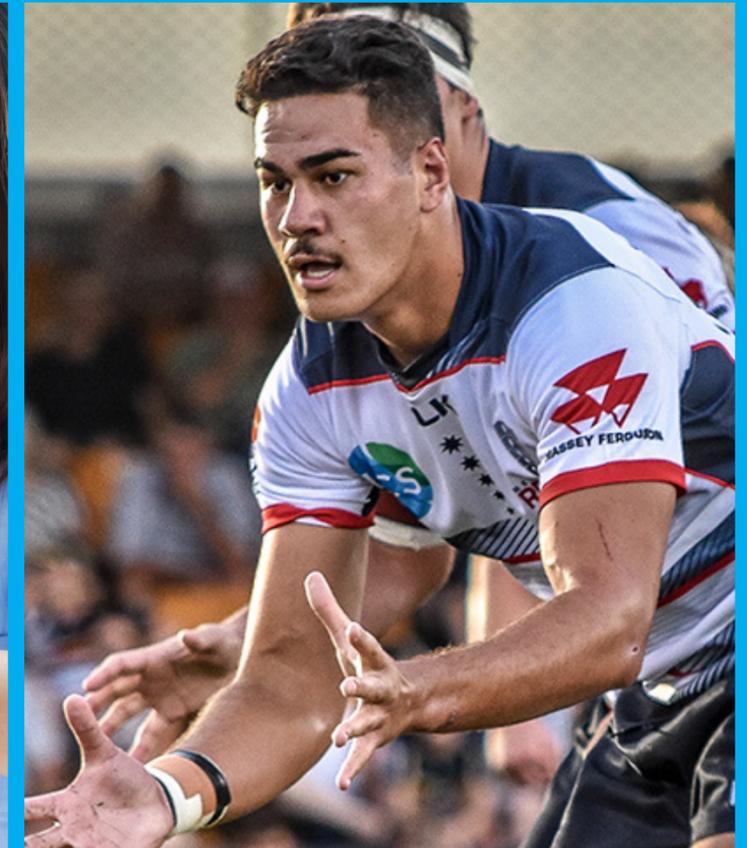
MELBOURNE  
**REBELS**



# Career Pathways

Apply for the Rugby Academy if you would like a career as any of the following:

- Professional Rugby Player
- Professional Sports Coach
- Strength and Conditioning Coach
- Fitness industry e.g., personal trainer, sports centre manager
- Educator/teacher
- Sports Psychologist
- Sports Management
- Sports and Exercise Science
- Police Force
- Dietitian/Nutritionist
- Physiotherapist



# Application Process

All students applying for this selective subject must complete an application form:

- Microsoft Form document will be found on compass as well as the school website
- Applicant must have a coach reference uploaded to complete the form (a PE teacher can be used for those that don't have a coach)

**Applications open June 14th and close on July 16th 2023.**

academy movement | Sunshine College | REBELS | RUGBY VIC

## Sunshine Secondary College Rugby Academy Application Form 2024

Please treat this form like you are applying for a job, go into as much detail as you can and take the time to sell yourself as someone who can positively contribute to our academy.

Hi, Jimmy. When you submit this form, the owner will see your name and email address.

\* Required

1. First Name \*

2. Last Name \*

3. What year will you be in at the start of 2023? \*

Year 9

Year 10

# Course Costs

Year Level	Initial Year	Subsequent Year(s)
9	\$275.00	Not Applicable
10	\$325.00	\$100
11	\$350.00	\$150
12	\$350.00	\$50

Includes all course related costs:

- Rugby Uniform
- d3 Strapping Tape (Year 10)
- d3 Mouthguard
- Course Materials
- Qualifications

## Rugby Scholarship Opportunities

Members of the academy that make any Victorian State Rugby Union team (Rugby Vic/Rebels) for 15 aside or Sevens may be eligible to apply for a school rugby scholarship.

Students must maintain a passing grade in all subjects leading into a VCE study pathway into Year 11 and 12.

Scholarship will cover Rugby Academy related costs for each year they are eligible.



## Scholarship Program



## Scholarship Outline

- AM will provide a scholarship for the successful applicant covering the Academy fees and related costs up to the value of \$500 per school year that they are successful in obtaining the scholarship
- AM will provide personalised mentoring from industry leaders and guidance towards success in the applicant's chosen career pathway

## Eligibility and Expectations

The successful applicant must:

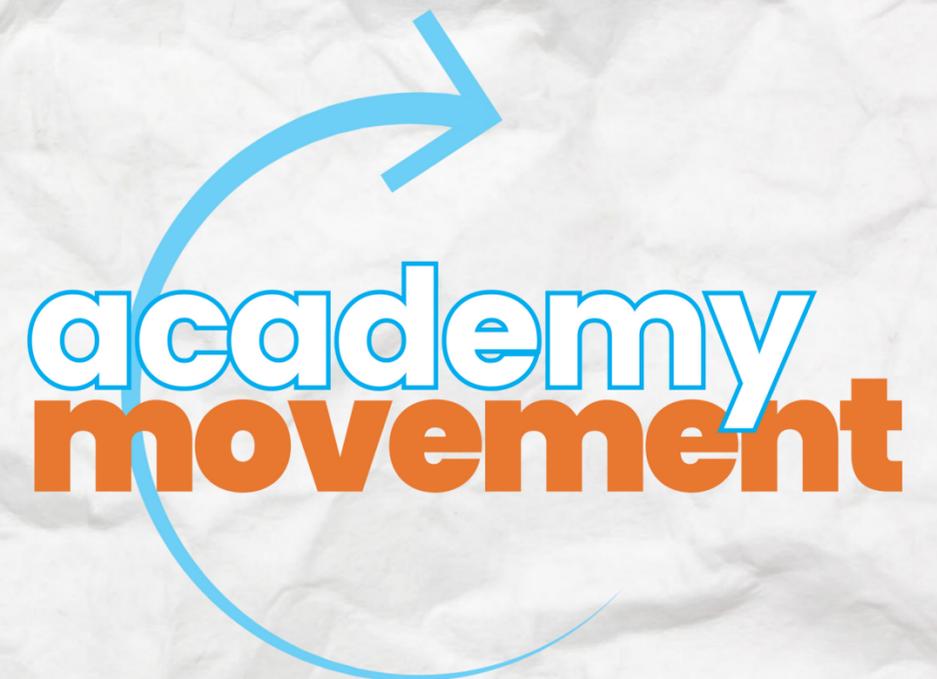
- be in Year 9 or 10 at the start of the school year
- be playing the club rugby
- be academically, and career driven
- have a perfect school attendance record
- have a good school behaviour record
- show leadership qualities
- be driven to be the best version of themselves



# Any Questions?



**RUGBY  
VIC**



# Get your application started now!

## Applications Close July 16th

'you must give your referee plenty of time to write you a reference'



**RUGBY  
VIC**

