



RUGBY
AU

**Sunshine
College**

**Rugby
Academy
&
Elite Sports
Academy**



RUGBY
AU

2027



Rugby
Academy



2027



Elite Sports
Academy

About Academy Movement



Jimmy Orange – Director
and Founder

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

We are focused 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

About Academy Movement

Today, Academy Movement supports 24 academies across 15 schools, with programs running from Year 7 through to Year 12, and pathways into VET, tertiary study, and the sports industry.



Sunshine College



St Francis
CATHOLIC COLLEGE
ELITE SPORTS ACADEMY



WALCOM NGARRWA
SECONDARY COLLEGE



MELTON
SECONDARY
COLLEGE



NARRE WARREN
SOUTH
P-12 COLLEGE



MERENDA CENTRAL
COLLEGE



EDGARS CREEK
Secondary College



Manor Lakes
College



Glenroy
College



Laverton College
P-12



Alkira
Secondary College



Mickleham
SECONDARY COLLEGE



LARA
Secondary College



About Academy Movement



We have successful partnerships with **Rugby Australia, Cricket Victoria, Basketball Victoria** and **AFL Victoria** and are working with schools in the west, north, east and regional areas, and across multiple sports.

Our focus

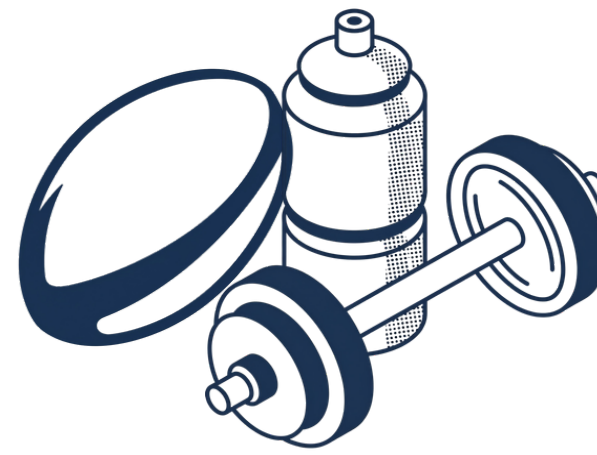


Our focus is not just sport — it's combining sport and school programs to help improve:

- student engagement
- academic success
- behaviour and culture
- and long-term career pathways

We believe great programs create great people — disciplined students, respectful teammates, and motivated learners.

Training Sessions & Development



Practical Sports Sessions

Rugby & Sport 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 sport sessions in preparation for upcoming tournaments you will compete in for the school



Talent ID

Direct talent ID with Rugby Australia

Rugby Academy



Elite Sports Academy

2027

Yr 9 – One **Rugby** class

Yr 10 – One **Rugby** class

Yr 11 – One **Rugby** class

Yr 12 – One **Rugby** class

2027

Yr 9 – One **Elite Sports** class

Yr 10 – One **Elite Sports** class

2028

Yr 11 – **Elite Sports** class

2029

Yr 12 – **Elite Sports** class

Year 9

Rugby Academy & Elite Sports Academy

The Year 9 **Rugby & Elite Sports Academy** classes will run for the full year (Semester 1 and Semester 2) in place of one elective subjects in each semester.

- High level sports training sessions facilitated by our teaching staff
- Theory classroom lessons with accelerated Sports Science, Fitness Industry and careers in sport content under a Rugby & Elite Sports performance context.
- **Four** periods per week with two practical sessions and two theory sessions
- Fundamental sports skills development and conditioning training
- Strapping & taping unit



Year 9 Theory Classes

Students will complete theory sessions in class each week

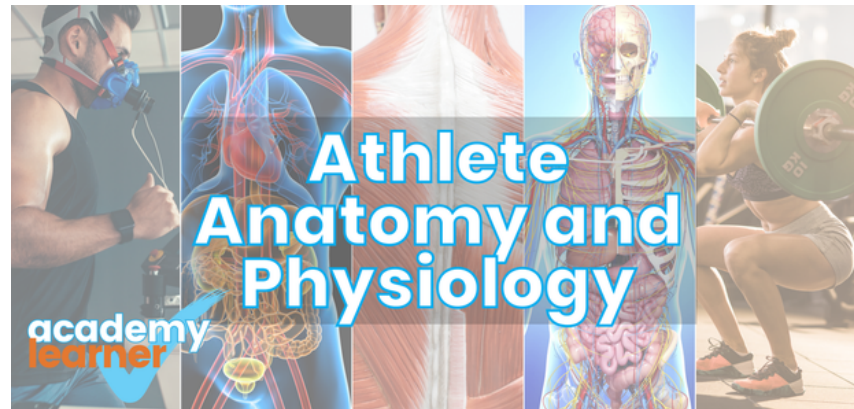
Example Learning units

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

Tailored program with selected units through Academy Learner



Possible Theory Units



Year 10

Rugby Academy & Elite Sports Academy

The Year 10 **Rugby & Elite Sports Academy** classes will run for the full year (Semester 1 and Semester 2) in place of one elective subjects in each semester.

- High level sports training sessions facilitated by our teaching staff
- Theory classroom lessons with accelerated Sports Science, Fitness Industry and careers in sport content under a Rugby & Elite Sports performance context.
- **Four** periods per week with two practical sessions and two theory sessions
- Fundamental sports skills development and conditioning training
- Strapping & taping unit

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 skills.

Year 10

Strapping and Taping Physical Assessment

Theory Classes

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

Body parts you may be assessed on:

Shoulder (rotator cuff)

Shoulder (whole shoulder)

Elbow

Thumb and Wrist

Hamstrings

Calf

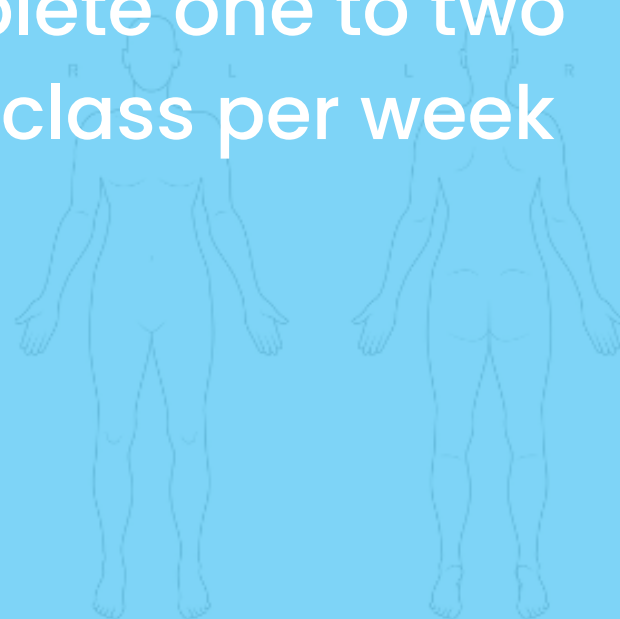
Knee (patella support)

Knee (Y-strap patella support)

Knee (rigid medial support)

Ankle (rigid for support and stabilisation)

Ankle (to stabilise, compress and reduce swelling)



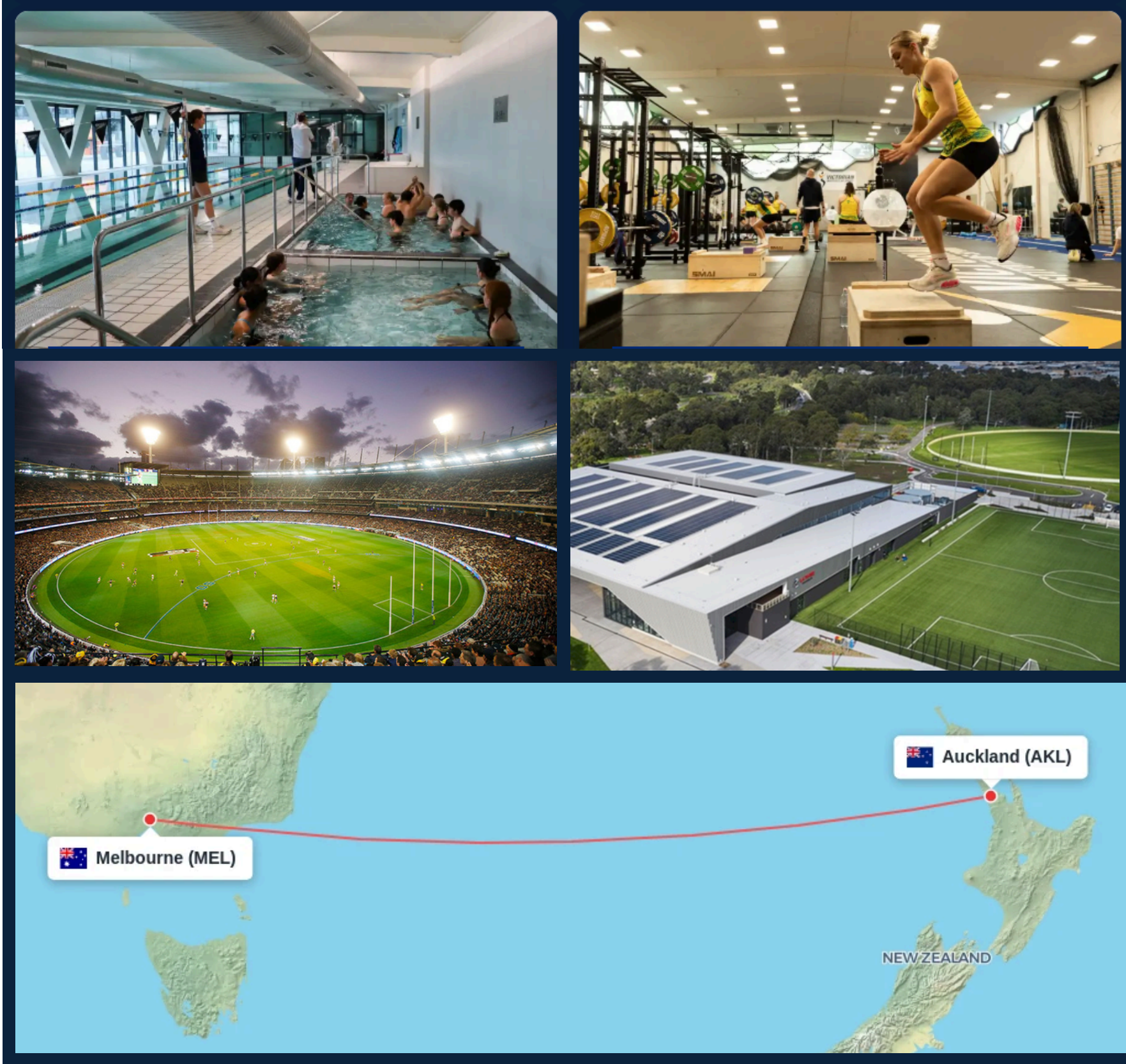
Example Learning units

- Goal Setting and Health Habits
- Sports Psychology and Mindfulness
- Officiating
- Strapping and Taping
- Athlete Anatomy and Physiology

Tailored program with selected units through Academy Learner



Competitions, Excursions and Tours



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

You'll also get the chance to tour elite, high performance facilities.

Long term, the academy teams may have the chance to tour interstate and internationally with a **possible tour of NZ for the Rugby Academy**

New school facilities – Gym

COMING SOON

Joining the **Elite Sports Academy** and **Rugby Academy** gives students access to the new school gym facility, high-quality training and opportunities to develop their skills, fitness, confidence and performance.

Students can train in a supportive environment while preparing for competitions and building strong pathways for their sporting future.



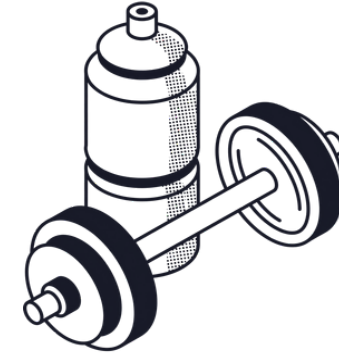
What academy do I select?

Rugby Academy



Select the Rugby Academy if you....

- Want rugby-specific coaching and development
- Are passionate about playing and improving your rugby skills
- Want to build position-specific skills, fitness and game awareness
- Enjoy competing in rugby matches, competitions and tours
- Would like to develop leadership, teamwork and resilience through rugby
- Are interested in future pathways in rugby, including playing, coaching or officiating



Elite Sports Academy

Select the Elite Sports Academy if you....

- Want to explore a range of sports, not just rugby
- Enjoy varied sport-specific training sessions
- Want to develop skills across multiple sporting disciplines
- Are interested in broader pathways as an athlete, coach or sports professional
- Want training that supports fitness, performance and overall athletic development
- Enjoy competitions, excursions and tours across different sports

Rugby Academy

Elite Sports Academy



Career Pathways

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

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



Expectations

Any member of the Sunshine College **Rugby & Elite Sports Academy** are expected to sign and abide by an **Academy Code of Conduct** and Ethics that includes:

- Respectful behaviour at all times at school and in public
- Acceptable attendance
- Submission of all school tasks in a timely manner and best effort in all subjects
- High level of organisation in class and at training
- Representing the school in a way that aligns with the values of Sunshine College.



- GROWTH
- LEARNING
- RELATIONSHIPS
- WELLBEING

Applications

Students wishing to be a member of either academy will be required to select the **Rugby or Elite Sports Academy** as a first choice for your electives, then complete an application form via JotForm. This will require the applicant to address how they embody the school values and provide a character and coach's reference as well as their most recent academic report

Selection is about attitude, commitment, and potential — not just talent.

**Applications open NOW
and close on Friday 9th October 2026.**





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

[Academy Movement - Reach Scholarship Application Link](#)



Eligibility and Expectations

The successful applicant must:

- be in Year 9, 10 or 11 at the start of the school year
- be playing the club sport
- 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



**Questions?
See Allyssa or
Mr Nggyuen**