



# Sunshine College

*Creating futures*

## Rugby Academy 2025

academy  
movement

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AU

# School-based Rugby Union Academy in 2025

- After a successful initial Year in 2024, the Sunshine College Rugby Academy will be expanding to Year 11
- 2025 will see Year 9, 10 and 11 Rugby Academy classes at the school
- It will also see the continuation of the Year 7 and 8 after-school pre-academy training.



# 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 the elective subjects in each semester.

- High level Rugby Union training sessions facilitated by our Rugby teaching staff
- 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

# Rugby Academy at Year 10

The Year 10 Rugby Union Academy class is the second 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.

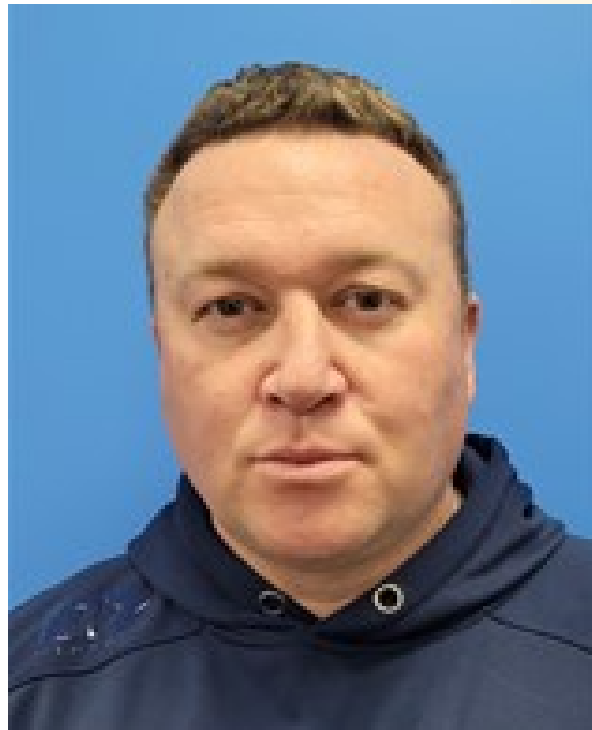
- High level Rugby Union training sessions facilitated by our Rugby teaching staff
- Theory classroom lessons on topics relating to rugby and high-level sport
- First year of a three year Certificate III in Sport and Recreation
- First Aid Certificate Qualification
- Smart Rugby Coaching Qualification
- One level 1 VCE unit
- Four periods per week; two practical training sessions and two theory sessions

# Rugby Academy at Year 11

The Year 11 Rugby Union Academy class is the third year of the school Rugby Academy and will run for the full year (Semester 1 and Semester 2).

- High level Rugby Union training sessions facilitated by our Rugby teaching staff
- Theory classroom lessons on topics relating to rugby and high-level sport
- Second year of a three year Certificate III in Sport and Recreation
- First Aid Certificate Qualification (if not completed in Year 10)
- VCE Units 1 and 2
- Four periods per week; three practical training sessions and one theory sessions

# 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 Beth Cregan**  
Rugby Teacher

- Level 3 Rugby Coach
- 20 Years playing experience at the top level in Ireland for Ulster



**Ms Allyssa Lolesio-Pua**  
Rugby Education Support staff

- Level 1 Rugby Coach
- Former Super W player for Rebels Women
- Youth State Girls Head Coach
- Victoria Samoa Coach
- Footscray Bulldogs RUFC Women's Head Coach



# 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

# 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

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**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

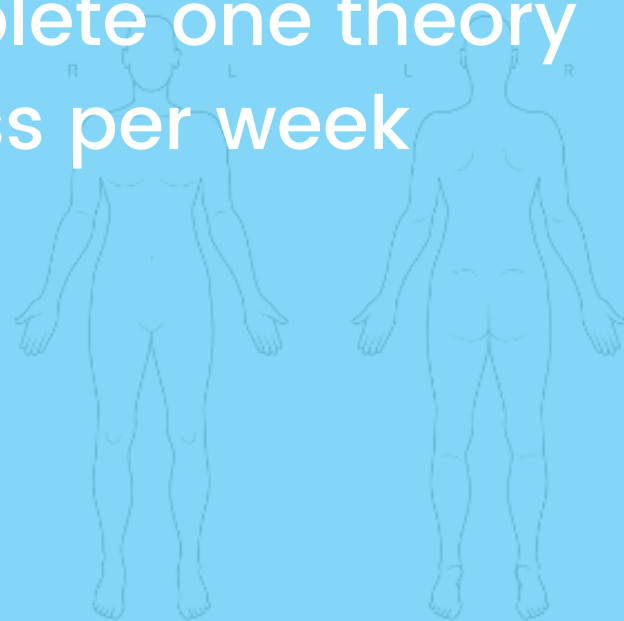
## Strapping and Taping Physical Assessment

# Theory Classes

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 not be too forceful, be professional and be conscious of the patient's needs.

Students will complete one theory session 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)



# 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



# Year 11 Theory Classes

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

Examples of some of the units students will be completing throughout the year in the Year 11 Rugby Academy class

The Sunshine College Rugby Academy strives for academic excellence, as such the students in Year 11 will receive a VCE Unit 1 and 2 if undertaking the academic VCE pathway. This VET certification also complements the VCE VM pathway.

- Participate in workplace health and safety
- Maintain sport, fitness and recreation industry knowledge
- Provide first aid (if not completed in Year 10)
- Provide Cardiopulmonary Resuscitation (if not completed in Year 10)
- Respond to emergency situations (if not completed in Year 10)
- Provide quality service
- Respond to interpersonal conflict
- Organise personal work priorities
- Continuously improve officiating skills and knowledge

# Accreditations 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

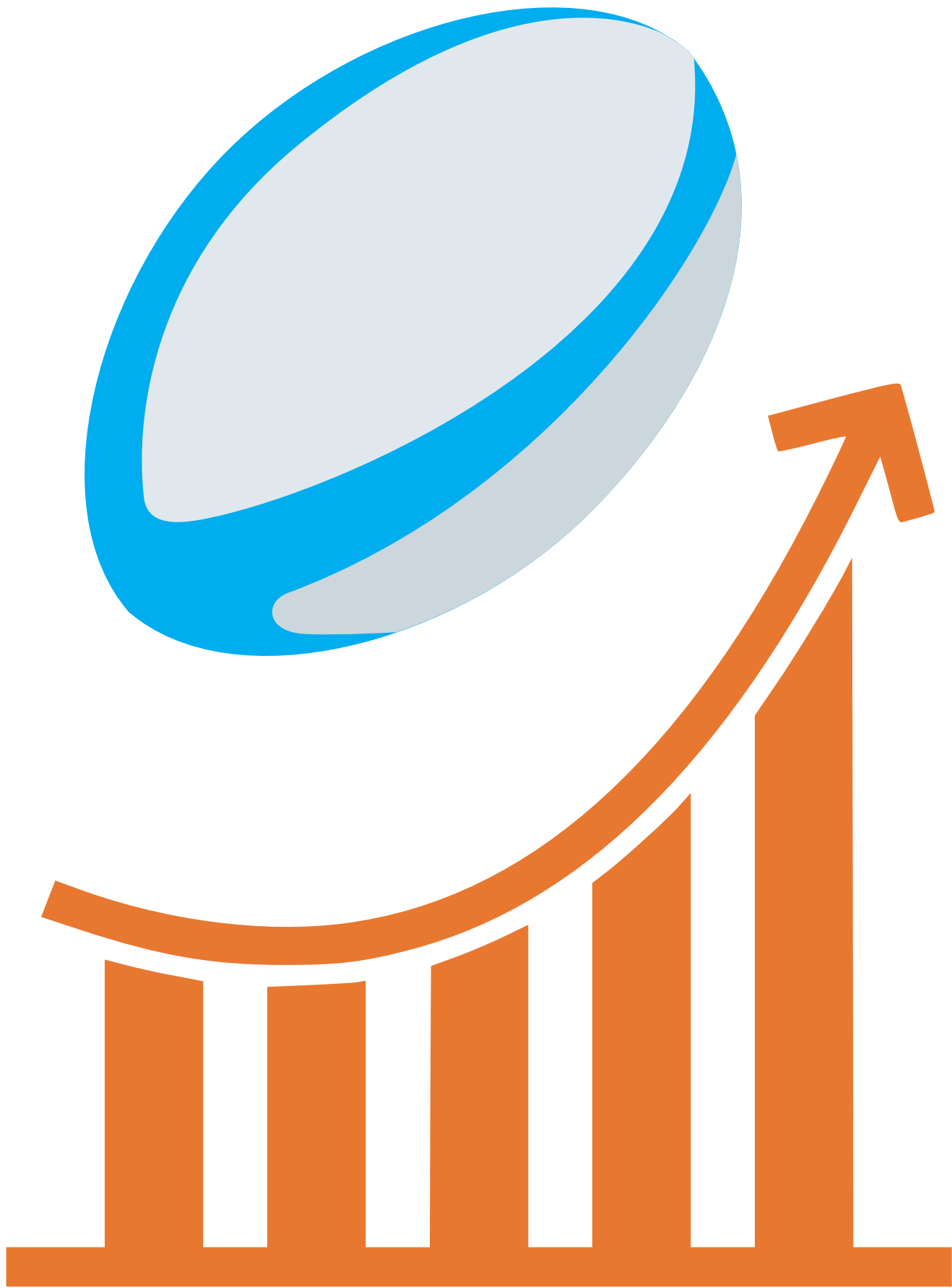
### Year 10

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



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# 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.



# 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**

## Gala Days

Inter-school Rugby  
Sevens Gala Days

## 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  
see high performance  
sport behind the  
scenes

# Pre-Academy training sessions

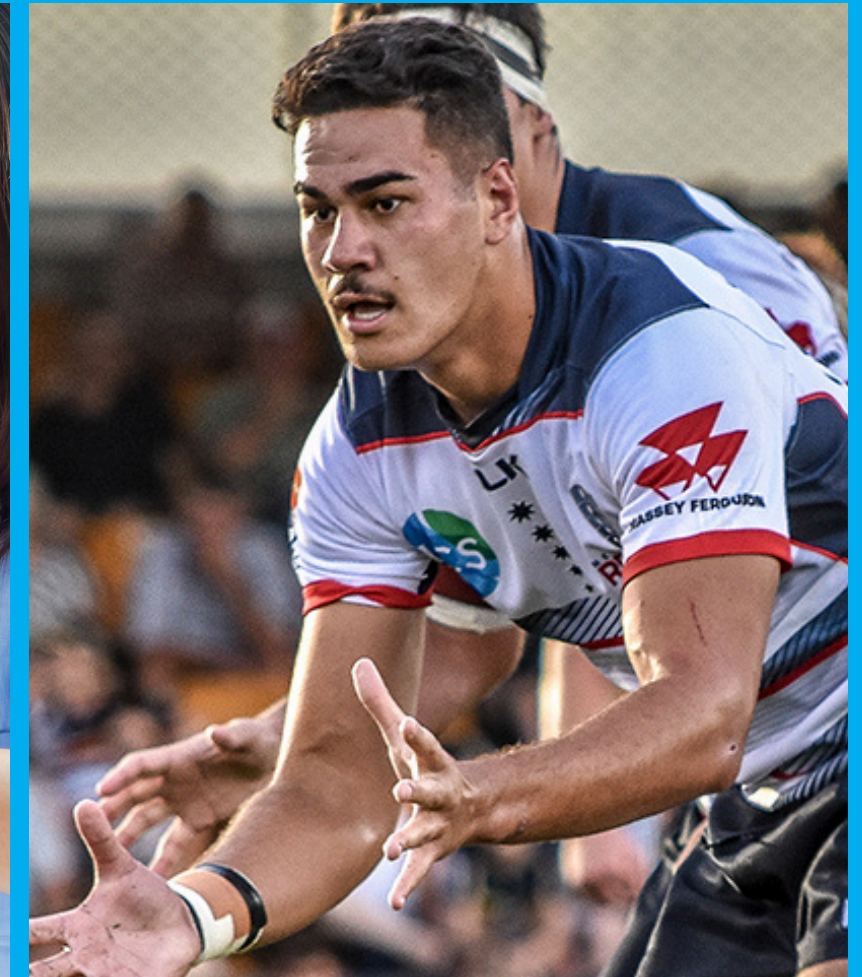
- Open to all Year 7 and 8 students looking to develop their rugby skills
- Improves their chances of making the school teams at the junior levels
- Students who commit to pre-academy trainings are looked upon favourably for selection to the Year 8 or 9 rugby academy the following school year
- Will run as an after school program in 2025



# 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





# Uniform

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

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Rugby Jacket



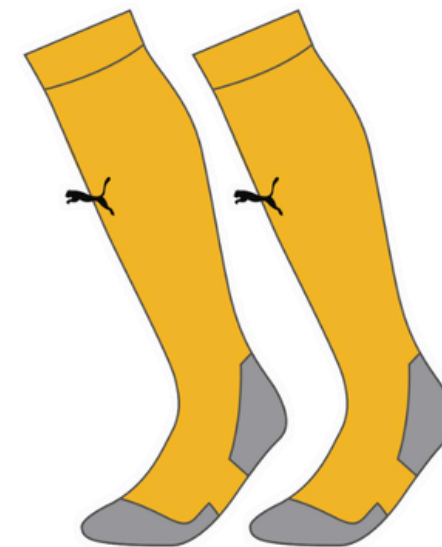
Track Pants



Training Tee



Playing Shorts



Playing Socks



Staff Polo



Gym Singlet (Year 11 and 12)



Playing Jersey

# Course Costs

Year Level	Initial Year Fee	Subsequent year fee
9	\$400	
10	\$450	
11	\$450	



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) for 15 a side 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.

# 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 August 15th and close on September 15th 2024.**

academy movement

Sunshine College

## Sunshine Secondary College Rugby Academy Application Form 2025

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 \*

Enter your answer

2. Last Name \*

Enter your answer

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

Year 9

Year 10



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# Questions?

