



Rugby Canada Development Academy

Information Overview

The Rugby Canada Development Academy (RCDA) is a high-performance program focused on the development of aspiring National Women's 7's players. Our targeted demographic is young women between the ages of 15- 20 years of age. We aspire to provide an environment in which the demands of high-performance sport and education are blended to enable success within both endeavours. We are located in Langford British Columbia and complete sport sessions at the Al Charron National Training Centre and Westhills Stadium, both of which are encompassed as part of Rugby Canada's Centre of Excellence. The Academy is partnered with Belmont Senior Secondary High School to provide integration of scholastic and athletic pursuits (Visit their website: <http://belmont.web.sd62.bc.ca/>) We also have a strong relationship with the University of Victoria.

PROGRAM PURPOSE

Facilitate the Development of Future Olympians and National Team Athletes.

MISSION STATEMENT

The RCDA exists to provide an environment that supports women's High School rugby players and those athletes recently graduated from high school in achieving their aspirations of competing for the National Senior Women's teams, and winning gold medals at the Olympic Games. We believe that we give athletes the best opportunity to achieve these goals when we work ethically and with integrity to develop the holistic student athlete.

KEY PROGRAM PRINCIPLES:

Growth Mindset

Consistent application of physical and mental resources is required to achieve desired growth in skills, abilities, and character. This adaptation occurs when an internal or external pressure forces the individual to respond. There will be times in which perseverance is required to overcome adversity. A commitment to this process will lead to success and a developed resiliency for future challenges.

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Personal Accountability

Personal accountability for how we manage ourselves and interact with others is necessary in order to achieve national team success. Self-management of behaviors including punctuality, attitude, and preparation are required to create a foundation upon which learning can occur. The communication and interaction we have with others must be inclusive, and respectful in order to facilitate team success.

Community

We require support from multiple networks to achieve our goals. Maintaining positive and mutually beneficial relationships with schools, families, and local communities are necessary to attain our rugby aspirations. Giving back to these communities in meaningful ways is important to grow these partnerships, develop holistic student-athletes, and represent Rugby Canada.

DAILY SCHEDULE

The Rugby Canada Development Academy follows a schedule in which students will begin the day at Rugby Canada with Morning Wellness & RPE- (Rating Perceived exertion) Assessments. Each athlete is responsible for completing a pre and post training daily report.

Following their training schedule athletes will be involved in:

- Rugby specific training: skills, scrimmage, speed, weights, combat, mobility
- IGNITE Athlete Development Program
- Independent Study Block
- English 11/12
- Sport Performance Seminars, covering a range of topics: Leadership, Nutrition, Time Management, Mental Performance, Communication, Conflict Resolution, Recovery, Video Analysis, Team Building, Post-secondary planning

Athletic Credits

For student athletes in high school, attending classes in the afternoon allows for taking academic classes covering core graduation requirements. Within RCDA operations academic credits are awarded for involvement in sport specific training at the Center of Excellence (Individual Sports Training 10/11/12, Human Sport Performance 10/11/12, Physical Education 10/11/12, Cross Training (IGNITE) 10/11/12)

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Example Schedule

2019-2020 WEEKLY SCHEDULE

****Please note this schedule is not set in stone but it's a very good outline of what to expect.****

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:45	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in
7:45-8:00					
8:00-8:15	On Field	Speed/On Field	Mobility	Speed/On Field	On Field
8:15-8:30					
8:30-8:45			BREAK		
8:45-9:00					
9:00-9:15	BREAK		Seminar		
9:15-9:30	Weights	BREAK		BREAK	BREAK
9:30-9:45					
9:45-10:00					
10:00-10:15		Weights		BREAK	Weights
10:15-10:30					
10:30-10:45	Study				
10:45-11:00		BREAK		BREAK	
11:00-11:15		Combat	English	Video	
11:15-11:30					
11:30-11:45				LUNCH	
11:45-12:00	LUNCH	LUNCH	LUNCH		

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:45	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in	Prep/Med Check in
7:45-8:00					
8:00-8:15	Weights	Speed/On Field	Mobility	Weights	On Field
8:15-8:30					
8:30-8:45			BREAK		
8:45-9:00					
9:00-9:15					
9:15-9:30	Study	BREAK		BREAK	BREAK
9:30-9:45		Weights	Seminar	Video	Study
9:45-10:00					
10:00-10:15				BREAK	
10:15-10:30				BREAK	
10:30-10:45	On Field				
10:45-11:00		BREAK	On Field/Speed		
11:00-11:15		Combat			
11:15-11:30					
11:30-11:45					
11:45-12:00	LUNCH	LUNCH		LUNCH	

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Player Assessments & Feedback

Academy players will regularly receive individual performance feedback to enhance personal growth and development. In addition to the informal feedback that will be provided by coaching staff on a regular basis within the daily training environment, athletes will be given quarterly comprehensive athletic reviews. Quarterly assessments incorporate objective and subjective monitoring in order to track player development and performance across short- and long-term time frames.

Objective: Data driven performance metrics based on Gold Medal Profile performance metrics as well as national team standards. This feedback will ensure that performance gaps are being addressed and that the player is meeting the expected outcomes of the Rugby Academy program. Examples of these objective measures are sprint times, fitness levels, and strength scores.

Subjective: Observation and reflection from coaching staff in relation to key performance indicators. This feedback will ensure that performance gaps are being addressed and that the player is meeting the expected outcomes of the Rugby Academy program. Examples of these subjective measures are technical and tactical rugby understanding and ability, approach to training, and coach-ability.

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The Al Charron Rugby Canada National Training Centre



The Al Charron Rugby Canada National Training Centre has been designed to create the best daily training environment possible, centralizing all the necessary aspects of high-performance training. The centre features a state of the art gymnasium featuring elite strength and conditioning equipment, onsite therapy and

treatment rooms, hydrotherapy pools, locker rooms, meeting rooms set up for video analysis, kitchen and dining lounge, and three double occupancy bedroom studio units. The Centre is located adjacent to Westhills Stadium, further complementing the enhanced resources available to Rugby Canada's national teams. To build on the legacy of rugby in Canada, the facility will also feature the Rugby Canada Hall of Fame and Museum.

VIDEOS:

- <https://youtu.be/8ollcro8sys>
- <https://youtu.be/n2rtj35wNIE>

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Medical/Therapy

Medical support is provided to Academy athletes on a case by case basis. Our therapy team provides daily check – ins with athletes to assess any new or existing injuries and provide exercise modifications and additions as necessary. For any injuries that require further treatment, therapy is provided after sport and school hours. Injured athletes are expected to attend all sport sessions and participate in rehabilitation exercises and observe training unless restricted from doing so due to the nature of their injury.

Homestay

Athletes attending the RCDA from outside the Victoria region have the option to organize their own homestay/billet opportunities or can apply with our partner program: The Canada Homestay Network (CHN). Basic information regarding CHN can be viewed on their website: <http://canadahomestaynetwork.ca/rugby-canada/>

Those athletes wishing to NOT participate in the homestay placement through the CHN will be responsible for making their own accommodation, meals and transportation arrangements, and all the associated costs for these arrangements. Please note- Rugby Canada will not have any involvement in the creation, monitoring, payment or supervising of these independent arrangement

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WHAT ARE THE COSTS OF PARTICIPATING IN THE DEVELOPMENT ACADEMY?

- There is no cost to academy members from within B.C. who are living at home.
- RCDA branded basic training and competition kit will be provided free of charge.
- Out-of-province academy members attending high school will have out-of-province school district fees (\$5000/year);
- Accommodation, transportation, event fees and some meals are covered during tournaments.
- Those choosing to participate in the CHN homestay program will have fees independent of Rugby Canada.

Who is a good fit for the RCDA program?

Athletes who are self-motivated and driven to achieve excellence both on and off the field will be best suited for this program. The RCDA program is very demanding both physically and mentally, as the athletes will be challenged in many new and different ways. Athletes must have a growth mindset, and be able to conduct themselves professionally and positively in a close knit team environment.

Living away from home without daily contact and guidance from parents, guardians and regular support networks can be challenging as well. Athletes who are independent and responsible under limited supervision are the best candidates for the RCDA. The RCDA will support athletes through a period of intense growth designed to prepare the athletes for integration into the national senior program. The athletes best suited for the RCDA program will be those who most closely and genuinely align with the program goals. Athletes are encouraged to apply to the RCDA when they feel they can meet the physical, mental, and behavioural expectations of the program. Intakes for the RCDA are done annually.

How to Apply

Athletes interested in applying for the RCDA 2020-21 year must complete the online application by **March 13th 2020**. Applications will be accepted after March 13th, pending available space.

APPLICATION LINK: <https://forms.gle/GEs7t7jQ1qeQ3LpT9>

For more program information please contact:

Kristy Martin Hale, kmartinhale@rugby.ca

Coordinator, Women's High Performance

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