



Rugby Canada Maple Leaf Academy Information Overview

The Rugby Canada Maple Leaf Academy 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 18- 22 years of age. We aspire to provide an environment in which the demands of high-performance sport are explored and supported to enable success within ones 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.

PROGRAM PURPOSE

Facilitate the Development of Future Olympians and National Team Athletes.

MISSION STATEMENT

The Maple Leaf Academy exists to provide an environment that supports women's rugby players 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.

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.

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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.

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DAILY SCHEDULE

The Maple Leaf 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
- 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

Example Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Maple Leafs	Maple Leaf	Maple Leaf	Maple Leafs	Maple Leaf		
7:00	Wellness: 7:00am		Wellness: 7:00am	Wellness: 7:00am		Possible scrimmages or tournament games. Refer to yearly calendar for tentative dates	OFF
7:15							
7:30			Mobility/Prehab				
7:45							
8:00		Wellness: 8:00am			Wellness: 8:00am		
8:15	Taping/Med Check		Weights	Taping/Med Check			
8:30							
8:45	Speed						
9:00							
9:15							
9:30		Taping/Med Check			Taping/Med Check		
9:45	Skills/Video						
10:00							
10:15							
10:30							
10:45	Snack	Skills (Off Site)		Snack	Skills (Off Site)		
11:00	Weights			Weights			
11:15							
11:30							

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11:45							
12:00							
12:15							
12:30	Lunch	Lunch		Lunch	Lunch		
12:45							

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.



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 the nature of their injury.

Accommodation

Athletes attending the Maple Leaf Academy from outside the Victoria region are responsible for coordinating their own accommodation and transportation arrangements. *Please note- Rugby Canada will not have any involvement in the creation, monitoring, payment or supervising of these independent arrangement.*

WHAT ARE THE COSTS OF PARTICIPATING IN THE MAPLE LEAF ACADEMY?

- There are no set fees for participation in the Maple Leaf Academy
- Rugby Canada branded basic training and competition kit will be provided free of charge.
- Accommodation, transportation, event fees and some meals are covered during tournaments.
- Occasionally Team Building Activities are organized that many require a financial contribution from team members.

Who is a good fit for the Maple Leaf Academy 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 Maple Leaf 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 Academy. Program staff 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 Maple Leaf Academy program will be those who most closely and genuinely align with the program goals. Athletes are encouraged to apply to the Maple Leaf Academy

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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 2021-22 year must complete the online application by **April 7th 2021**. Applications will be accepted after April 7th , pending available space.

APPLICATION LINK: <https://forms.gle/D5kYk1JnywVee1vg8>

For more program information please contact:

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