

# 2018-19 Overview





# Purpose and Goals

- **Purpose:** To provide offseason development for potential provincial level athletes through integrated Core Skill Development and Strength and Conditioning Programs. Programs will be lead by Provincial Coaches and Elite S&C experts.
- **Goal:** To increase the number of “potential” provincial level players across Ontario and thus improve the level of Grass Roots Rugby.
- **Coach Development:** By running the “Program” regionally, this will allow local club and high school coaches to observe/engage with our provincial coaches. The “Best Practices” of our provincial program can be used to help improve the level of all programs.
- **Identification and Preparation:** The November to April window will allow our provincial coaches to identify and train “the best of the best”, allowing the athletes to work hard at improving their core skills and physical capabilities for the upcoming high school and representative seasons.

# Overview



- This year the Rugby Ontario High Performance Academy has expanded to three regional sites across the province.
- High Performance centres located at the University of Guelph, Whitby Dome and University of Ottawa, will enable our provincial athletes to train in world class facilities, without having to commute several hours to do so.
- The 5 Core Skill Sessions (4 hours each in duration) will be held regionally at each of these locations.
- The 3 Combine/Position Specific Skill/Technical S&C Training sessions will be held exclusively at the Whitby dome (6 hours each). All of the best athletes in the province will come together to be tested and trained.

# Regional Breakdown

## West/Guelph

- Barrie
- Brantford
- Bruce County
- Burlington
- Crusaders
- Fergus
- Guelph
- Hamilton
- Kent
- London
- Mississauga
- Niagara
- Norfolk
- Sarnia
- Stratford
- Vaughan
- Waterloo

## Central/Whitby

- Ajax
- Aurora
- Balmy Beach
- Belleville
- Brock
- Cobourg
- Lindsay
- Markham
- Oshawa
- Peterborough
- Toronto Buccaneers
- Toronto Dragons
- Toronto Nomads
- Toronto Saracens
- Toronto Scottish

## East/Ottawa

- Barrhaven Scottish
- Bytown Blues
- Kingston
- Ottawa Beavers
- Ottawa Irish
- Ottawa Ospreys

# Calendar



**Centralized Combines Whitby Dome 10 am to 4 pm**

**Boys: November 17<sup>th</sup>, January 19<sup>th</sup>, March 23<sup>rd</sup>**

**Girls: November 24<sup>th</sup>, January 26<sup>th</sup>, March 30<sup>th</sup>**

**West Academy  
University of Guelph**



- December 8<sup>th</sup> – 12:30-4:30
- January 12<sup>th</sup> – 2:00-6:00
- February 2<sup>nd</sup> – 10:00-2:00
- February 23<sup>rd</sup> – 10:00-2:00
- March 16<sup>th</sup> – 10:00-2:00

**Central Academy  
Whitby Dome**



- December 8<sup>th</sup> – 10:00-2:00
- January 12<sup>th</sup> – 10:00-2:00
- February 2<sup>nd</sup> – 10:00-2:00
- February 23<sup>rd</sup> – 10:00-2:00
- March 16<sup>th</sup> – 10:00-2:00

**East Academy  
University of Ottawa**



- December 9<sup>th</sup> – 8:00-12:00
- January 5<sup>th</sup> – 8:00-12:00
- February 3<sup>rd</sup> – 7:30-11:30
- February 23<sup>rd</sup> – 7:30-11:30
- March 16<sup>th</sup> – 7:30-11:30

# Strength & Conditioning



- Working in Partnership with Elite Training Systems (ETS) our athletes follow a targeted, age appropriate S/C program throughout the winter.
- Lifting clinics (coinciding with our 3 combines) will allow ETS staff to work directly with athletes to support their training program.
- The ETS app will allow for athletes to engage with the program remotely and on a consistent schedule.
- Athletes will be directed to **sponsored training facilities** in their region.



Jeff Watson – ETS/Rugby Ontario Strength & Conditioning Coach

## Bigger, Faster, Stronger!



Sean Harrison – ETS/Rugby Ontario Strength & Conditioning Coach

# Combines



- **3 combines will be held over the course of the 5 month program to track and monitor athlete development.**
- **All 3 Combines will be held at the Whitby Dome. Position Specific Skill Training with National Team Players will also be integrated into these sessions.**
- **This year all combine testing will be conducted by Kris Robertson, Rugby Canada Strength and Conditioning Coach. With Kris at the helm, all results will be documented on the athletes IPP (Individual Performance Plan) and made available to all Rugby Canada programs. Results will still be shared directly to athletes as well, in addition to being stored and monitored by Rugby Ontario.**



**Kris Robertson – Rugby Canada  
Development Strength & Conditioning  
Coach**

# Skill Sessions



- Utilizing our 3 Regional High Performance Centres, Academy athletes will be able to train and develop their core skills in world class facilities, working with the provincial coaches assigned to regional teams.
- Session scheduling will be 'integrated' with the **Rugby Ontario 7's Development Program** and our Regional Partners (Clubs and Companies) who also provide rugby development.
  - **One Co-ordinated Calendar**
- These sessions will also provide a great opportunity for local club and high school coaches to further their development as coaches by engaging with these sessions.
  - **Best Athletes/Best Coaches/Best Practices**



# Program Cycle



## September - October

- Rest & recovery
- 7s identification

## November – March

- Combines
- Core skills
- Position specific development
- Physical development

## April

- Regional Talent Development & Identification

## May

- High School Competition Phase

## June

- Provincial selection camps  
West & Central
- \*EORU athlete engagement\*

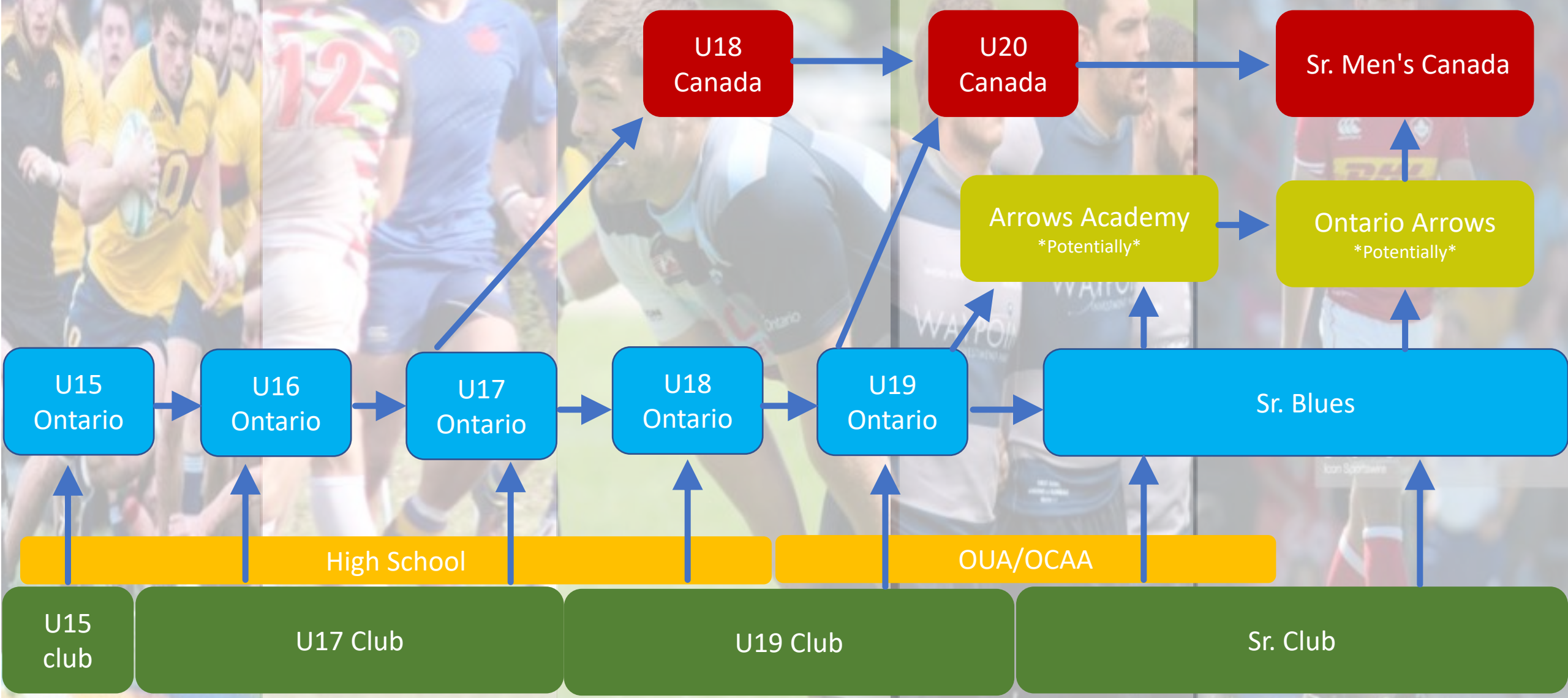
## July

- Team development and competition phase
- \*End of July Selection to AA & AAA\*

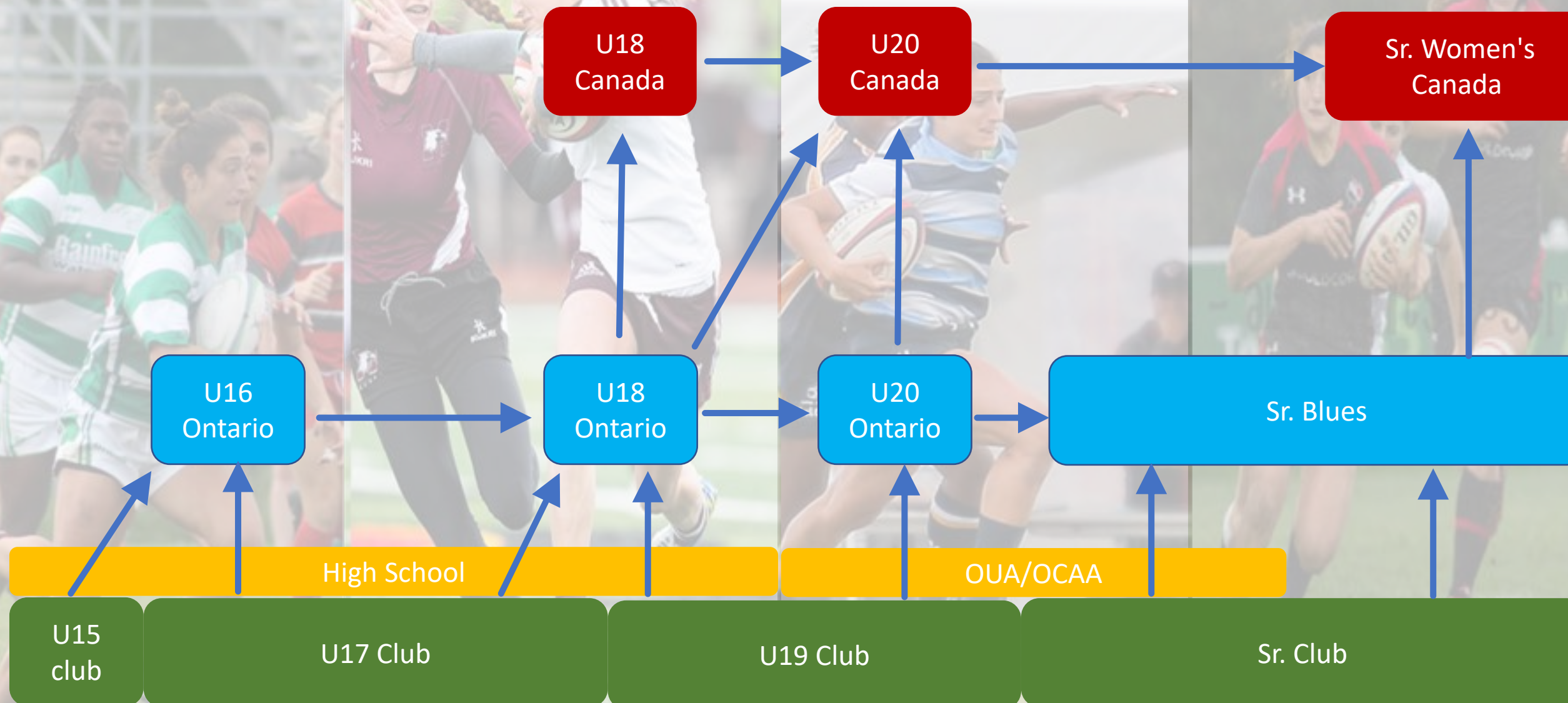
## August

- AAA Teams: UK/US Tour
- AA Teams: Eastern Canadian Championship

# Boys' Player Pathway



# Girls' Player Pathway



# Why Sign Up For The Program?



## **Bigger, Faster, Stronger & More Skilled = Safer Play**

- By stressing technique and developing functional mobility & strength, players will be better equipped to deal with contact areas leading to less injury.
- 67% of players to engage in the program made their provincial team the following year.
  - Including 35% who did **NOT** make the provincial team the previous year

**Full Program (With ETS APP)= \$475**

**Core/Individual Skills Development Program= \$275 (without ETS APP)**