



BARBARIANS RUGBY ACADEMY DEVELOPMENT PROGRAMME 2021

BARBARIANS RUGBY PROGRAMME OUTLINE

Ball skills and drills, Teamwork, Scenarios, Sequences, Strength and Conditioning, Fitness and Fun!

WHO: All current and starting Year 9 to Year 13 students who are interested in rugby. All skills levels welcome - you do not need to be currently playing rugby for a club or for the school. This programme is suitable for female and male students.

WHEN: Every Wednesday during, Term 1, 2021 from 3:45pm to 5:15pm at Otumoetai College Field and Action Centre - Strength and Conditioning Gym.

START DATE: Wednesday 13th February 2021.

COST: \$50.00 per term, includes ACADEMY T-SHIRT. Please provide sizing on google form or on testing day.

Payment can be made by electronic payment to the school (MUST **reference** first name, surname and RUGBY ACADEMY) **BNZ: 02 0466 0017349 00. This is a school bank account.** Other payment methods can be by cash or eftpos at the main school office (**reference** first name, surname and RUGBY ACADEMY).

SESSIONS will include:

Ball skills and
drills

Specialist S+C
Coaches

Guest Rugby
Coaches

Fitness and
Fun

FREE BASELINE RUGBY TESTING DAY

There is an expectation that all interested students attend this day. If you are not available, please state this on the google form so you can be included in academy numbers.

WHEN: Saturday 12th December 2020 from 10:30am to 12:30pm.

WHERE: Otumoetai College, Rugby Field. Rain or shine.

WHO: Anyone interested in joining the Barbarians academy (current Year 8s, 9s, 10s, 11s and 12s).

BRING: Running shoes, water bottle, hat, singlet and shorts are fine.

- T-shirt sizes will be taken on this day for those signing up for the academy.

Please complete the google form as soon as possible

- **OUR PURPOSE / OUR KAUPAPA:** Respect and care (**MANAAKITANGA**); Value all relationships and kinship connections (**WHANAUNGATANGA**); Commit to excellence and continuous improvement (**PUMAUTANGA**); Inspire and lead through example (**TUMU WHAKAARA**)
 - **OUR PHILOSOPHY:** FUN, FRIENDSHIP, PERFORMANCE, EXERCISE
 - **OUR VALUES:** RESPECT, SERVICE, INTEGRITY, HUMILITY, HONESTY, DIGNITY