RUGBY ONTARIO
High Performance Program
**The Program**

“The Program” is a coordinated full year development experience for age grade rugby players in Ontario.

**Goals:**
- To establish a Culture of Excellence within Ontario Rugby
- Improve the overall quality of Rugby in Ontario
- To develop Ontario’s top athletes for entry in National Programs

**Components**
- 12 Month Strength and Conditioning Program / Testing supported by ETS (Elite Training Systems)
- Off-season position specific and core skill training
- Comprehensive Competition Schedule
Athlete Periodization

2018 Season Plan

Recovery Phase
Club / High School 7s

Skill Acquisition Phase

Competition Phase

Nov Dec Jan Feb Mar Apr

Sep Oct

May Jun Jul Aug
Skill Acquisition Phase
The Academy
As a participant in the Rugby Ontario High Performance Academy, athletes will complete a comprehensive six-month program focusing on Strength/Conditioning and Technical skills specific to rugby. Graduating athletes will exit the program with improved position specific and core skill development, as well as further knowledge contributing to improved athletics and S/C preparation. Graduating athletes receive the greatest opportunity to be identified within the RO talent pool, increasing eligibility for team selection amongst 7’s and 15’s.

Includes:

- Participation in 3 (2-day) Combines including: Data Collection/Retention and Athlete Report Card.
- 6 month periodized S/C Program with online access to template/descriptive video.
- Nutrition and Habitual preparation for Athletes - Team Seminars.
- Hands on S/C Instruction and Program Execution during Day 2 of the Combine.
- Summer Athlete Body Analysis (July) at the Guelph Competition.
- 4 position specific skill training sessions with elite guest coaches. (Held in conjunction with combine)
- 6 core skill development sessions.
ETS will implement a robust program, designed to enhance the athletic development of each participant. Athletes will take part in THREE COMBINES consisting of testing protocols measuring STRENGTH, SPEED, AGILITY, POWER, and ENDURANCE. Each Athletes’ testing results will be harbored within the athlete database for comparative analysis from initial to final combine. Testing scores will also be stored on an annual basis to track results over the course of athletes’ RO lifecycle. Testing results will be produced to graduating athletes at programs end, outlining progression/regression amongst testing variables. In correlation to testing results, athletes will be provided with a periodized off-season program throughout the duration of the academy. Participating athletes will have access to S/C programs and tutorials which include online modules with descriptive video support. Athletes will be able to complete each block of training throughout the off-season in order to best prepare for final combine testing and on-field abilities.
The Rugby Ontario Academy Strength/Conditioning component will be facilitated by our partners Elite Training Systems. ETS have assisted in the development of many National Team players across the Sr. Men’s/Women’s and age grade programs, including the likes of John Moonlight, Canada Sr. Men’s 7’s & Lori Josephson, Canada National Women.

Sean Harrison
• Head of S&C - Academy of Student Athlete (A.S.A.D.)
• Over 10 years of elite athlete development.

Sean has worked with various N.H.L., N.F.L., C.F.L., NCAA and USPORT athletes. As well many of Canada’s top national amateur athletes.

Jeff Watson
• Head of S&C: Rugby Ontario
• Head S&C Coach: UOIT Ridgebacks, Durham College Lords
• Former U20 Canada S&C Coach

Jeff holds an Honours Degree in Kinesiology from McMaster University and has worked with numerous professional and national level amateur athletes across North America.
# Rugby Ontario Academy Overview

## 15’s and 7’s

### Date and Time
- **November**: Combine & Position Skills Training - Men & Women (11am to 4pm Abilities Centre)
- **December**: Core Skills Training - Men & Women (Saturday, December 2nd, 9 am to 12 noon Whitby Dome)
- **January**: Core Skills Training - Men & Women (Saturday, January 13th, 9 am to 12 noon Whitby Dome)
- **February**: Core Skills Training - Men & Women (Saturday, February 24th, 9 am to 12 noon Whitby Dome)
- **March**: Core Skills Training - Men & Women (Saturday, March 24th, 9 am to 12 noon Whitby Dome)
- **April**: Combine & Position Skills Training - Men (April 7th, 11am to 4pm Abilities Centre)

### Cost
- $TBD

*All Dates Subject to Change*
Objective:
Using the National Key Themes document as a resource, our core development sessions will focus on the development of 4 Key Themes:
• Run, Catch and Pass
• Ball Out of Contact (Footwork and Running Lines)
• Tackle Technique and Tracking
• Breakdown & Clear-out

Staffing:
Each 3-hour development sessions will be presented by Age Group Provincial Coach Teams and guest developing coaches.

Set-up:
There will be 4 stations for Men and 4 stations for Women (40 minutes each). Players will be divided into groups by age. It is then the job of the coach to have players of similar abilities train together in an effort to maximize their personal development.

Post Session De-Briefs:
Coaches will meet with players to provide feedback and discuss what “Work Ons” the players will be focusing on during the time until the next session.
Post Selection Next Steps

Players who are selected to a Rugby Ontario Team

Players who are selected for provincial programs will be provided with In-Season training programs focusing on maintaining health and wellness to ensure their participation throughout major competition dates.

In Season (July) ETS will be present to run athletes through a FMS (Functional Movement Screen).

Each team will be delegated a 1hr time slot where ETS coaches will assess biomechanics and address any imbalances that could provoke injury. Following FMS, coaches will run each team through a recovery session identifying methods of practice that athletes may use when travelling during season.

Players who are not selected to a Rugby Ontario Team

Athletes who are not selected for a Rugby Ontario age grade team will be made aware of areas that need improvement during their exit interviews.

If physical limitations are hi-lighted, as part of their continued development and in order to better their chances for selection the following year; players will have the opportunity to discuss with ETS the ability to continue online training forums.

* Note: There would be an additional cost for this continued service.
Competition Phase
Age Grade Breakdown

Ontario Blues 27 - British Columbia 10
2017 CHAMPIONS
2018 Age Grade
7s Competition Breakdown

- 36 Player Long List
- 24 Players Selected to Final Program
- ‘AAA’ and ‘AA’ structure in place during competition to provide greatest opportunity for athlete development
Coaching Matrix
U18 Men’s & Women’s 7s

Jr. Boy’s Program Lead
- U18 Boy’s “AAA” Coach
- U18 Boy’s “AA” Coach
- U18 Boy’s Program Manager

Rugby Ontario HP Manager

Jr. Girls Program Lead
- U18 Girl’s “AAA” Coach
- U18 Girls “AA” Coach
- U18 Girls Program Manager
# Competition Phase Overview
## Boy’s and Girl’s 7s

<table>
<thead>
<tr>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
<th>March</th>
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</thead>
<tbody>
<tr>
<td>Combine &amp; Position Skill Development</td>
<td>Rugby Ontario 7’s Identification Day</td>
<td>Core Skills Training Jan. 13th &amp; 27th 9:00am – 12:00pm Whitby Dome</td>
<td>Girls &amp; 7’s Players Combine &amp; Position Skill Development Feb. 3rd/4th Abilities Centre 11 am – 4pm</td>
<td>B.C. 7’s March 8th – 11th</td>
</tr>
<tr>
<td>Boy’s: Nov. 18th/19th Girl’s: Nov. 11th/12th 11:00 am – 4:00 pm Whitby Abilities Centre</td>
<td>7s Training December 2 9:00am – 12:00pm Whitby Dome</td>
<td>7’s Training Jan. 14th West 10:00 am – 1:00 pm</td>
<td>7’s Weekend Training Feb. 9th – 11th RMC Short List will be posted after the RMC Weekend.</td>
<td>RMC Rugby Weekend March 16th – 18th TBC</td>
</tr>
<tr>
<td></td>
<td>Core Skills Training Saturday Dec. 16th 9 am -12 noon Whitby Dome</td>
<td>7’s Tournament Jan. 19th-21st RMC</td>
<td>Rugby Ontario 7’s Tournament Feb. 18th TBC</td>
<td>Core Skills Training Saturday March 24th 9:00 am to 12 noon Whitby Dome</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7’s Training Jan. 27th West Mentor College 3:00pm – 6:00pm</td>
<td>7’s Training Feb. 24th West 10:00 am – 1:00 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Core Skills Training</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 2018 Boys Age Grade Breakdown U15 & U16

<table>
<thead>
<tr>
<th>U16 West</th>
<th>U16 Central</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘AAA’</td>
<td>‘AAA’</td>
</tr>
<tr>
<td>U16 West</td>
<td>U16 Central</td>
</tr>
<tr>
<td>‘AA’</td>
<td>‘AA’</td>
</tr>
<tr>
<td>U15 West</td>
<td>U15 Central</td>
</tr>
</tbody>
</table>

- ‘AAA’ and ‘AA’ ‘structure in place to provide greater opportunity for kids, at an appropriate skill level.
- Central and West Regional Programs.
- 25 Players Selected Per Side.
Coaching Matrix
Boys U15 & U16

Rugby Ontario HP Coordinator

Program Manager ‘AAA’ in Comp

Central Manager ‘AA’ in Comp

West Manager ‘AA’ in Comp

Jr Age Grade Development
Lead (2)

U15 Central Head Coach

U16 Central Head Coach

U16 West Head Coach

U15 Central Assistant Coaches (2)

U16 Central Assistant Coaches (3)

U16 West Assistant Coaches (3)

U15 West Assistant Coaches (2)

Assistant Coaches Aim to Have:
1) Throwing Specialist
2) A Kicking Specialist
3) Scrumhalf Specialist

Rugby Ontario HP Manager

Rugby Ontario HP Coordinator

Program Manager ‘AAA’ in Comp

Central Manager ‘AA’ in Comp

West Manager ‘AA’ in Comp

Assistant Coaches Aim to Have:
1) Throwing Specialist
2) A Kicking Specialist
3) Scrumhalf Specialist
## Competition Phase Overview Boy’s U15 & U16

<table>
<thead>
<tr>
<th>Month</th>
<th>Goal</th>
<th>Date</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>Identification Through High School Rugby</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>
| May   | 1. Skill Development  
2. Intro to Position Specific Skills  
3. Develop Competencies Through Game Play | May 12-13  
May 19-20 | N/A |
| June  | Touring Side Matches | June 10  
June 17  
June 24 | N/A |
| July  | 1. Skill & Theme Development  
2. Skill Analysis Through Video Review | July 2, 8, 15  
July 24 – 28 (Competition) | ‘AAA’ – EIRA Series  
‘AA’ Interprovincial Series  
‘AAA’ – Provincial Test Series  
‘AA’ – Eastern Nationals |
| August| Touring Side Matches | Aug 6  
Aug 13 - 18 (Competition) | N/A |

Cost: $TBC

*All Dates Subject to Change*
### 2018 Age Grade Breakdown
U19 / U18 / U17

<table>
<thead>
<tr>
<th>U19 Boys Team</th>
<th>U17 AAA</th>
<th>U17 AA</th>
<th>U18 AAA</th>
<th>U18 AA</th>
</tr>
</thead>
</table>

- 3 Open Regional Selection Camps (April)
- 25 Players Selected Per Side
Coaching Matrix
Boys U19 / U18 / U17

Assistant Coaches Aim to Have:
1) Throwing Specialist
2) A Kicking Specialist
3) Scrumhalf Specialist
## Competition Phase Overview

**Boy’s U19 / U18 / U17**

<table>
<thead>
<tr>
<th></th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. Identification</td>
<td>2. Positional Specialization Training</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Date</strong></td>
<td>- April 14/15, April 21/22, April 28/29</td>
<td>- May 5/6, May 19/20</td>
<td>- June 2/3, June 16/17, June 30/July1</td>
<td>- July 14/15, July 24 – 28 (Competition)</td>
<td>- Aug 6, Aug 13 - 18 (Competition)</td>
</tr>
<tr>
<td><strong>Comp</strong></td>
<td>N/A</td>
<td>Touring Side Matches</td>
<td>Touring Side Matches</td>
<td>‘AAA’ – EIRA Series</td>
<td>‘AAA’ – Provincial Test Series</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>‘AA’ Interprovincial Series</td>
<td>‘AA’ – Eastern Nationals</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>$100</td>
<td></td>
<td></td>
<td>$TBC</td>
<td></td>
</tr>
</tbody>
</table>

*All Dates Subject to Change*
2018 Women’s Age Grade
Breakdown U20

U20 Girls Team

- Work in coordination with Sr. Women’s Team
- 36 Player Long List
- 25 Players Selected Per Side
## Competition Phase Overview
### Women’s U-20

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
</table>
| Final Combine Testing  
   April 14<sup>th</sup> 
   Abilities Centre | Open Trial #2  
   - May 6<sup>th</sup>  
   Long List Training Session #1  
   - May 13<sup>th</sup> | Match Day vs. Ontario Senior Women  
   - June 3<sup>rd</sup>  
   Long List Training Session #3  
   - June 10<sup>th</sup> | CRC’s | |
| Open Trial Session #1  
   April 29<sup>nd</sup> | Long List Training Session #2  
   - May 27<sup>th</sup>  
   Match vs. “AAA” U-18’s | Long List Training Session #3  
   - June 10<sup>th</sup> | Match Day vs. Quebec Senior Women  
   - June 17<sup>th</sup> | Short List Session #1  
   - June 24<sup>th</sup> | |
2018 Girls Age Grade Breakdown U18 & U16

- U18 'AAA'
- U18 'AA'
- U16 West
- U16 Central

- 3 Open Regional Selection Camps (U18)
- Central and West Regional Programs
- 25 Players Selected Per Side
Coaching Matrix
Women’s U18 & U16

Rugby Ontario HP Manager

Rugby Ontario HP Coordinator

Program Manager
‘AAA’ in Comp

Central Manager
‘AA’ in Comp

West Manager
‘AA’ in Comp

Jr Age Grade Development Lead

U16 Central Head Coach

U16 Central Assistant Coaches (2)

U18 Central Head Coach
“AA”

U18 Central Assistant Coaches (2)

U18 West Head Coach
“AAA”

U18 West Assistant Coaches (2)

U16 West Head Coach

U16 West Assistant Coaches (2)

Assistant Coaches Aim to Have:
1) Throwing Specialist
2) A Kicking Specialist
3) Scrumhalf Specialist
## Competition Phase Overview

### Women’s U-18

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
</table>
| Final Combine Testing  
April 14th 
Abilities Centre | Training Session #1  
“AA” & “AAA”  
May 6th | Training Session #3  
“AA” & “AAA”  
June 3rd | Short List Training 
Session #1  
“AA” & “AAA”  
July 8th | Short List Training 
Session #4  
“AA” & “AAA”  
August 5 |
| Open Trial Session #1  
Central and West  
April 22nd | Training Session #2  
“AA” & “AAA”  
May 13th | Training Session #4  
“AA” & “AAA”  
June 10th | Short List Training 
Session #2  
“AA” & “AAA”  
July 15th | Eastern Nationals  
“AA”  
August 12th – 19th |
| Open Trial Session #1  
Central and West  
April 29th | Match Day  
“AA” vs. Club Team  
“AAA” vs. U20  
May 27th | Training Session #5  
“AA” & “AAA”  
June 17th | Short List Training 
Session #3  
“AA” & “AAA”  
July 22nd | Provincial Test Series  
“AAA”  
August 12th – 19th |

*All Dates Subject to Change*
## Competition Phase Overview
### Women’s U-16

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Final Combine Testing</td>
<td>Open Trial Session #1 Central and West May 6th</td>
<td>Team Training #1 Central and West June 3rd</td>
<td>Team Training #4 Central and West July 8th</td>
<td>Team Training #6 Central and West - Aug 5th</td>
</tr>
<tr>
<td>Identification through High School Rugby</td>
<td>Open Trial Session #2 Central and West May 13th</td>
<td>Team Training #2 Central and West June 10th</td>
<td>Team Training #4 Central and West July 15th</td>
<td>CRC TURU Central and West Aug 12th – 19th</td>
</tr>
<tr>
<td>Match Day Central vs. West May 27th *Select Top 28</td>
<td>Team Training #3 Central and West June 17th</td>
<td>Team Training #5 Central and West July 22nd</td>
<td>Match Day Central and West vs. Opposition TBA One Location same as 18’s July 29th</td>
<td><em>All Dates Subject to Change</em></td>
</tr>
</tbody>
</table>

*All Dates Subject to Change*
The Package

- Provincial and National Level Coaches
- Positional and Skill Specific Training
- World Class Strength and Conditioning (ETS)
- Elite Level Competition
Coaching Staff
Jr. Women’s Program

Peter Hercus
U20 Head Coach

Rebecca Delaney
U18 AAA Head Coach

TBC
U18 AA Head Coach

Amber Purins
Program Lead / U16 West Head Coach

TBC
U16 Central Head Coach

Ian Fitzgerald
U18s 7s Program Lead
Coaching Staff
Jr Men’s Program

Mike Curran
U19 Head Coach

George Burford
U18 Head Coach

Ian Mcleod
U17 Head Coach

TBC
U16 Program Lead

TBC
U16 West Head Coach

Kyle Ripley
U16 Central Head Coach

TBC
U15 West Head Coach

Jeremy Cairne
U15 Central Head Coach

Nigel D’Arce
U18 7 Program Lead
Paul Connelly
High Performance Manager
Rugby Ontario
pconnelly@rugbyontario.com
(647) 560-4790 x 1002

Sean Medeiros
High Performance Coordinator
Rugby Ontario
smedeiros@rugbyontario.com
(647) 560-4790 x 1004

#BACKYOURBLUES!