

RUGBY LEAGUE ACADEMY

BOYS

YEAR 7 YEAR 8	Competition	Skill	S&C	Comittment
	U14 Cam Smith Comp (13vs13) Term 3	Combined 1 x Weekly		1 session Weekly 1 x Tournament (3-4 Games)
YEAR 9	Competition	Skill	S&C	Comittment
	U16 Storm Cup (13vs13) Term 1 U16 Cameron Munster Comp (13vs13) Term 3	1 x Weekly	1x Weekly	2 sessions Weekly 5-6 Games 1 x Tournament (3-4 Games)
YEAR 10	Competition	Skill	S&C	Comittment
	U16 Storm Cup (13vs13) Term 1 U18 Storm Cup (13vs13) IF SELECTED Term 2 U16 Cameron Munster Comp (13vs13) Term 3	x 2 Weekly (1 x Year 10 Rugby Class to replace an after-school session)	x 2 Weekly (1 x Year 10 Rugby Class to replace an after-school session)	4-5 sessions Weekly Video Review & Meetings Rugby League Camp 5-6 Games 1 x Tournament (3-4 Games)
YEAR 11 YEAR 12	Competition	Skill	S&C	Comittment
	U18 Storm Cup (13vs13) Term 2	x 2 Weekly	x 2 Weekly	4 sessions Weekly Video Review & Meetings Rugby League Camp 5-6 Games

PHASE 1: FOUNDATION

- Building Good Habits
- Nailing Fundamentals
- Driving Team Culture
- Learning how to succeed as a student-athlete
- Building the base of strength, power, speed & endurance

PHASE 2: BUILD

- Driving high standards to challenge growth
- Utilising the fundamentals
- Building League IQ
- Establishing a higher standard of strength, power, speed & endurance for positional demands
- Transitioning from a Junior to a Senior student-athlete mindset

PHASE 3: UPGRADE

- Exposure to weekly High-Performance Coaching & routine
- Expanding League IQ to a higher standard
- Pushing the level of strength, power, speed & endurance for positional demands
- Critical thinking and exposure to a high level of Rugby League to create self improvement
- Driving quality standards of managing senior education with Rugby League

PHASE 4: COMPETE

- Exposure to weekly High-Performance Coaching & routine
- Refining League IQ
- Maximising strength, power, speed & endurance for positional demands
- Competing with integrity, effort and commitment
- Driving quality standards of managing senior education with Rugby League
- Assist with potential opportunities to follow other representative pathways

GIRLS

YEAR 7 YEAR 8	Competition	Skill	S&C	Day & Time
	U14 Cam Smith Comp (13vs13) Term 3	Combined 1 x Weekly		1 session Weekly 1 x Tournament (3-4 Games)
YEAR 9	Competition	Skill	S&C	Day & Time
	U16 Storm Cup (13vs13) Term 1 U16 Cameron Munster Comp (13vs13) Term 3	1 x Weekly	2x Weekly	2 sessions Weekly 5-6 Games 1 x Tournament (3-4 Games)
YEAR 10	Competition	Skill	S&C	Comittment
	U16 Storm Cup (13vs13) Term 1 U18 Storm Cup (13vs13) IF SELECTED Term 2 U16 Cameron Munster Comp (13vs13) Term 3	x 2 Weekly (Including 1 x Year 10 Rugby Class)	x 2 Weekly (Including 1 x Year 10 Rugby Class)	4-5 sessions Weekly Video Review & Meetings Rugby League Camp 5-6 Games 1 x Tournament (3-4 Games)
YEAR 11 YEAR 12	Competition	Skill	S&C	Comittment
	U18 Storm Cup (13vs13) Term 2	x 1 Weekly	x 1 Weekly	2 sessions Weekly Video Review & Meetings Rugby League Camp 5-6 Games