

# Rugby League Academy

The VUSC Rugby League Academy program provides students with specialised and individual support in skill development and strength and conditioning in order to perform at the elite level required to access career pathways at professional sporting clubs.

### Pathway to Sporting Success through Sporting Excellence

- Specialised Rugby League training with Melbourne Storm & VUSC coaches
- High-Performance Strength and Conditioning programs
- Interactive video analysis system to provide individual and team feedback
- Regular information sessions on physical and game preparation, nutrition and other aspects associated with elite performance
- · Osteopathy/ Rehabilitation Appointments for injury management
- Opportunities to progress into Rugby League Representative Teams (NRL VIC/ CAS/ Storm Pathways)

#### **Curriculum and Learning Opportunities**

- VET Pathway Certificate III in Sport, Aquatics and Recreation
- NRL Professional Development opportunities for Students to learn from Melbourne Storm Coaches
- Rugby League Year 9 & 10 Class

## Academy Staff

#### Rugby League Coordinator/Coach – Tony Adam



- Melbourne Storm HM's (U17) Head Coach 2024 & 2025
- Melbourne Storm Hurricanes Head Coach 2022
- NRL RISE Program Head Coach 2021, 2022
- Australian Schoolboys Head Coach 2017, 2018 & 2019
- Melbourne Storm U18 Head Coach 2018
- CAS Head Coach 2014, 2016
- Melbourne Storm NRL Development Coach 2009-2012

#### **High-Performance Coach – Chris Dikranis**



- Melbourne Storm SB Ball (U19) Head S&C 2025
- Melbourne Storm Hurricanes Head S&C 2024 & 2025
- CAS Head S&C 2024 & 2025
- Melbourne Storm HM's (U17) Head S&C 2024
- Private High-Performance Coaching 2017-2024
- Assistant S&C (Intern) University of Iowa D1 College Football 2022





**Melbourne Storm Cup** Winners 2023, 2017, 2015 Runners Up 2016, 2014

NRL Schoolboy Tropy Victorian Champions 2021,2016

U/16's Cameron Munster Shield Winners 2019, 2016, 2015, 2014, Runners Up 2019, 2018

U/14's Cameron Smith Shield Winners 2019, 2018, 2017, 2014 Runners Up 2016, 2015

## Competitions/ Commitments

#### Senior Team

Melbourne Storm Cup U18 Melbourne Storm Cup U16 High Performance Camp NRL 9's

Junior Teams Cameron Munster Shield Cameron Smith Shield NRL 9's

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Junior Campus | 88 Billingham Rd, Deer Park | T: 9363 1155 Senior Campus | 43 Ken Jordan Rd, Cairnlea | T: 8312 0200 | www.vusc.vic.edu.au