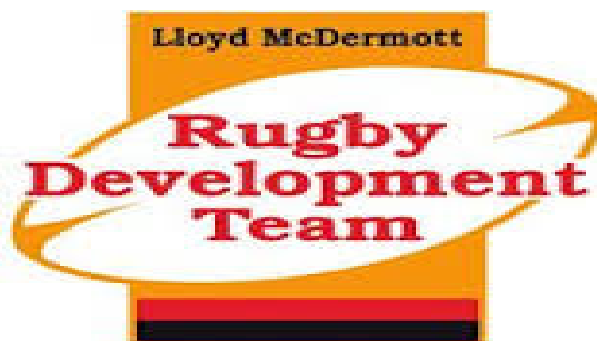


# PATHWAY TO GOLD PROGRAM



# NT PATHWAY TO GOLD PROGRAM

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## BACKGROUND

Rugby Union faces increasing challenge from the work of other sports and the decrease in athletic pursuits of our youth demographic to recruit and retain a pool of players in the 14-19 year age group that can effectively contribute to the health of the game at participation and high performance levels. Rugby is fortunate in that it possesses a varied competition and representative system as well as advanced talent development programs coordinated nationally across the country. Many key stakeholders, both volunteer and employed, work hard to build and develop opportunities for our young players to play the game and progress to higher levels of performance. At times the current representative and talent development pathway can be confusing to players and parents as well as requiring considerable financial investment by the player/families in order to be involved at the various levels and options available.

In these challenging times, it has been proposed that a new and innovative model that combines representative level rugby and talent development programming for players U15-17 be developed by the group of key stakeholders and lead by the Australian Rugby Union (ARU).

For 2014 the ARU have with other partners have proposed a program that see's players not only getting rugby development through great coaching and growing programs but development with health and life choices. The model combines current national talent development programs (Junior Gold Program) and various junior rugby representative programs to create a high level development and competition model at U15 and U17 age grade level for selected metropolitan, regional and state based team involvement. The 'partnership' approach taken by all key stakeholders involved in the development and design process is viewed as an important element that will enable Rugby to meet the challenges currently faced and move ahead via the one united strategy. The program will be called the Junior Gold Cup.

Due to the limited number of players in these age groups, the Northern Territory will not participate in the competition for at least two years. The focus for the next 3 years will be on developing a program which aims to prepare both players and coaches for a possible entry into the competition in 2016-17.

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## PROGRAM OBJECTIVES

### 1. Team/Squad Size

For the first year we would be looking at having a full U15's squad with the U14's group now earmarked for the U17's for the 2016-17 competition. As the years go on our vision would be to have two full squads in both age groups with coaches and support staff:

2013-14	U12	U14	
	25	25	
2014-15	U14	U16	
	25	25	
2015-16	U15	U17	Full preparation begins for the following year's competition.
	30	30	
2016-17	U15	U17	Plan is to enter the competition for this season
	30	30	

### 2. Player Eligibility

A player's age group is to be determined using the calendar year and the ARU's two-year window policy i.e. for 2014 an U15 year player will need to have been born in 1999 or 2000; an U17 year player will need to have been born in 1997 or 1998.

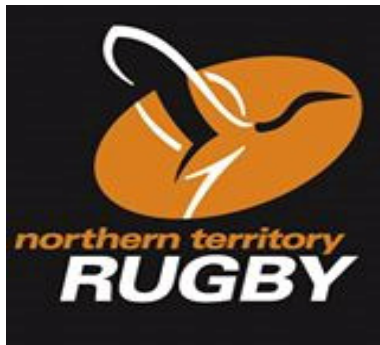
### 3. Registration

Players must be registered with a Junior Rugby Club in order to be eligible for the JGC competition program. This eligibility clause would not rule out non-registered Junior Rugby Club players as these players would need to register upon trialling. The policy supports Junior Club Rugby registration and playing as well as linking with national registration processes and systems.

### 4. Player Expectation

All players (and their parents/carers) will be required to sign a JGP Participation Agreement that will outline major expectations of involvement including behaviour, training and match program attendance and responsibilities to play Rugby post the JGP. To start with the program will look to have a player levy of \$75 but once the program has developed the levy will be lifted to approximately \$660 which will cover:

- Kit, travel, accommodation, food and many different locations around the country.



### **Training/Development Program**

The combined talent development and representative competition model of the JGP will allow genuine development across key areas of skill, performance, physical development and off field development whilst achieving quality efficiencies and long term development outcomes. Importantly, teams (and in particular coaches) will deliver programs that are not just about team play development in readiness for the JGC competition 2016-17. Long term development models across skill, strength and conditioning and personal development are central to the JGP model being a world leading player development and representative model for youth Rugby players. The ARU will support the delivery of education and development across key areas. Off field development rates as important as the skill and physical development aspects of the program.

JGP players will undertake the following training:

#### **A. Skill Development and Performance**

- Core Skill (Junior Gold Player curriculum)
- Position Specific Skill
- Game Understanding and Analysis
  - o Decision Making
  - o Tactical Appreciation & Application
  - o Team preparation

The NTRU, CDU and with support from the ARU will lead the coaching and skill development program utilising the national skill development curriculum and Junior Gold Player as well as specific coach development work and ongoing coaching support. All coaches will attend compulsory coach in-services and updates.

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## **B. Physical Development**

- Long term athletic development
- Nutrition
- Recovery

The NTRU, CDU and the ARU will lead the physical development program providing coaches with in-servicing and support to deliver an international quality long term player development strength and conditioning model. All Strength & Conditioning coaches/Trainers will attend compulsory in-services and updates.

## **C. Off-Field Development**

- Life skills Education
- Drugs in Sport Education

The NTRU with support of local businesses and the ARU will lead the design and delivery of key Life skills and Personal Development modules across all teams. All players and team staff will attend compulsory off field development sessions.

## **Training Schedule**

In order to achieve significant and appropriate development, players will be subjected to a consistent practice and training program during the period of the PROGRAM. The schedules of the U15 and U17 programs will vary to take into consideration the different stages of development players are at.

### **U15'S and U17's**

October – Introduction (2-3 sessions a week, may include a Sunday)

November- 2-3 session a week (could include a Sunday)

December- 2-3 session a week (School holidays, break over Christmas and New Year's)

January- 2-3 session a week (may include Sunday's)

February- 2-3 session a week (may include Sunday's)

Players will need to commit to at least 95% of training session's pre-Christmas and 85% of training post-Christmas in order to maintain selection status and participate in the Gold program.

This is just a proposed schedule, once we have all parties involved a full schedule will be put in place.

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## Off Field Development

Australian Rugby has invested heavily in the off field development of the country's best young talent over the past seven years. The JG program will incorporate key Life skills education that will support the programs objectives of developing fine young men as well as Rugby players.

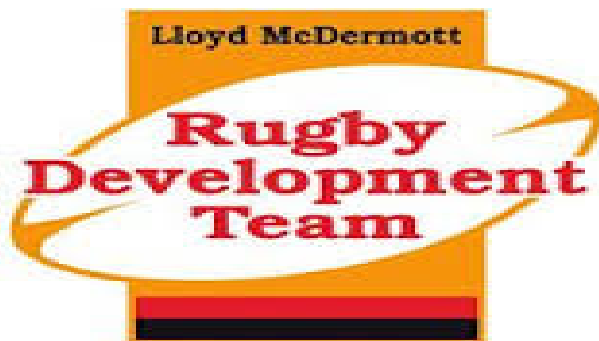
The Life skills program will cover education areas such as:

### 1. Standards & Expectations

- Behaviour
- Achievement capabilities
- Respect & Responsibility in Society - Brand & Role Modelling (including respecting women)
- Social Media

### 2. Illicit Drugs & Alcohol

### 3. Off Field as important as On Field



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