RUGBY LEAGUE ACADEMY
Prospectus

‘Fostering the development of Young Men through Rugby League’
ABOUT THE ACADEMY

• The Mackay SHS Rugby League Academy program seeks to promote the physical development and well-being of all students in the program.
• More importantly, we are seeking to develop young men who are responsible, well-adjusted members of the community.
• This program is unique for this area and is a great opportunity for students to study a discipline they are passionate about and excel at
• Students complete practical and theoretical components within the program to enhance their skills as a footballer, an athlete and most importantly, as a responsible contributing member of society.

ACADEMY VALUES

By electing to be involved in the Mackay SHS Rugby League Academy, which falls under the Health & Physical Education banner, successful students must adhere to the school’s Vision and Values;

<table>
<thead>
<tr>
<th>Our School Vision</th>
<th>Encourage Learning For Life</th>
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<td>Our School Values</td>
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<td>Pride</td>
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<td>Respect</td>
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STUDENT COMMITMENT TO THE PROGRAM

Students who are successful in gaining entry in to the Mackay SHS Rugby League Academy will;

• Maintain commitment to learning in both in the Academy and in ALL subjects at ALL times
• Maintain commitment to behaving in both in the Academy and in ALL subjects at ALL times
• Attend ALL extra lessons, training and events as expected as part of the Academy
• Maintain a high standard of attendance (90% Attendance), ‘Everyday Counts’, and punctuality for all classes (authorised absences only)
• Be available for all matches when selected
• Academy fees paid prior to Term 2 of the school year – Payment plan can be negotiated
• Wear the school and academy uniform in the appropriate manner, and represent Mackay State High School with pride
• Wear appropriate sports apparel including boots & training shirt to all Academy run training sessions and events
• Wear full Academy, School or First XIII Uniform to all games – First XIII uniform consists of the First XIII Polo, long blacks slacks, black belt and black leather shoes
The Rugby League Excellence program has been developed to cover a range of teaching concepts drawn from the current Health and Physical Education syllabus document that enhances attitudes of students toward healthy lifestyles, nutrition and exercise, plus assists in the development of student skills and fitness needed for continued involvement in physical activity:

- Exercise Physiology
- Basic First Aid
- Sports Psychology
- Coaching
- Officiating
- Training Programs – Strength and Conditioning
- Nutrition / Nutrition for Sports People
- Sports Trainer

The program will focus on individual attacking and defensive skills, game play and tactics and motor skill development such as evasion, ball handling, passing and movement efficiency. Students will also learn roles and objectives of specific positions and patterns of play.

In addition to this, elements from a range of Rugby League programs across a number of sporting organisations and health & fitness professionals were used to develop our Athletic Development program to aid in the development of all students physically.

Students who study Rugby League at Mackay State High School undertake 2 x 70 minute lessons each week in Years 7-10 and 3 x 70 minute lessons each week in Years 11 and 12. In addition to this, students have access to the school gym 4 days/week at lunchtime and are required to attend 1 – 2 additional sessions before or after school as prescribed by their coach.

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<tr>
<th>Grade</th>
<th>Curriculum Studied</th>
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<tbody>
<tr>
<td>7</td>
<td>Year 7 Health &amp; Physical Education Curriculum</td>
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<td>8</td>
<td>Year 8 Health &amp; Physical Education Curriculum</td>
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<td>9</td>
<td>Year 9 Health &amp; Physical Education Curriculum</td>
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<td>10</td>
<td>Year 10 Health &amp; Physical Education Curriculum</td>
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<td>11</td>
<td>Certificate III Sport &amp; Recreation</td>
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<tr>
<td>12</td>
<td>Certificate III Sport &amp; Recreation</td>
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**ACADEMY EXPENSES**

In order to offer an elite program, we anticipate the following costs and requirements.

a) Student Levy of $185.00*

b) Student Fund Raising to assist in covering some program expenses

**An additional $80 in Year 12 covers the External Provider cost of the Certificate III Delivery

- This Player Levy will also cover apparel and the use of facilities and equipment detailed in the section below. All players will receive full Academy apparel, which includes a Training Shirt, Playing Shorts and Playing Socks.
- Dress Shirts are purchased through the Uniform Shop.
- Students will at times have the option of purchasing Training Shorts and additional Dress Shirts.
FACILITIES AND EQUIPMENT

- Mackay State High School Facilities
- North Queensland Cowboys Coaching Resources
- Brisbane Broncos Long Term Player Development Resources
- Mackay Cutters Coaching Resources
- Victoria Park State School Swimming Pool
- Fully equipped school gymnasium – facility of choice for Mackay Cutters Under 18 Squad
- Sprint and Agility Equipment
- State of the Art technology to assist player tracking, performance and game review

Mackay State High School Rugby League Academy will also utilize the expertise of local professionals to enhance the participants’ development in several areas. Professionals such as Dieticians, Physiotherapists, Fitness trainers etc.

SELECTION PROCESS

Students may gain access to the Academy in two processes:

a) Make a formal application through the completion of the ‘RLA Application Form’. Students who are short listed may then be interviewed (with parent) to determine their suitability for the program;

b) Identified and formally offered a position in the Rugby League Academy.

Successful students will be those who are able to meet the demands of the following criteria:

- Proven Rugby League skills and ability / potential
- Ability to work with others in the pursuit of Rugby league excellence
- Willingness to maintain academic expectations
- Proven record of positive attitude and behaviour in the school community
- Willingness to adhere to all Academy requirements

Mackay State High School has been required to submit an Enrolment Management Plan for 2020. The Sporting Academies are one of the Excellence programs for which students outside our school catchment area may apply. Families with students currently enrolled at Mackay SHS, may enrol without conflict.

The Year 7 program is designed to encourage as many students as possible to sample the skills to be developed in future years and transition them from Mod Rules to International rules. It has been designed to give students an insight into the skills and disciplines needed to advance to the next level.

Student involvement in the Academy is re-assessed at the end of each year.
**COMMUNITY ENGAGEMENT**

Students in the Rugby League Academy are engaged in the community on and off the field in a wide range of settings. All students from Years 7 – 12 are actively engaged in community events throughout the year. Students are involved in the community through the following:

- ANZAC Day March
- Food Drive for the Chaplin’s ‘Brekky Club’
- Meals on Wheels
- Charity Games/Events
- State of Origin Fan Days
- Officiating at both Primary and Secondary Wednesday competitions
- Officiating at all Primary Gala Days
- Plan, run, coach and officiate a Mackay SHS Year 6 Gala Day
- Officiate the 11/12yrs Capricornia Exchange competition

**PROGRAM STAFF**

Staff within the Rugby League Program are all qualified Rugby League Coaches and Trainers with a vast range of experiences in Rugby League. Minimum qualifications of all coaches is a Level 1 – International Games Certificate, with a number of staffing also holding a Level 2 – Senior Club Coach Certificate.

Rugby League Academy Staff have coaching experience in the following:

- School District Representative – 12yrs, 15yrs and 18yrs
- School Regional Representative – 15yrs and 18yrs
- School State Representative – 15yrs
- Club Representative – Mackay
- Mackay Cutters Under 16, Under 18 and Under 20
- Mackay Junior Rugby League
- Mackay & District Senior Rugby League – ‘A Grade’ & Under 18

**CAREER PATHWAYS**

Students who undertake the Rugby League Academy Program at Mackay State High School will graduate the program with a wide range of skills that can lead to a future career as a:

- Professional Athlete
- Coach / Referee
- Sports Trainer
- Sports Administrator
- Sports Management
**MSHS RUGBY LEAGUE ACADEMY ATTRACTIONS**

- Biennial UK Tour (Years 10 and 11 Students)
- Annual Grade 7 Academies Tour in Term 4 *(Bundaberg, Gold Coast or Sunshine Coast)*
- Tier 1 Competition involvement – Aaron Payne Cup (Opens)
- Tier 1 Competition involvement – Cowboys Challenge (Year 10)
- UK Tour Student Exchange Program (Years 10 and 11 Students)

**PROUD PARTNERS OF THE MACKAY SHS RUGBY LEAGUE ACADEMY**

Mackay SHS is extremely fortunate to have the support of a range of businesses & organisations around Mackay to help develop and run the program, assisting with the ever-rising costs associated with travel and apparel.
STUDENTS WHO GRADUATED TO THE NRL/NRLW

Kalyn Ponga  Thomas Dearden  Dane Gagai

Josh Hoffman  Brittany Breayley  Pat O’Hanlon

Players to graduate to NYC, ISC and ISP
Marmin Barba, Rogan Dean, Jack Clarke, Steven Eliott, Peter Hassall, Kelvin Neilsen, Kailem Perkins, Andrew Ward, Khan Ahwang, Brenden Treston, Kyle Krisanski-Kennedy, Jacob Gagai, Buchanan Rawhiti, Jorden White, John O’Brien, Kellen Jenner, Sam Johnstone, Isaiah Tass, Garrett Smith.

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