

WELCOME TO



HARROGATE RUFC





MOVING FORWARD
Together

Harrogate RUFC Youth Academy
“Providing Academy Rugby for Everyone”

Background

- **Player retention at U16 through to Colts Rugby**
- **Desire/Ability of HRUFC to pay 1st XV players**
- **Growth in Players on “Elite” Pathways**
- **Growth in Girls/Ladies Rugby**
- **Retention & Training of Volunteer/Parent Coaches**
- **David “Doc” Doherty, Sam Fox & Aled Jones**



U15



U14



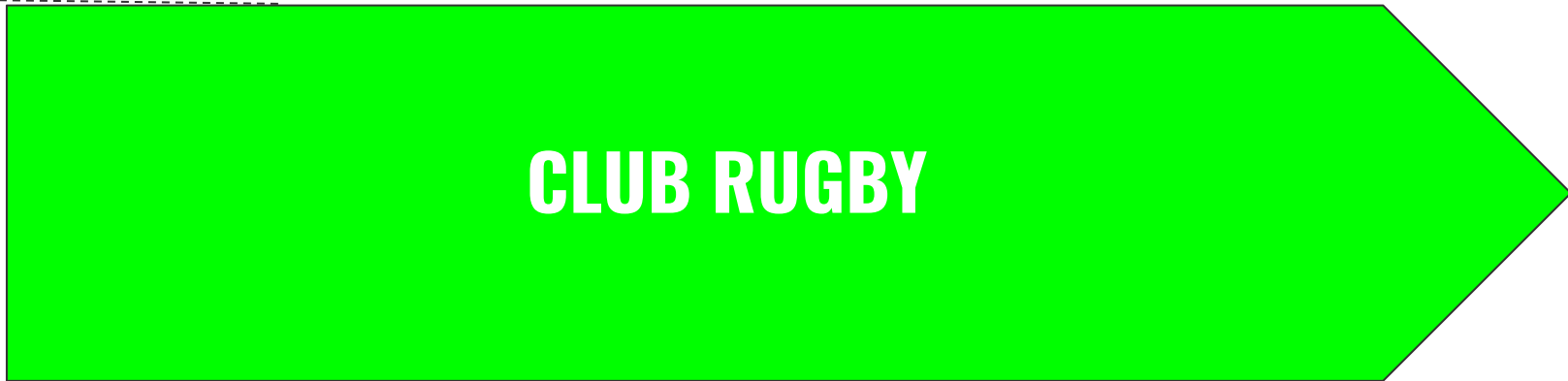
U13



U12



U11



U6



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U15



JDS

U14

**Harrogate RUFC
Youth Academy**

MOVING FORWARD
Together

ERDPP

U13

ERDPP

U12

SCHOOL

U11

CLUB RUGBY

U6



MOVING FORWARD
Together

Principles

- **Open to everyone regardless of Ability, Gender or Circumstances**
- **Should never cost you anymore than your standard HRUFC membership**
- **Should never cause your membership to go up**
- **Is transparent, everything is public, communicated and accountable**
- **Everyone should receive equal benefits from the Academy**
 - **Training & Playing Opportunities**
 - **Coaching Support Ratios**
 - **Equipment & Kit**

“We are committed to delivering Academy Level Rugby that is player-centric and enjoyable for everyone”

Harrogate Rugby Academy 2019-2020

- A professional set up
 - Personalised training
 - Quality coaching
 - Individualised extras
-
- For no extra cost



What is going to be different?

- Guaranteed training facilities year round – blocked in training to make planning the year easier
- Games against the best available opposition – with coach travel provided
- Position specific S+C Programmes – for use at your own gym
- Video Analysis for all age groups – see yourself develop!
- Professional, safe, and inclusive coaching – DBS Checked and RFU Qualified Coaches for each age group



What are we trying to achieve?

- Become the best club in Yorkshire at developing players and the game
- Make the junior club the most successful in Yorkshire
- Establish links with local schools and clubs to achieve success all round
- Develop players on and off the field
- Transitioning players successfully from junior to senior rugby
- Create self-aware, intelligent people that understand and love the game



How are we going to achieve it?

- Introduction of a spiral curriculum covering the core elements of rugby
- Age and stage considerations for each age group, around technical, tactical, mental, physical and team pillars
- Testing of key rugby components including speed and strength
- In depth planning and reflections from players and coaches



What is it going to be like?

- Rugby will be broken down in to periodized blocks throughout the season
- Covering attack, defence, set piece, launch, kicking and more
- Micro targets will be set throughout that framework to enhance team and individual development
- Progress will be measured through feedback and reflection

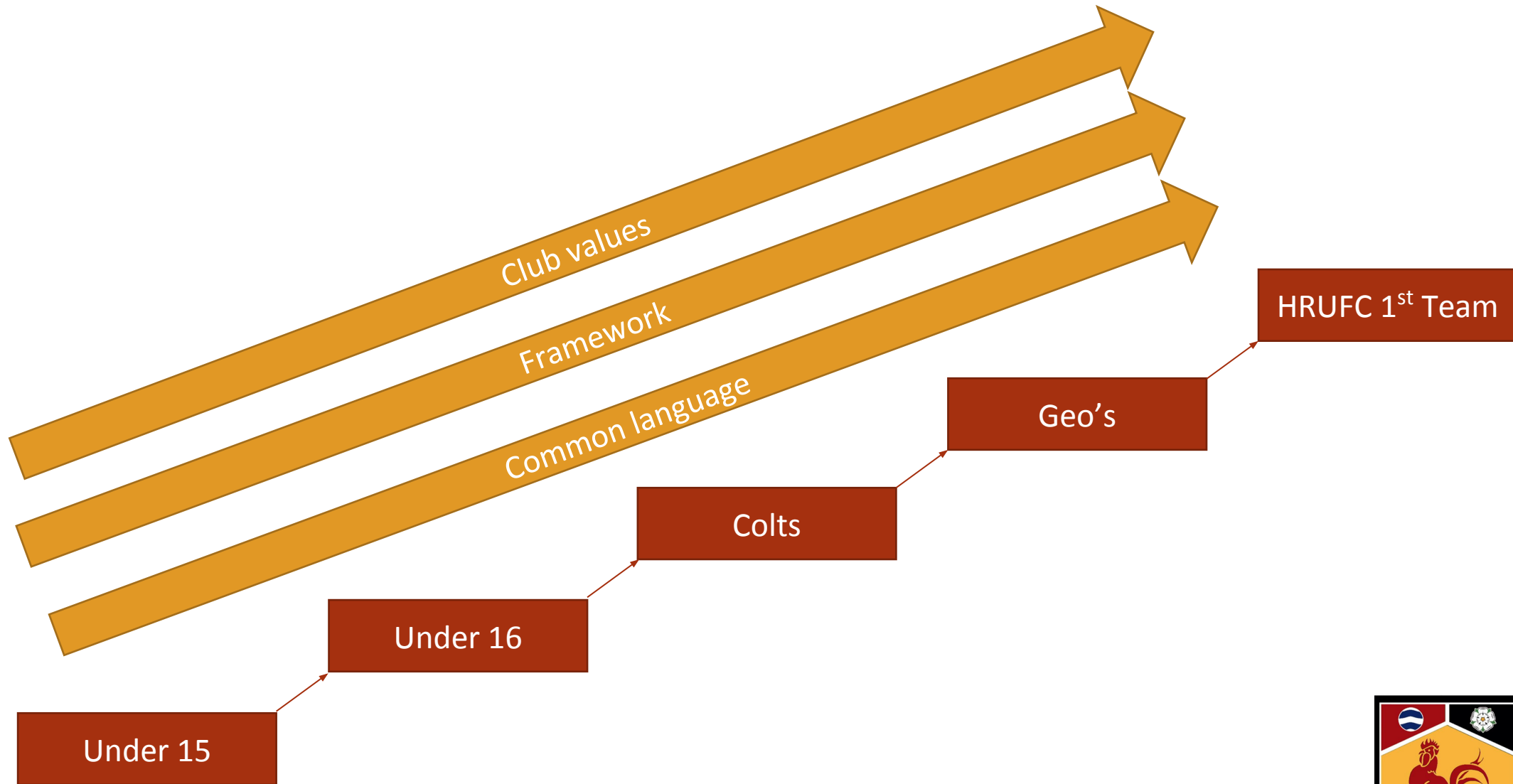


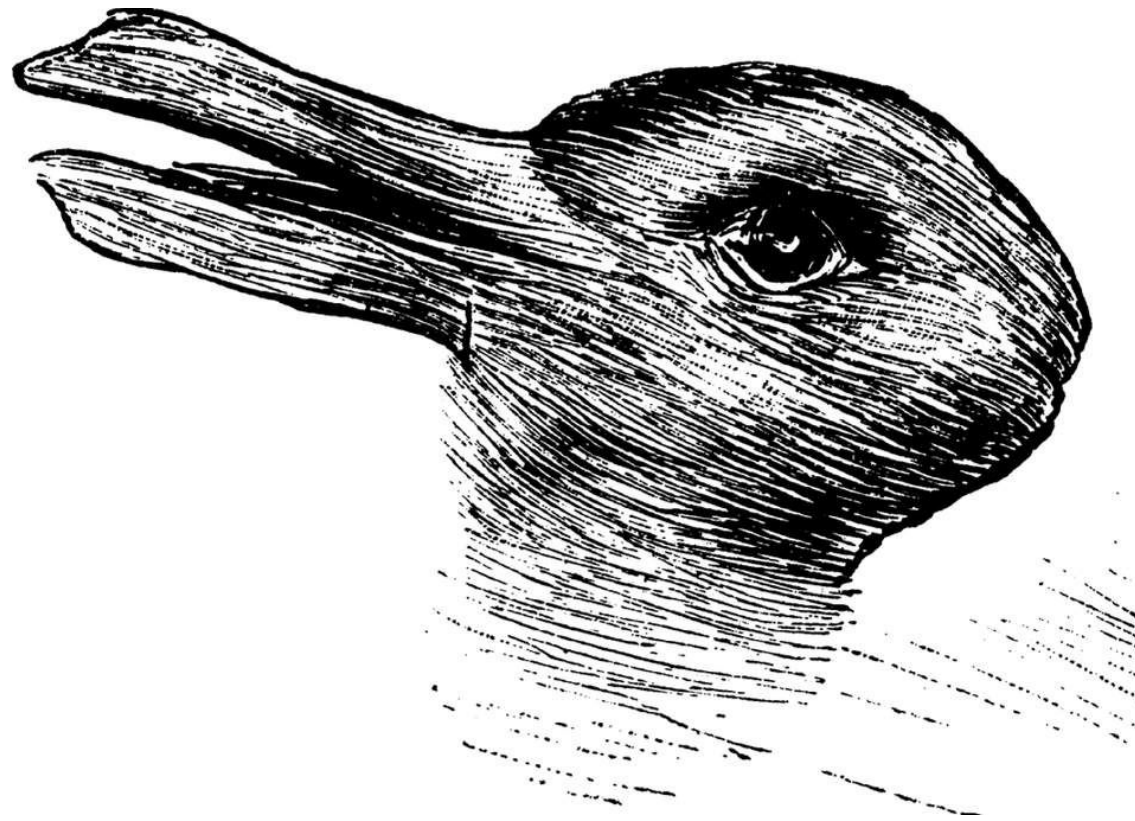
There's more

- Bi-Monthly Player Development Seminars
- Covering, sleep, nutrition, hydration, supplements
- Coaching CPD – Continually developing those coaching your children
- A long term plan for future growth and success
- Academy wide communication platform for parents and players for both training and games



What does the training look like?





Creating a 'Shared World'

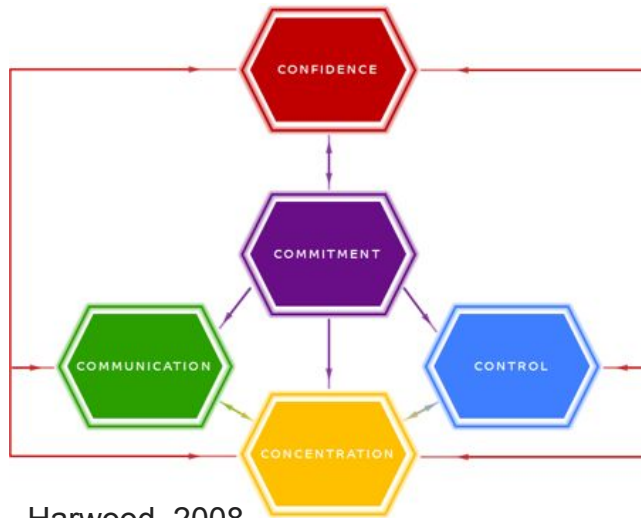
Allows players to move up age groups with ease

Create club cohesion

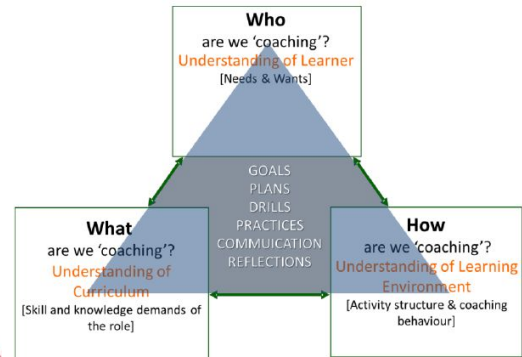
Allows teammates to predict individual movements/decisions



Theory informed coaching



Harwood, 2008



Abraham et al., 2014



Abraham et al., 2014

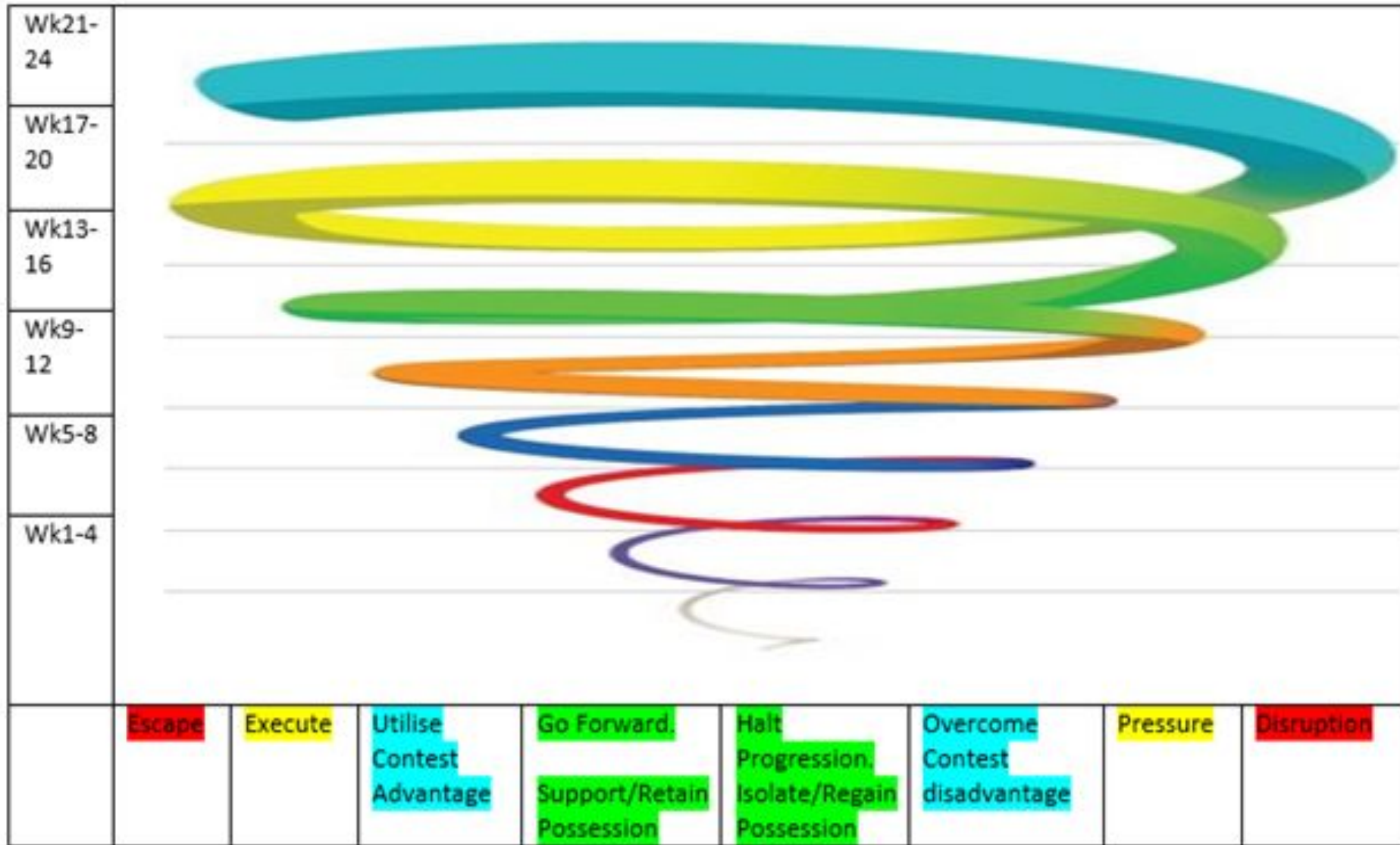


YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																										
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+						
AGE PERIODS	EARLY CHILDHOOD				MIDDLE CHILDHOOD						ADOLESCENCE						ADULTHOOD									
GROWTH RATE	RAPID GROWTH				STEADY GROWTH						ADOLESCENT SPURT						DECLINE IN GROWTH RATE									
MATURATIONAL STATUS	YEARS PRE-PHV										PHV						YEARS POST-PHV									
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)										COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)															
PHYSICAL QUALITIES	FMS	FMS				FMS						FMS														
	SSS	SSS				SSS						SSS														
	Mobility	Mobility										Mobility														
	Agility	Agility										Agility						Agility								
	Speed	Speed										Speed						Speed								
	Power	Power										Power						Power								
	Strength	Strength										Strength						Strength								
		Hypertrophy										Hypertrophy						Hypertrophy								
	Endurance & MC	Endurance & MC										Endurance & MC						Endurance & MC								
	TRAINING STRUCTURE	UNSTRUCTURED				LOW STRUCTURE						MODERATE STRUCTURE						HIGH STRUCTURE					VERY HIGH STRUCTURE			

Lloyd and Oliver, 2012



How will it be structured?



Who is it informed by?

David Doherty – Harrogate Rugby DOR – RFU Level 4 Coach, Former professional rugby player

Mike Ashford – Harrogate Rugby Attack Coach – PhD in Sports Coaching

Mark Garrett – Academy Chairman, Junior Rugby Manager

Kevin Shattock – Podium Performance Director, HRUFC Head of S+C

Sam Fox – 1st XV Player, Sports Coaching Student, RFU Level 2 Coach currently working on RFU Level 3

Aled Jones – 1st XV Video Analyst, Sports Coaching Student, RFU Coach



How can you help?

Save the date - WEDNESDAY 31ST JULY 2019 – PRE SEASON DAY 1

Follow us on INSTAGRAM for information and updates -  @hrufcacademy

Sponsorship Opportunities – All revenue raised will be spent on RUGBY, with specific allocations for kit, coaching, travel and more – please get in contact if you would like more details.

