



THE CLARENDON ACADEMY & THE JOHN OF GAUNT 6<sup>TH</sup> FORMS



SUPPORTED BY DORSET AND WILTSHIRE RUGBY, TROWBRIDGE RFC AND  
BATH UNIVERSITY



# Introduction

Mr Kempson

PE Teacher & Head of Rugby at  
The Clarendon Academy

Player 19 years (county, regional  
& championship honours senior  
rugby)

Coaching for 8 years

UKCC Level 2 Coach (club and  
regional)

CPD - Progressing onto UKCC  
Level 3

Studying MSc Sports Coaching  
(rugby), ambition to progress  
onto MPhil/PhD



# Key Figures



Mark Stenton

Executive Principal

Clarendon Academy



Winston Witham

Head of 6<sup>th</sup> Form

Clarendon Academy



Louise Clune

Head of PE

Clarendon Academy



Mike Gunston

Head teacher

John of Gaunt School



Linda Brunt

Head of 6<sup>th</sup> Form

John of Gaunt School



Josh Dunbar

Head of PE

John of Gaunt School



Aaron James

Head of Rugby

Bath University



Kevin Davis

Rugby Operations Manager

Trowbridge RFC

Frank Butler  
Development Officer  
Dorset and Wiltshire



# Vision



Create local rugby academy providing a higher level of rugby competition alongside pupils' academic studies.

Pupils develop holistically through rugby and academia to become well rounded individual.

Provide experiences similar to the structure of university rugby or senior professional rugby.

Provide a higher level of competition than current 6<sup>th</sup> form rugby by playing established academies, private schools and strong public rugby schools.

Develop other key characteristics that players require to excel in professional rugby game and modern society:

- Self discipline
- Organisation
- Cooperation
- Leadership
- Self confidence

# What the programme will entail



Option blocked – include timetabled lessons during school and time outside of timetable to allow maximum delivery of the programme.

Time outside of timetable for additional training sessions

3 options + Excellence in Rugby

2 year course coinciding with 6<sup>th</sup> form education

Developing links with Bath university rugby

- Rugby performance through coaching
- Rugby education through rugby courses, match reviews individual reviews and team meetings
- Strength and conditioning
- Position specific coaching
- Recovery sessions
- Nutrition
- Work/Life balance – support with academic work
- Independent study will be incorporated into the programme
- Potential for preseason training camp at Dauntsey school
- End of year rugby trip



Morning/afternoon strength and conditioning

Classroom sessions

Positional specific training

Match analysis

Fixtures

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 - 8.30	Strength & Conditioning				Recovery session	Rest Day	Trowbridge RFC Colts Fixture
Period 1		Psychology	Biology				
Period 2	Biology		Classroom Session/ Positional	Physical Education	Biology		
Break							
Period 3	Psychology	Physical Education	Physical Education	Psychology	Match Analysis/ academic catch up		
Period 4		Classroom session.	Psychology		Psychology		
Lunch							
Period 5	Physical Education	Strength & Conditioning	Positional/ academic catch up	Biology	Physical Education		
3 – 5.00pm	Squad Training	Captains run on week of mid-week match		Fixture (not every week) or Squad Training			
5 – 6pm							
6-7pm			Trowbridge RFC Colts Training				
7-8pm							

#### During school hours

Biology – 4 hrs

Psychology – 5 hrs

Physical Education – 5 Hrs

Rugby Programme – 5 hrs

#### Outside of school hours

Rugby programme – approx 4/5 hours

Alongside 3 option choices

- A Level
- BTEC

Organised to compliment Colts training at Trowbridge RFC and other youth teams to allow facilitation of both programmes

Varied fixtures to avoid pupil burnout and overload

# Facilities

School fields, sports hall and AstroTurf – Team training, position specific training and captain's run.

Trowbridge rugby club – matches and additional training

Gym – refurbished school gym to include

- Squat racks
- Bench press
- Free weights
- Cardiovascular machines
- Other sport specific equipment



Swimming pool – additional conditioning and recovery sessions

Recovery room – specialised room to allow players to go through appropriate recovery routines

Classroom – match analysis and education on rugby, nutrition, injury and additional study time if required

Bath university – potential training sessions to be arranged to access university and use facilities, access coaching and with current university students/coaches.

# What pupils will leave with



- Level 1 Referee qualification.
- Level 1 coaching qualification.
- Experience at coaching young age groups within the school.
- Improved rugby education, conditioning and positional awareness.
- Knowledge of self management of rehabilitation during and post injury.
- Experience of a performance environment similar to university/professional pathways.
- Non residential visit to high performance sport universities including UCAS information and support during the application process
- Experience of playing at a higher level of competition than current 6<sup>th</sup> form rugby.

## Stretch Targets

- Level 2 coaching qualification
- Experience of organising, promoting and delivering a festival of rugby for KS2 and KS3 pupils
- First Aid Qualification

## Team Identity and Image

Under armour package for kit to wear in and around the school, professional attire to match professional conduct.



During process of securing funding for playing kit, under armour to match the team kit.



# What makes us different

- Triple helix – three pronged triple helix approach towards a high performance sport programme.
- Integral links with KS2 and KS3 allowing coaching opportunities.
- Educational concept combining rugby with education, not approaching them in isolation.
- Deep rooted community interest at the core of the programme.
- Holistic development of pupils, providing opportunities to improve key skills highly desired by universities, future employment and rugby clubs.
- Huge variety of level 3 courses delivered across the two sites.
- Drive and passion of staff working on the programme



# How to apply

- Apply through 6<sup>th</sup> form applications (new packs available)
- 6<sup>th</sup> form prospectus also available
- Choose 3 option choice to study at either site and the Excellence in Rugby programme (4 on a case by case review).
- If you have already applied for 6<sup>th</sup> form, just fill out option page in new pack.
- All players to fill out a player information form and return it to Mr A Kempson at the Clarendon Academy (Personally, post or at reception)

