



Coombabah State High School
Creating Successful Pathways

iGniTe



RUGBY LEAGUE
EXCELLENCE



*This course will create pathways to careers into
Rugby League and its associated professions.*

*Students who have a talent and passion for
Rugby League should apply for this course.*



Queensland
Government

Visit the website for full details: coombabashs.eq.edu.au

COURSE OVERVIEW

This excellence program has been designed for athletes wanting to specialise in Rugby League at elite levels or pursue a career in the Rugby League on or off the field. In this course, you will focus your knowledge and skills to take your performance to the next level. Students will participate in a range of learning experiences including coaching, officiating, strength and conditioning, first aid, nutrition and a variety of other industry related areas to prepare them for success.



iGniTe RUGBY LEAGUE EXCELLENCE STUDENTS WILL HAVE ACCESS TO:

- Working with like-minded and skilled students
- Expert teachers, valued community and industry partners facilitating your learning
- Extra-curricular experiences such as camps and visits to elite training venues
- Opportunities for athlete development
- Industry, teacher and peer coaching, mentoring and networking
- Individual educational and career planning with regular reflection and feedback

CURRICULUM

In addition to the mandatory curriculum you will:

- Participate in training sessions with expert coaches to improve your competition skills.
- Access the schools gym to learn about strength and conditioning
- Develop teamwork skills and the mindset needed to be a resilient and high performing player.
- Use video analysis to enhance your knowledge of biomechanics and skill acquisition, and improving technique in chosen sports.
- Learn the off-field skills to become a well-rounded athlete including sleep, nutrition, mindset and sports psychology.
- Apply theoretical principals learnt in class to training, games and competitions.
- Work with teacher and industry mentors who will help you to optimise your performance.



PARTNERSHIPS

- Coombabah SHS works in partnership with the Gold Coast Titans to provide specialist skills lessons.
- Students also work with highly experienced specialist staff who coach and mentor students to excel.
- Students also benefit from guest speakers in the sporting and Rugby League industries.

OPPORTUNITIES FOR STUDENTS

- Training sessions with industry experts
- Dedicated rugby league classes timetabled
- Compete in pre-season trials and seasonal games at a range of venues
- Ongoing mentoring and pastoral support

SUCCESS STORIES

Past alumni who played or debuted in the NRL this year are:

- Josh Lynn - Parramatta
- Jye Gray - South Sydney
- Brendan Piakura - Broncos
- Taine Tuapiki - Warriors
- Jayden Berrell - Cronulla
- Coby Black - Broncos
- Klese Haas - Titans
- Arama Hau - Titans



PAST STUDENT SUCCESS

Past students include:

- Brendan Elliot - Roosters, Newcastle, Manly, Titans and currently at the Cowboys
- Jeremy Smith - Melbourne, St George, Cronulla, Newcastle and New Zealand
- Scott Sattler - Gold Coast Seagulls and Chargers, South QLD Crushers, Wests Tigers, Penrith and QLD

FEES & COSTS INVOLVED *(subject to change)*

- Approx. \$250 plus an additional fee for camp
- Supplied: 2 x training shirts, game day shorts, strapping, bus transport, training equipment
- Training gear to be supplied by student/parent: mouth guard, socks, boots, training shorts, head gear (optional)

APPLICATION PROCESS & EARLY OFFER OPPORTUNITIES

- Attend the Rugby League Excellence trials as advertised on the school website.
- Complete the iGniTe Rugby League application form in the enrolment pack.
- Return your application as per the timelines advertised for the current year on the school website.
- Selection is based on the level of commitment and skill demonstrated during the evaluation activities.
- Early offer opportunities and scholarships may be offered through school trials or local representative clubs.

PROGRAM INFORMATION

Contact: enrolments@coombabashs.eq.edu.au

Ph: 5552 3888



Our iGniTe programs will
have you on a pathway to success