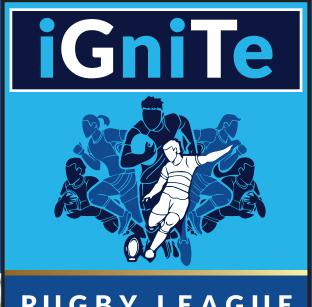


### Coombabah State High School

Creating Successful Pathways





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.



### **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



## 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 Tuaupiki 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



