



Lake Joondalup  
Baptist College

# LJBC



## Co-curricular Rugby Union Information Booklet

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## Introduction

Welcome to Rugby at Lake Joondalup Baptist College.

This booklet has been put together to introduce Rugby to you at LJBC and to give a summary of the co-curricular programs that will be available in 2021.

If you have any questions or something arises which is not covered in this material, please feel free to contact Mr Kyle Barker by email at [Kyle.Barker@ljbc.wa.edu.au](mailto:Kyle.Barker@ljbc.wa.edu.au)

We hope this co-curricular program will be an enjoyable and rewarding experience for you and your child/children.

## Philosophy

The game of rugby, which may have started in an act of spirited defiance on that day in 1823 when the legend William Webb Ellis, picked up the football and ran with it, embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork.

At first glance it is difficult to find these guiding principles in a game where the objective is to exert physical pressure on an opponent in an attempt to gain possession of the ball. However, the game is played within strict boundaries which develop discipline, control and mutual respect. The responsibility for ensuring that this happens lies not with one individual - it involves coaches, captains, players and referees.

The game's objective is to score as many points as possible against an opposing team by carrying, passing, kicking and grounding the ball, according to the laws of the game, its sporting spirit and fair play. The proposed LJBC Rugby Curriculum will be underpinned by the philosophies of this rational. The core values and ethos of Rugby Union will form the foundation of a program that will strive to develop the 'whole' student.

The values of *Integrity, Discipline, Inclusion* and *Respect* will serve to develop our students' character both on and off the field. The alignment of rugby's key concepts with the established structure of the Physical Education Studies Framework will provide unique learning experiences and insights in the world of high-performance rugby. Students will have access to high level practical skill development, delivered by staff and coaches with up to date coaching experience. It is only with a holistic and inclusive program, such as this, that we can hope to assist our students with their personal growth and development. Which will help them to achieve their life goals no matter what path they choose.

## Vision

An inclusive program focused on developing student excellence both on and off the field.

## Values of Rugby

**Inclusion**  
A game for every one

**Discipline**  
Respect for all

**Integrity**  
A game that builds character

What does this mean for players?

- Embracing courage
- Loyalty
- Sportsmanship
- Discipline
- Teamwork.

What does this mean for coaches?

- Rights - you must respect and champion the right of every individual to participate in sport.
- Relationships - coaches must develop a relationship with the players based on openness, honesty, mutual trust and respect.
- Responsibilities - personal standards - a coach must demonstrate proper personal behaviour and conduct at all times.
- Responsibilities - professional standards - in order to maximise benefits and minimise the risks to players, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice.

What does this mean for spectators?

- Rugby is a time for children to develop their technical, physical, tactical and social skills. Winning isn't everything.
- Remember that children play for fun.
- Applaud effort and good play as well as success.
- Always respect the match officials' decisions.
- Remain outside the field of play.
- Let the coach do their job. The coach should be telling the players what to do, not you.
- Encourage the players to respect the opposition, referee and match officials.
- Avoid criticising a player for making a mistake – mistakes are part of learning.
- Never engage in, or tolerate, offensive, insulting or abusive language or behaviour.

## 2021 Co-Curricular Program

### Aim

LJBC is entering into an era of initiatives and growth. The focus of the 2021 LJBC Rugby season will be to establish a new and exciting Rugby Union tradition within the College community. This initiative will begin with an expanded, more robust co-curricular program.

### Objectives

- Develop core skills in Rugby Union
- Introduction to strength and conditioning
- Develop knowledge of Rugby Union laws
- Introduction to Leadership in Rugby Union.

### Content Areas

- Catch/Pass
- Defence/Attack
- Set Piece
- Tackle technique
- Sevens Rugby patterns of play
- Laws of the game (Sevens Specific)
- Training methods
- Recovery methods.

### Term 1

- Rugby WA & Western Force “Try Rugby” Rugby Skills and Contact Clinics. (LJBC rugby field)
- Western Force player signing session
- Viva 7's Female Rugby promotion. Develop interest amongst female students and create opportunities for participation (LJBC Rugby Field)
- LJBC Rugby Union Squad Registration days (TBA)
- Introduction to High-Performance pre-season general preparation resources (Requirement for all squad members).

### Term 2

- Pre-Season Specific Preparation Phase: (Requirement for all squad members)
  - Clinic/Training sessions. (Rugby core skill development)
  - Sevens theory development/strategy
  - Sevens squad trial matches. (Lunchtime Rugby X comp, afterschool Sevens squad trials)
  - LJBC rugby squad strength and conditioning sessions. Attended and assisted by Western Force Strength and Conditioning special guests.
- LJBC 2021 Rugby Season Launch Event. “*Spirit Cup*” Sevens Night Carnival. (Supported by Rugby WA and Western Force). Joondalup Brothers Rugby Club.

### Term 3

- 2021 Northern Schools Rugby Championship (NSRC) Wednesday after school competition
- NSRC Finals Night Carnival: Joondalup Bothers Rugby Club
- Western Force special guests at LJBC squad training sessions.

### Term 4

- Off-Season: Viva Sevens Rugby Program

## Proposed Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>	<p><b>Pre- season:</b> Senior S&amp;C</p> <p><b>In-season:</b> Senior Field Session (Skills Development)</p>		<p><b>Pre-season:</b> Theory session Laws/ Leadership.</p> <p><b>In-season:</b> Game Analysis</p>		<b>Recovery/ Conditioning</b>
<b>After School</b>	<p><b>Pre- season:</b> Junior S&amp;C (fitness)</p> <p><b>In-season:</b> Junior Field Session (Skills Development)</p>		<p><b>Pre-season:</b> Trial games (Lunchtime- Rugby X) After school games at Joondalup Brothers</p> <p><b>In-season:</b> Match Day</p>		

## Coaching Staff Qualifications

### **Kyle Barker (Head Coach)**

- Qualified Level 2 Rugby Coach
- SMART Rugby Qualifications
- 12 years of Junior Rugby Coaching experience
- Diploma of Education (Physical Education, Science)
- Bachelor of Sport and Exercise Science (Sport Science and Human Biology)
- S.P.T. Coach (Queensland Systemised Personal Training Program)
- 10 years Personal Training/Strength and Conditioning experience
  - LJBC Fitness Club facilitation
  - City of Wanneroo Youth work, designing, implementing and facilitating a range of youth fitness programs across the northern suburbs
  - Balcatta Ice Skating Club (Strength and Conditioning coach).

### **Ben Allsop (Head of Health and Physical Education at LJBC)**

- Qualified Level 1 Rugby Coach AU
- RFU Rugby Prelim UK
- Rugby Ready Award UK
- Sport and Exercise Science Degree BSc Hons
- Sports Nutritionist
- Rugby Spinal Injury and Concussion Treatment Award
- 8 years Rugby Coaching experience (West Norfolk Rugby Club, Joondalup Brothers Rugby Club)
- Member of Rugby WA Coaching Council 2020
- CCPR Fitness Trainer Award
- 25 years experience in Strength and Conditioning Coaching (multiple clubs across a wide range of sports in the UK. Whitfords Hockey Club and Joondalup Brothers Rugby in AU).

