



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 you to Rugby@LJBC and to give you a overview of the programs that will take place in 2023.

Should you have any questions regarding the contents of this booklet, please feel free to contact Mr Kyle Barker via email at [Kyle.Barker@ljbc.wa.edu.au](mailto:Kyle.Barker@ljbc.wa.edu.au)

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



## PHILOSOPHY

The game of rugby, 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, 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 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 methodology. 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. To 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.

# MISSION

Building a vibrant and sustainable game for all where each individual and Rugby community is valued.

# 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.



# CO-CURRICULAR PROGRAM

## AIM

LJBC is entering into a new era of initiatives and growth. The focus of the 2023 LJBC Rugby season will be to continue to grow the Rugby Union tradition within the college community. This initiative began with an expanded, more robust co-curricular program full of exciting opportunities and new investment. The program continued to grow this year with a new collaboration with UWA and Western Force, that included all new equipment and pathway opportunities for our students and players. (link below)

Lake Joondalup Baptist College | Rugby Essentials | Western Force

<https://www.youtube.com/watch?v=VMfECHnQpkM&t=7s>

## PROPOSED FUTURE PROGRAM MODEL.

### Objectives

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

### 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)
- High-Performance pre-season general preparation

### Term 2

- Pre-Season Specific Preparation Phase: (Requirement for all squad members)
  - o Clinic/training sessions (Rugby Core Skill Development)
  - o Sevens Theory Development/Strategy
  - o Sevens Squad Trial matches (Lunchtime Rugby X Comp, Afterschool Sevens squad trials)
  - o LJBC Rugby squad Strength and Conditioning sessions
  - o Pre-season WFC Northern Conference Sevens Night Carnival (Arena)

### Term 3

- 2023 Northern Conference Western Force Cup Competition
- NSRC Finals Night Carnival Joondalup Bothers Rugby Club
- Western Force Cup Finals Gala Day. (UWA Grounds)

### Term 4

- Off-Season: Viva Sevens Rugby Program



	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					
After School	Full Squad Training		In-season: Match Day		



# Coaching Staff Qualifications



**Kyle Barker**  
(Head Coach)

- Level 2 Rugby Coaching qualification
- 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)

- 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 yrs experience Strength and Conditioning coaching (multiple clubs across wide range of sport in UK, Whitfords hockey club, Joondalup Brothers Rugby in Australia)