

# The Domestic programme

Our Domestic Programme offers New Zealand's only full time Career & Rugby/Rugby League Development opportunity for young rugby players. The programme has three core strands:

## Rugby-Rugby League Programme.....

Each weekday Monday to Thursday, 8:00am - 3.30pm professional coaches deliver the NZSA rugby development Programme made up of:

- Fitness (aerobic/anaerobic, speed/strength/fitness testing)
- Weights (resistance training, core strength & boxing)
- Team Attack ( sequences, positional plays, counter & zones)
- Team Defence (Scrum, Lineout, Ruck & Maul)
- Individual Positional Training (Forwards/Backs)
- Individual Skills (pass, kick, evasion, contact, air & tackle)
- Rugby Tactics & Psychology (game plan, motivation & personal development)
- Video Analysis of games & skill work
- Bi-monthly Strength & Fitness assessments
- Games together as NZSA academy against local and international teams
- National NZSA tournament
- Students play for local clubs in their respective regional competition



## Career Programme.....

Students will study towards a Certificate in Sports Leadership Level 4 which covers the following topics:

- Information Management & Customer Services in a Sports Environment
- Nutrition, Personal & Coaching Instruction for sports
- Basics of Physiology & Anatomy
- Personal & Professional Development
- Applying basic principles of Sports Psychology

The certificate is designed to incorporate students demonstrating exercises and rugby skills in the gymnasium or on the training field. This programme is delivered in conjunction with Te Wananga O Aotearoa.



## Culture & Life Skills Programme....

An important aspect of Academy life involves *learning and living Maori culture* weekly through various activities including mau rakau, taiaha, haka, waiata and tikanga. Communication and goal setting are built in through our mentoring programme to install leadership and confidence. Being role models is also important and students will go into primary schools to coach children. Students will also learn to be hosts and train with our international players and teams.

## Student Entry Criteria Policy

- Entry is for students aged between 17-25 years of age
- Students must demonstrate commitment and a professional attitude
- A personal interview is required to assess commitment
- Further details are available on application



## How Long is the Programme?

The programme starts in March, with graduation at the end of October. The course fee for Te Wānanga o Aotearoa 2012 is to be advised. You may qualify for a student loan which allows you to borrow money to finance the cost of the course as well as living expenses through studylink. You may qualify for Iwi/Trust grants and other avenues for assistance. All fees are due before the programme start date.

To register or for further details contact us:

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