

Marist Rugby Club



MaristCollege
Canberra



Coaching Handbook 2017



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Introduction

We have developed this *Coaches Handbook* as a reference for all our volunteer coaches to enable them to have a clear understanding of the direction we are heading towards as a Club.

We aim to ensure boys who put on the *Blue and Blue* jumper are given the best opportunity to receive a consistent and balanced rugby experience. This will not only allow us to develop a 'Marist' style of play, but will also enable all the boys to come together with a focus on their age group rather than individual teams. This will put them in good stead for when they enter into the senior rugby group, and support our Club's goals for all Marist rugby players.

The handbook is also in response to feedback and suggestions we have received from coaches, managers and parents over the years as to how we can continue to improve our boys experience playing for Marist and also clarify any areas of conjecture.

The Marist Rugby Club aim is to provide effective support for the Marist College rugby program so that students can:

- participate in all aspects of rugby;
- develop their skills and interest for the game in a safe and enjoyable environment; and
- provide support and opportunities to every participating student so they can reach their desired goals and maximize their enjoyment.

To meet that aim, our support and services are offered to all Marist rugby players and we maintain the highest levels of support and training for all coaches. Our aim is to increase the number of volunteer coaches over time and increase their training and qualifications to achieve our Club's goals.

Policy Structure

The *Coach's Handbook* should be read in conjunction with the *Marist Rugby Club Policy Guide*. The *Marist Rugby Club Volunteer Handbook* also contains useful information on the roles and responsibilities of other volunteers involved in Marist Rugby.



Age Group Coordinators

Where possible the College will appoint a staff member to be an Age Group Coordinator. If this is not possible, the Rugby Master will identify a suitable parent volunteer. This person will coordinate the age group, working with the coaches, staff, parents and volunteers to organise trial teams, training and selections.

Selection Policy

Boys play for Marist in an age group in the ACTJRU competition. All players are graded in their correct age group. Though boys will be identified within a team during the season, they represent the College in that age group, not the individual teams in that age group.

Pre-season selection will run from Week 5 to Week 8/9. Where possible, if invitation fixtures take place during this period, all players should be given the opportunity for game time in fixture events. While we would like to be competitive in these fixtures, it is important to ensure they are also a helpful and productive selection tool. Players who are obvious selections should be advised that they will have limited involvement so others can be given more opportunity at these invitational fixtures.

At the beginning of the ACTJRU season, the Age Group Coordinator will liaise with the age group coaches throughout the selection process. The Age Group Coordinator will also be supplied with any feedback sheets from the previous year to aid team selections. Players may be selected in another team on a weekly basis, due to such things as injury, changes to numbers, or the requirement to field a complete front row for each team.

This movement of players is the decision of the **Age Group Coordinator** in communication with the relevant coaches. This is not the decision of the coach, player or parent.



Nomination of Teams

College team nomination for the season will be based on:

U/10-U/12	Team numbers are based on providing maximum participation. Teams must match numbers as per ARU Pathway Laws.	
	U/10 and U/11	12 a side
	U/12	15 a side
U/13-U/16	2 teams (Ideally 40 registered players – minimum 36 registered players)	
	3 teams (Ideally 60 registered players – minimum 55 registered players)	
	4 teams (80 registered players)	
Opens	Teams will be decided by the Rugby Master in consultation with senior coaching staff and the Age Group Coordinator. Flexibility in numbers, due to different kick-off times.	

Team Numbers

(Royal – Division 1, Sky – Division 2, Blue – Division 2/3)

The first players identified and selected throughout the group are front rowers and potential front rowers, and these are identified by the **Age Group Coordinator**. If there are additional front rowers within the age group then team/s may be able to carry an additional front rower.

Royal 17 to 20 based on age group numbers. **This team carries the least amount of players within the age group.**

Sky 18 to? Based on age group numbers.

Blue based on age group numbers.

When numbers in age groups are tight, additional players (over and above the 12 or 15 required in the age group) must first be allocated to Blues, then Skies, then Royals (if any are left.) This is to allow for the traditional drop-out rate levels in lower Divisions and to allow for boys to play up.



Weekly Player Movement during ACTJRU Season

Players **may** be selected in another team on a **weekly basis**, due to injury, numbers and the requirement to field a complete front row for each team. This movement of players is the decision of the **Age Group Coordinator** in communication with the relevant coaches. This is **not** the decision of the **coach, player or parent**.

1. A player playing for the Royal (Division 1) team may move down to the Sky (Division 2) team for any of the above reasons. Thus, a Sky player may be required to move down to the Blue (Division 2/3) team for any of the above reasons.
2. If a Royal team require additional player/s, a player/s from the lower graded team is to be considered as the first option, before seeking players from another age group.
3. If a Sky or Blue team requires additional player/s, a player/s from the lower graded team is to be considered as the first option, before seeking players from the Royal team or from another age group.
4. **Players from another age group must never take the field when fit players from the same age group are available.**
5. If any of the above situations arises, always consult with the coach of the other team; speak to the player and the player's parents.

U/16 Developmental Players

The First XV is the pinnacle for Marist Rugby and should have the best players available regardless of their age, subject of course to the school being satisfied that they are not only capable of playing at this level but also, they are willing, have the support of their parents and have the level of maturity to handle the social environment that they will be involved in.

The 1st XV Coach along with the support of the Senior Rugby Master and age group coach may identify players at the U/16 age to be developmental players. Boys will be identified at the end of the concluding season, so boys are part of the senior rugby post season and pre-season. These boys may be selected on a weekly basis in the 1st XV, 2nd XV and U/16 Royal teams. The aim is to develop the identified players and strengthen the depth of the College's premier teams.



In terms of all other age groups, the decision to allow boys to play up will be at the sole discretion of the Rugby Master (in consultation with the Club President, Age Group Coordinators, player and the individual’s parents).

The decision will be based on the needs of the age groups involved in terms of numbers, not the needs of an individual player or parent. A decision to allow a boy to play up in an age group will only be in exceptional circumstances and does not provide precedence for other players, parents or coaches to argue their case.

Allocated Training Grid

	MON	TUES	WED	THUR	FRI
No. 1		Seniors	U/10s and U/11s	Seniors & U/16s	CLOSED
No.4		U/13s & U/16s	U/12’s	U/13s & U/16s	
Pearce		U/14s & U/15s # Note		U/14s & U/15s # Note	

U/14’s age group will move to Melrose when the MOU between Marist and Melrose has been signed.



Weekly Training Structure

The training structure will be a combination of age group squad training and individual team training. For this to be effective, all teams in each age group will be required to train on the same days.

Squad training programs for each age group. These should be designed around age specific skills deemed appropriate to ensure the safety of our boys while also developing their core skills.

U/10-U/12	One day a week (3.30pm-5pm)
	Session 1: 40-50 minutes - core skill focus includes warm-up (squad based)
	Session 2: 30-40 minutes – team structure and unit based (individual teams/squad base unit work)
U/13-U/15	Two days a week (3.30pm-5pm)
	Session 1: core skill focus combined with strength and conditioning. (age squad based coordinated by the age group coaches)
	Session 2: team structure and unit based 4 teams (80 registered players) (individual teams/squad base unit work)
U/16-Opens	Two days a week (3.30pm-5pm) U/16s and open teams will train together on designated sessions.
	Session 1: core skill focus combined with strength and conditioning. (age squad based coordinated by the age group coaches)
	Session 2: team structure and unit based (individual teams/squad base unit work)



Home Games Ground Allocation Grid – 2017

Oval/Time	No. 1 Oval	No. 2 Oval	No. 4 Oval	Garran (2 fields)
9.30am	U/10s	U/10s	U/10s	U/11s
10.30am	U/12s	U/12s	U/13s	U/13s U/15s
11.30am	U/14s	U/14s	U/15s	
12.30pm	3rd XV			
1pm		U/16s	U/16s	
1.45pm	2 nd XV			
3pm	1 st XV			

Coach Pre-requisites

The Marist Rugby Club is extremely fortunate to have so many teachers and parents who are prepared to give up their time to coach the boys. The experiences of our coaches range from first time coaches to experienced ARU Level 2 coaches.

The **minimum pre-requisites** for coaching a Marist rugby team are:

1. SMART RUGBY – on-line course run by the ARU.
2. Working with Vulnerable People card - compulsory in the ACT and you must have this on you at all times (plus provide an electronic copy to the Rugby Master)

Both of the above requirements are free of cost to volunteers and links are available on www.maristrugby.com.au.

In addition, Marist Rugby Club encourages coaches to obtain higher levels of training and qualifications. Training costs are covered by the Club, and the benefits (to you and our players) far outweigh the commitment to complete additional training, for example ARU Level 1 requires one day only.



As this is important to us, the Marist Rugby Club will provide a sporting voucher to any coach completing the Level One or Level Two training (so you receive free training plus a free voucher).

Coach Resources

We expect our players to have equal access to playing rugby (injuries aside), and to reach senior years with consistent skills training and development. Therefore you are provided with the following resources for support:

- *Free Training for ARU Level 1 and Level 2*
- *Marist Rugby Coach Handbook*
- *Marist Rugby Skills Matrix* – minimum skills to be developed in each age group
- *World Rugby Coaching Key Factors*
- a range of links and rugby support on our website www.maristrugby.com.au
- funded fitness support and development for all players.

We value your suggestions and would appreciate any feedback, comments, or tips for other coaches



Issues Arising from Training / Games

1. **Failure to Attend Training** - It is compulsory for all players to attend all training sessions. Coaches and managers can quite reasonably insist upon this requirement. At the start of the season inform players and parents of this requirement and how best to contact you if they are unable to make training. Also inform them of the consequences of failing to attend training without a reasonable excuse. This may mean that a player's game time may be restricted by his non-attendance.
2. **Discipline issue** - If you encounter a serious discipline issue with a player that you are coaching you will need to consult with your Age Group Coordinator. Sanctions such as suspending a player need to be handled in a professional and open manner. Training, travelling and playing are College activities. As we are a school-based club, all disciplinary matters need to be administered in conjunction with the school and the Rugby Master.
3. **Issues with Referees, Opposing Coaches, Teams or Spectators** - If you encounter a problem with a referee, opposing coach, team or spectator, inform the Age Group Coordinator who will discuss the issue with the Rugby Master. The Referees Association, the ACT Junior Rugby Union, other clubs and schools all have officials who deal with these kinds of matters. Generally, it is much more effective if the Rugby Master manages these issues.
4. **Injury** - Your Team Manager is responsible for ensuring there is one (hopefully two) trained First Aiders in your team parents. We strongly encourage you to also become First Aid qualified, and this training is free.
5. **Time on Field** - Coaches should ensure maximum player participation for all boys in junior age groups (U10-U16). All boys are to be rotated into the starting team during the season. Training attendance and position availability (front row positions) may influence playing time.



Contact Details

We thank you for volunteering to coach our boys this season and giving up so much of your time to do so. If you have any further questions, or we can be of any assistance, please don't hesitate to contact the Marist Rugby Club Committee.

President	Judy Swann	president.maristrugby@gmail.com	0422 402 679
Vice President and Canteen Coordinator	Patrick Bouquiaux	pb@tiffenandco.com	0407 298 698
Secretary and Volunteer Coordinator	Sally Boundy	maristrugby@gmail.com	0408 067 540
Treasurer	Ken Johnston	maristrugby@gmail.com	Email pls
Website Manager	David Graham	Webmaster.maristrugby@gmail.com	Email pls
Merchandise Coordinator	Aaron Verlin	maristrugby@gmail.com	0437 099 401
First Aid Coordinators	Vanessa Pilla	maristrugby@gmail.com	0417 601 311
	Danielle Ryan	maristrugby@gmail.com	0432 899 753
Home Ground Marshal	Mick Swann	maristrugby@gmail.com	Email pls
Registrar	Ian Campbell	registrar.maristrugby@gmail.com;	Email pls

This handbook has been produced by the Marist Rugby Club Canberra in consultation with Marist College Canberra.