

The background of the poster features a silhouette of a rugby player in mid-stride, carrying the ball. The player is positioned in the center-left, moving towards the right. The background is a warm, golden-brown color, suggesting a sunset or sunrise. A diagonal white line runs from the top right towards the bottom left, separating the main image from a green-tinted area on the right. In the bottom right corner, there are logos for the NRL and Griffith University. The overall design is dynamic and emphasizes the theme of reaching potential.

***RISE***

# Rugby League Development Program

**Reach your potential.**





## **OUR TEAM**

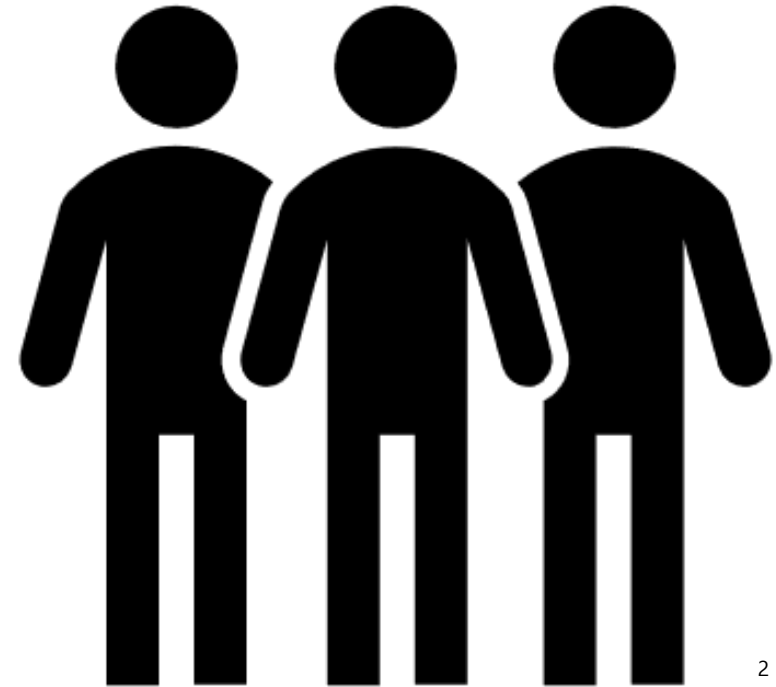


**Head Coach: Chris Little**

**Life-Fit Coach: Deaon Bird**

**S&C Coach: Andy McCoy / John & Luka**

**Development Coaches:**





**R**OUTINE

Develop a consistent approach to doing things that will enable you to achieve your goals.

**I**DENTITY

Be proud of who you are and be loyal to your family, friends and teammates. Always be grateful for what the game gives you.

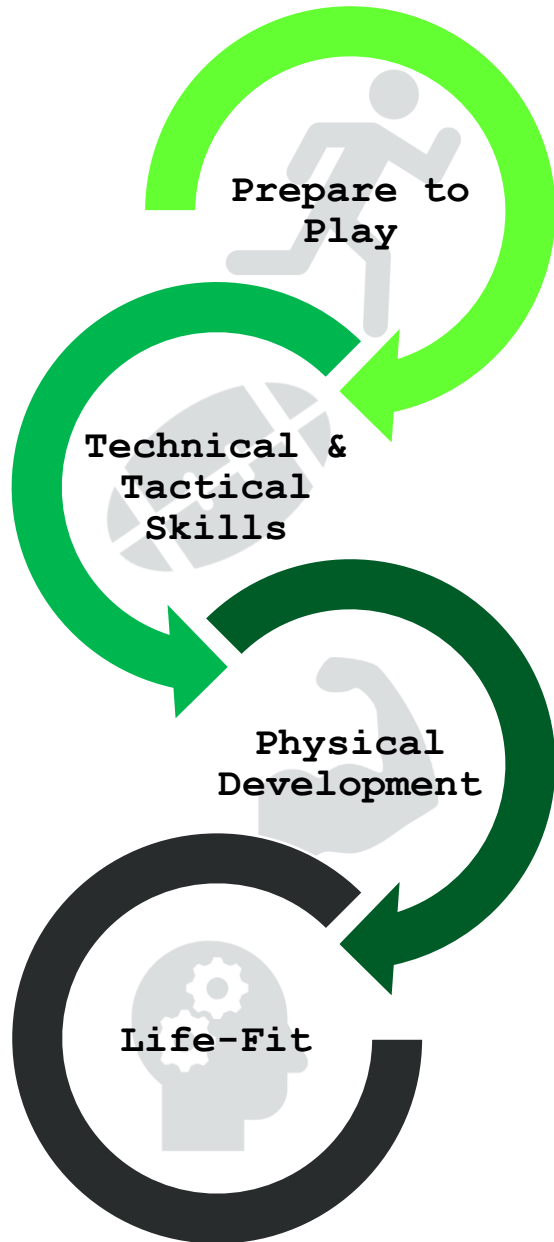
**S**Ocialise

Enjoy being part of a team environment and the benefits working with others gives you, such as mate-ship and working together to achieve common goals.

**E**volve

Take time to reflect on your achievements and the work that you have done. Re-set your goals and go again! Change is a process that will require you to persevere and be resilient.





The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury.

The **Technical & Tactical Skill Workshops** have been designed to improve the players **Attacking** and **Defensive** skills using age and stage appropriate activities that are tailored to suit each playing group.

The **RISE Physical Development program** has been designed to introduce the foundations of strength and conditioning and to help players develop their fundamental movement patterns.

The **Life-Fit Program** is delivered in partnership with Griffith University. Players will participate in a series of online modules and training activities that will help them develop the socio-emotional skills to help tackle life's challenges.





# S&C PROGRAM



## PREPARE TO PLAY PROGRAM

Evidence based injury prevention program that focuses on ankle, knee, hip and shoulder strength and stability.

This program will be completed before each session and players are encouraged to practice at home or club footy training

## PHYSICAL TESTING

Players will participate in 4 physical tests at the start of the program which will test their strength, speed and endurance

The players will aim to improve on these results throughout the year and will repeat the tests at the end of the program.

## WORKSHOPS

Workshops will focus on developing strength fundamental movement patterns (Push, Pull, Hinge, Squat, Lunge, and Core Stability)

Each movement has 4 levels, and players will work through the level by achieving milestones.



## COMPLETING THE RISE PROGRAM

Complete Life-Fit Assessments (T1 & T2)

Life-Fit Modules

Attend Scheduled Sessions

Complete Rugby League Accreditation

U13

Foundation 1 Referee

U14+

LeagueSafe





	9am - 11.30am		SESSION 1	TURNER COMPLEX	
MONDAY 25TH JULY	5.30pm - 8pm	U13 & U14 MALE	SESSION 2	DICK TOSSER TURNER COMPLEX	
MONDAY 1ST AUG	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	SESSION 2	DICK TOSSER TURNER COMPLEX	
MONDAY 8TH AUG	5.30pm - 8pm	U13 & U14 MALE	SESSION 3	DICK TOSSER TURNER COMPLEX	
MONDAY 15TH AUG	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	SESSION 3	DICK TOSSER TURNER COMPLEX	
MONDAY 29TH AUG	5.30pm - 8pm	U13 & U14 MALE	SESSION 4	DICK TOSSER TURNER COMPLEX	
MONDAY 5TH SEPT	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	SESSION 4	DICK TOSSER TURNER COMPLEX	
MONDAY 12TH SEPT	5.30pm - 8pm	U13 & U14 MALE	SESSION 5	DICK TOSSER TURNER COMPLEX	
MONDAY 19TH SEPT	5.30pm - 8pm	U15 MALE & U13 - U16 FEMALE	SESSION 5	DICK TOSSER TURNER COMPLEX	
FRIDAY 23RD SEPT	8am - 4pm	ALL	GALA DAY	DICK TOSSER TURNER COMPLEX	
SATURDAY 24TH SEPT	8am - 4pm	ALL	GALA DAY	DICK TOSSER TURNER COMPLEX	

