

RISE



SUPPORTING YOUR CHILD'S RUGBY LEAGUE EXPERIENCE





What we stand for... Who we are

Proud

- › Loves playing Rugby League
- › Privileged to be involved in the game
- › Proud of who I am and who I represent
- › Understand the game comes first

Standing tall

- › Remains positive no matter what
- › Handles adversity with composure
- › Always makes a valuable contribution

Respect

- › Respects himself/herself
- › Respects the game
- › Respects the opposition
- › Respects his/her team mates
- › Respects family, coaches, officials

Our vision

We strive to improve and always value rugby league. Through our game, we will develop knowledge and skills that form positive lifelong habits.

Our legacy



Compete

- › Driven by improving
- › Goal orientated
- › Strong work ethic
- › Holds others accountable
- › Willing to learn from others
- › Makes good decisions

Reliable

- › Consistent in efforts to improve
- › Honest & trustworthy
- › Disciplined on & off the field

Humility

- › Good people make better players
- › Selfless attitude and actions
- › Handles constructive criticism

Passionate & Committed

- › Committed to being the best you can be
- › Inclusive and puts the team first
- › Enjoys the challenges
- › Accepts responsibility for your actions



In Partnership with...



All our actions are founded on our values:

RESPECT | INSPIRE | SELFLESS | EXCELLENCE

THANK YOU

Thank you for supporting your child's Rugby League Development by enrolling them in the **RISE Rugby League Development Program**.

This program has been designed in partnership with the Australian Kangaroos, Jillaroos and Junior Kangaroos players and staff to help your child develop not only their Rugby League competence, but their overall confidence, connection with the game, and character. The RISE Program also incorporates a Coach Development Program, where coaches receive training from some of the county's leading experts in youth athlete development.

Research has found that young athletes who have **the support of family and friends** throughout their early sporting experiences gain a positive impact on their skill development and later sporting expertise. As parents or guardians of a young aspirational Rugby League player, **your support will be integral** to their continued engagement in Rugby League and any potential success.

Driving your child to a training session and games, supporting them during competition, motivating them when they seem discouraged, providing them with feedback or sharing a child's success and progress in sports are all things that players will benefit from you as their care giver.

Unfortunately, despite having the players best interest at heart, parents' actions can sometimes hinder a young athlete's development and continued involvement in sport. Therefore, this document aims to provide some practical information to help you continue to support your child's Rugby League journey.



PLAYING RUGBY LEAGUE

Participation in Rugby League and sports in general is so much more than just trying to make it to the elite level. With youth sport becoming more competitive, it's easy for us to lose sight of the benefits that participating in sport can have on young people and their future health and wellness.

Benefits of participating in sport:

- Reduced risk of obesity
- Increased cardiovascular fitness
- Healthy growth of bones, muscles, ligaments and tendons
- Improved coordination and balance
- Improved sleep
- Mental health benefits, such as greater confidence
- Improved social skills
- Improved personal skills, including cooperation and leadership.



Academy programs for players within these age groups often only cater for small numbers. It has also been shown that there is very little correlation between participation in performance programs at an early age in increasing the likelihood of reaching elite levels of sport.

Therefore encouraging your child to focus on the benefits listed here instead of their performance and results will support a far more well-rounded approach to their sport and increase their chances of playing for longer, which will in-turn increase their potential of progressing to higher levels of the game later in life.

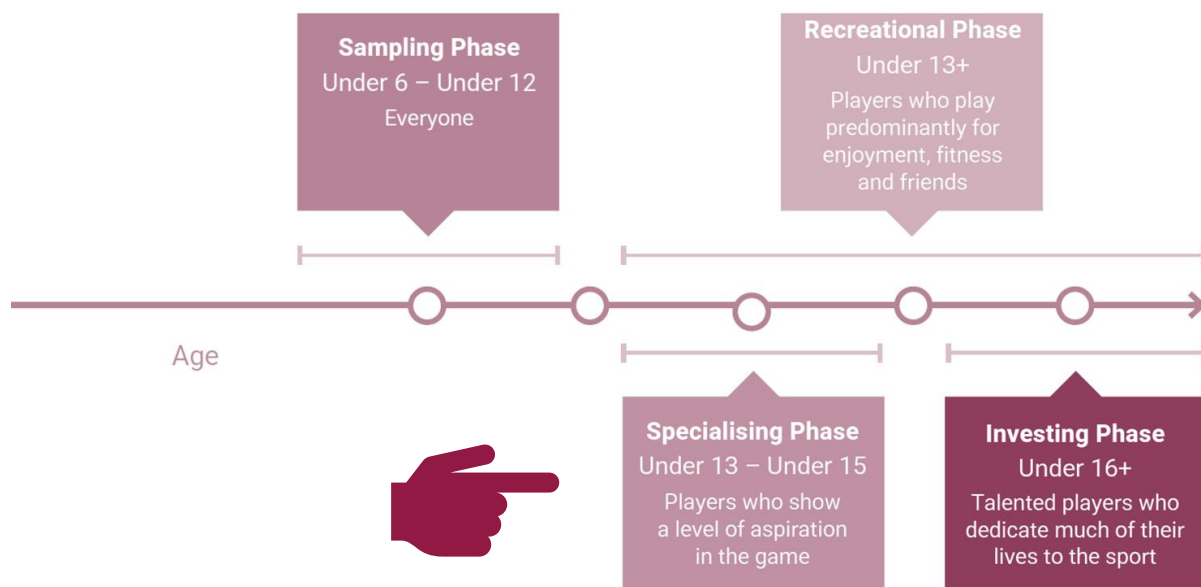
STAGES OF DEVELOPMENT

There are four stages of development that players will pass through as they grow. These stages are based on typical physical, cognitive, emotional and motivational differences between the various age groups. Each stage requires a slightly different approach to training and competition to optimise their development.

As a participant of the RISE Program, your child sits within the **Specialising Phase**. This means that they are motivated to improve as a player and may even have dreams of playing at an elite level in the future.

They are at an age where they are beginning to understand the effects of effort and have the capacity to take on more complex information, specifically relating to skill and performance.

It's always important for parents and coaches to remember that players will pass through these stages at different times. The ages that align with each stage are there as a general guide. The challenge for us is to apply a balanced approach that considers the stage of every individual, and remember to give the players the time and space they need to develop.

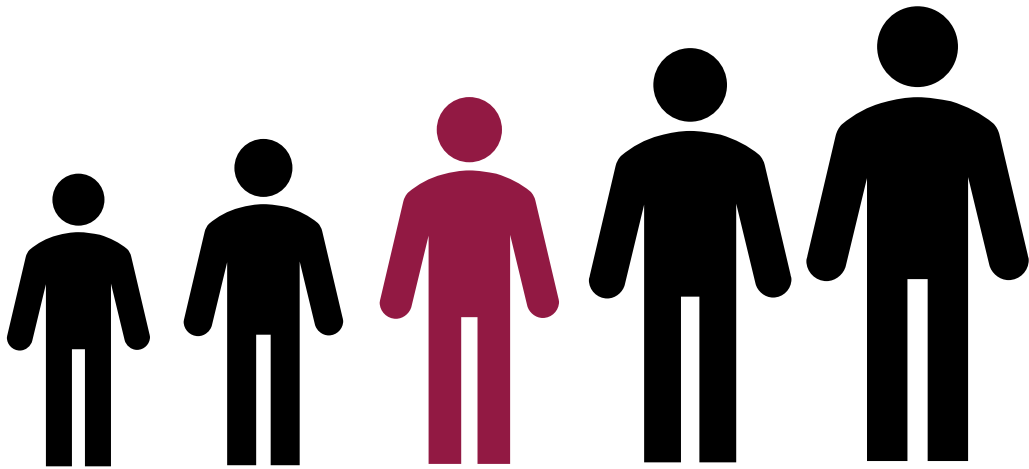


PHYSICAL CONSIDERATIONS

This stage of development can present challenges to many young people. In sports like Rugby League, being physically stronger and faster provides you with a big advantage.

This is a particularly difficult stage for late developers who may have the motivation to progress in the game, but due to their lack of size and strength may find it more difficult than an early bloomer.

Interestingly, two players born on the same day can be up to 4 years apart developmentally in terms of growth and maturation. For example, you could have two 13-year olds born on the same day. One could have the physical appearance of a typical 15-year-old, whilst the other may have the physical appearance of a typical 11-year-old.



Why is this important?

The rate in which we grow and develop is something that is completely out of our control. Therefore, it's important for coaches and parents to avoid comparing players at this age with their teammates and opponents. We should instead focus on each player's own personal improvements and effort.

If your child is a late developer and smaller than most of their friends, they may start to become disheartened and lose confidence. It's important for parents and coaches to keep encouraging these players and reward them for their efforts. Remind them that they will catch up, and that everyone grows at different rates.

If your child is an early developer and larger than most of their friends, they may appear to be more talented. It's important to recognise that this talent may be due to their physical attributes. These players still need to be encouraged to focus on their improvement and efforts and be sure to remind them that they may not always be the biggest and strongest in the team.

Parents of early maturers should also keep an eye on how much activity their child is doing. Quite often, physically mature children may get more game time and may even be in multiple programs in multiple sports due to their increased ability to perform. Overdoing it in this stage of development can lead to negative outcomes.

PLAYING OTHER SPORTS

Participating in other sports is great for sporting and physical skill development.

Rugby League is regarded as a late specialisation sport. This means that peak performance isn't reached until generally the early to mid twenties. Sports like gymnastics and diving would be regarded as early specialisation sports

Participating in other sports throughout the year will give your child a chance to allow their body to recover from the repetitive movement patterns and allow them to develop some complimentary physical and sport specific skills that will help their Rugby League performance.

Playing other sports also reduces the likelihood of overuse injuries and burnout.

Here are some examples:

SPORT	COMPLIMENTARY SKILLS
SWIMMING	STRENGTH & ENDURANCE
SOCCER	AGILITY & SPACIAL AWARENESS
SKATEBOARDING	BALANCE AND STABILITY
BASKETBALL	HAND-EYE COORDINATION
CYCLING	KNEE & HIP STABILITY AND POWER



HEALTHY CHOICES



NUTRITION & HYDRATION

Nutrition is a key contributor to performance, but it's often overlooked. Parents play an important role here as it's extremely helpful to encourage good nutritional habits in your young players early. You'll not only help them maximize their performance on the field, but you'll set them up for a healthier lifestyle too.

Nutrition Tips:



EATING WELL-BALANCED

MEALS, with foods from each of the essential food groups (vegetables, fruit, lean meat, dairy, healthy fats), is still the best advice.



AVOID FRIED FOODS. Grilled and steamed foods are healthier choices.



DRINK MORE WATER. Studies show that people suffer a five percent decrease in cognitive function for every one percent of dehydration. Urine colour is a good indicator of hydration level. Clear to pale yellow is good; darker yellow is bad.



MINIMIZE OR ELIMINATE SOFT DRINKS - Soft drinks and sport drinks, especially outside of performance or training times.



AVOID EXCESSIVE SAUCES or dressings, which can be packed with empty calories. Ask for them on the side to control portions and choose olive oil-based as a healthier option.



THINK OF FOOD AS THE FUEL

and building blocks for everything your child does. Carbohydrates (e.g., oatmeal brown rice, whole-grain bread, fruit/vegetables, beans), proteins (e.g., chicken breast, eggs, fish, lean beef, beans, nuts/seeds, milk), and fats (e.g., olive oil, fish, nuts/seeds, avocado) provide the energy their body needs for both school and athletic performance.



SLEEP

Another key component of recovery and the ability to function properly is **sleep!**

Lifestyles have become increasingly busy, but for children, particularly those who play sport, foregoing proper sleep can be damaging.

When people are deprived of adequate sleep or have inconsistent sleep patterns it can cause slower reaction times, impaired judgment and emotional instability.

Findings from the **Growing Up in Australia Longitudinal Study of Australian Children** indicate that the group most at risk of not getting enough sleep is older adolescents who may need to be taught how to improve their sleep.

How to improve sleep:

- Reduce caffeine intake
- Limit internet use before bedtime,
- Keeping a consistent sleep routine
- Get plenty of physical activity.

Australian Department of Health Recommendations

5-13 years - Between 9 and 11 hours per night

14-17 years - Between 8 and 10 hours per night

Benefits of sleep:



HELPS YOUR BODY RECOVER

ENHANCES DECISION MAKING



IMPROVES YOUR REFLEXES

BOOSTS YOUR COORDINATION



INCREASES YOUR FOCUS

IMPROVES PERFORMANCE



RISE

The **RISE Program** is underpinned by a set of daily actions. The RISE daily actions are a set of life advices that participants are encouraged to apply in their lives. These actions have been modified slightly to suit the age of the RISE participants.



Routine

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



Identity

Be proud of who you are, be loyal to your family, friends and team mates and be grateful for the opportunities the game provides.



Socialise

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.



Evolve

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

SUPPORTING YOUR CHILD'S RUGBY LEAGUE



Be a positive and respectful supporter of the game.
Be a good role model by keeping your thoughts and emotions in check.

Be a good sport by finding a balance between too little and too much investment and commitment in your child's rugby league.

Provide your child with opportunities to make their own decisions and learn from mistakes.

Focus on, and help your child to focus on, what matters most at this age – enjoyment, effort and improvement.

Support your child to be at their best by looking after themselves through good quality sleep and nutrition.

RISE