



RUGBY ACADEMY

Position Specific Skills Sessions



We are pleased to inform that on the back of a successful last 3-4 years of skill sessions, we are back on again for 2018. We had a very good 2017 where we had almost 250 boys participate in our three by three annual block sessions. The kids came from Toowoomba, Northern NSW, Gold Coast, Sunshine Coast along with GPS (8 schools) and AIC (7 schools). As a group of past players, we are passionate about passing the skills onto the kids of the future and ensuring they can reach their potential and learn to love the game.

We are super excited to announce that we will now be introducing more Position Specific Coaches who boast an overwhelming amount of Pro Rugby experience and knowledge in their respective positions, which they aim to share with, and develop our young players on a continual basis. This is our passion in giving back to the game.

We are pleased to announce that we have invited former '91 World Cup winning Wallaby Backrower Brendan NASSER to join us. In addition, we have former REDS/ Wallaby 10 Nathan Spooner and former REDS player/coach Damon EMTAGE on board. We will also have ex REDS/LEEDS CARNEGIE hooker Matt HOLT. Former REDS /WALLABY Halfbacks Sam CORDINGLEY and Peter SLATTERY will also join us with some other surprises in store.

These new additions will join our current group of;

Anthony MATHISON	(PROPS)
Fletcher DYSON	(PROPS)
Robbie RUSSELL	(HOOKERS)
Toutai KEFU	(BACKROW)
Garrick MORGAN	(LOCKS & BACKROW)
Kris BURTON	(FIVE-EIGHTS AND 12s)
Sam CORDINGLEY	(HALFBACKS)
Brad FREE	(HALFBACKS)
Brenton FIELKE	(OUTSIDE BACKS)
Scott OAKHILL	(Coordinator)
Ian KING	(Athlete Preparation)

We are now inviting players in all these positions to come along to our sessions. ***Please LIKE our FB page C2K RUGBY ACADEMY for updates and info.**

SESSION Dates and Times

AT WEST'S BULLDOGS

Sunday, FEB 18, 2018

U13-14..... 2:00pm - 3:30pm

U15-17..... 3:15pm - 5:00pm

Sunday, FEB 25, 2018

U13-14..... 2:00pm - 3:30pm

U15-17..... 3:15pm - 5:00pm

AT BALLYMORE

Sunday, MAR 4, 2018

U13-14..... 8:00am - 9:30am

U15-17..... 9:15am - 11:00am



Passing Techniques



Kicking Skills

IMPORTANT INFO

Players need:

- **Boots**
- **Water Bottle**
- **Rugby Ball**



The sessions include POSITION SPECIFIC skill development for:

PROPS	LOCKS/BACKROW
HALFBACKS	FLYHALF/INSIDE CENTRE
OUTSIDE BACKS	SPEED/AGILITY/STRENGTH

Our aim is to further improve and develop the skill level of all the boys who attend so that they can reach their potential, enjoy their rugby and be a valuable member of their respective teams.

The sessions are **INVITATION ONLY** based on the following criteria:

GPS A side / 1st XV

AIC A side / 1st XV

(Inc. Downlands & Sunshine Coast GS)

REP players from:

BJRU

DARLING DOWNS

SUNSHINE COAST

GOLD COAST

Who were selected to represent at 2016 & 2017

QLD STATE CHAMPIONSHIPS @ Albany Creek

OR

2016-17 Junior Gold Cup.

OR

2017 U12/15 QLD Schools Champs @Gold Coast and Townsville

INFORMATION REQUIRED:

Please supply the below to me by email;

- **Student's Name**
- **Age group to play this year**



CONTACT DETAILS: BRAD FREE

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Brad Free is a former Reds, Saracens and Ulster scrum half who has been successfully mentoring elite number nines for the past five years. He is also a Chiropractor based in Tweed Heads with over 10 years clinical experience and particular interest in Functional Biomechanics and Neuroanatomy.

Brenton Fielke is a former Reds, and Australia 7s player. He played 10 years as a Premier grade Winger/Fullback. Brenton currently works as an Occupational Therapist specializing in injury prevention and rehabilitation strategies for industry.

Kris Burton is an Australian born, former Italian Test No 10 who played with Treviso and Newport Dragons in the Pro 12. Having retired from professional rugby after the 2013 Six Nations tournament he returned to Australia and is based on the Gold Coast where he is a Financial Planner and coaches/plays in the local competition.

Garrick Morgan is a former Wallaby and Reds player who finished a long career with 8 years in Europe where he played for both Harlequins and French Top 14 side PAU. He returned to Australia to set up and run his family B & B business on Mt Tambourine and continues to coach and share his vast knowledge with junior rugby players.

Fletcher Dyson is a former Wallaby and Reds player of the early 2000s having played in the famous "Eales Penalty Kick" match to win the Bledisloe Cup. He has a passion to develop young Rugby props using his vast knowledge and collective rugby experience. Fletcher is a partner in a newly formed business which supplies Orthopaedic surgeons.

Scott Oakhill coached/managed both club and schools rugby at the highest level in Ireland, France, USA and Australia. He has held senior roles with QRU and GPS Old Boys club as well as working on coach education projects with the IRB in Dublin.

Ian King commenced Athlete preparation coaching in 1980 and has trained Elite Athletes in over 30 sports in 15 different countries over the last 9 Olympic cycles. He has a passion for rugby and prepared players in every RWC since 87' and Super rugby championship. Ian is the founder of King Sports International.

Robbie Russell is a former Scottish rugby international who played for Souths in Brisbane before joining Saracens and later London Irish in the English Premiership. He has returned to Brisbane after his playing days and has an interest in assisting young hookers.

Nathan Spooner is a former Wallaby 10 who also played for the Qld REDS and Leinster. He brings a wealth of experience to share with the juniors. Nathan is a Dealer Principal with Zupps.

Anthony Mathison is a former Reds prop of the early 2000's who is now the current Premier Grade Head Coach of GPS who contested this year's GF. He is also a current schoolteacher at Marist Ashgrove, his alma mater.

Damon Emtage is a former REDs coach and player. A goal kicking whiz Damon has loads of coaching experience with young rugby players. He is a Deputy Principal at a prominent GPS School.

Brendan Nasser is a former World Cup winning Wallaby Flanker who also played for the Reds. A powerhouse Backrower Brendan is a Dentist who has served the TOOWONG community for 25 years.

Matt Holt is a former Reds representative HOOKER from the Wests club. He moved to England and played in the Premiership for Leeds and also represented England A SIDE.

Toutai Kefu needs no introduction. A REDS and Wallaby legend Toutai loves working with the kids amongst his many other roles in giving back to the game. He is current Tonga Head Coach.