



# RUGBY ACADEMY

## Position Specific Skill Sessions



The 2019 rugby season is flying and we at C2K are preparing for our post season block. As usual, we are covering ALL POSITIONS. This year we have seen our numbers at C2K rise to unprecedented levels where almost 400 kids have participated in the clinics. These kids have come from QLD, NSW and even Victoria. 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 full potential and learn to love the game.

We have a tremendous group of coaches on our rotating panel who all have a wealth of experience playing at the top level of the game. They are listed below;

Matt HOLT (HOOKERS)

Robbie RUSSELL

Christiaan KNAPP

Anthony MATHISON (PROPS)

Fletcher DYSON

Tom COURT

Matt RYAN

Bruce STARR

Andrew HEATH

Murray HARLEY

Troy COLLEY

Toutai KEFU (BACKROW)

Brendan NASSER

David CROFT

Garrick MORGAN (LOCKS & BACKROW)

Mark CHISHOLM

Mark CONNORS

Andrew PLASTOW

Alec EVANS

Andrew FARLEY

Brett ROBINSON

Nathan SHARPE

Kris BURTON (FIVE-EIGHTS AND 12s)

Nathan SPOONER

Elton FLATLEY

Damon EMTAGE

Andrew SCOTNEY

Rod KAUFER

Pat HOWARD

Sam CORDINGLEY (HALFBACKS)

Brad FREE

Brett JOHNSTONE

Jacob RAULUNI

Peter SLATTERY

Brenton FIELKE (OUTSIDE BACKS)

Greg MARTIN

Chris LATHAM

Phil MOONEY

Rohan HOFFMAN

Dan HERBERT

Damian McINALLY

Mark BARTHOLOMEUSZ

Scott OAKHILL (Program Director)

Ian KING (Athlete Preparation)

Scott LEIS (Co-ordinator)

Alex NORTH (Co-ordinator)

Mark JOHNSTON (Multi Media Manager)

Reg ROBERTS (Media Manager)



### IMPORTANT INFO

Players need:

- Boots
- Water Bottle
- Rugby Ball



### SESSION Dates and Times

AT BALLYMORE 2019

SUNDAYS SEPT 22 OCT 6 OCT 13

U12-14 8.00 AM - 9.45 AM

U15+ 9.15 AM - 11.15 AM



The sessions include POSITION SPECIFIC SKILL DEVELOPMENT for:

## ALL POSITIONS

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.

\* Please LIKE our FB page C2K RUGBY ACADEMY for info & updates.

\* We are also on INSTAGRAM.

The sessions are INVITATION ONLY based on the following criteria:

- 2019 GPS / AIC REGULAR A side / 1st XV
- GPS 2019 12A / AIC 2019 7A Minimums
- Birth Year 2001 - 2007

REP players from:

BJRU/ DARLING DOWNS/ SUNSHINE COAST/ GOLD COAST/ CQ TOWNSVILLE / FNQ / NT.

QLD STATE CHAMPIONSHIPS PLAYER 2018 @ Albany Creek OR 2019 @ Toowoomba

OR

2018/ 19 QLD U15 (RED, NAVY, WHITE)

2018/ 19 QLD U16 (RED/ WHITE) / QLD SCHOOLS 1 / 2

OR

2018 U12/ 15/ 18 QSS @ Cairns/ Padua/ Sunnybank

2019 U12/ 15/ 18 QSS @ T'ville/ Twba/ Sunnybank

OR

2018/ 19 Far North Coast NSW Rep players

- Simon Abubakar Carnival players DO NOT meet eligibility.

### INFORMATION REQUIRED:

Please supply the below to me by email;

- Student's Name
- Age Group to Play This Year
- School and OR Rep Team



### NOTE

There is absolutely **NO FEE** or **CHARGE** for any of our sessions, however if one is thankful and chooses to be generous, we gladly receive Gift Cards.



**CONTACT DETAILS:** BRAD FREE

**M:** 0405 839 968 **E:** [bradchiro@gmail.com](mailto:bradchiro@gmail.com)

**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 15 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 is a self-employed Occupational Therapist (Sante Group) 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 with Wahlstrom 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 called Medisolutions 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. Scott works for Sportspeople.

**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. Robbie is self-employed with Truckit.net

**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. In 2017-18 he was Premier Grade Head Coach of GPS taking them to two consecutive grand finals, and winning in 2018. 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 BBC.

**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.

**Bruce Starr** is a former Front Row forward who played for Qld. He also spent most of his career in Europe where he had long spells with both Harlequins in the English Premiership and Pau (Section Palois) in the French Top 14. Bruce owns and runs Starr Landscaping.

**Mark Chisholm** is a former backrow player who enjoyed an illustrious career with both the Brumbies and the Wallabies (50 plus caps) before finishing his career with Bayonne (Top 14) and Munster. Mark is a Rep for Medisolutions with Fletcher.

**Peter Slattery** is a former world cup winning halfback for the Wallabies who enjoyed a decade long career with the Reds, skippering them to back to back Super titles in 94-95. He enjoys giving back to the game. Peter runs his company Slattery Sports.

**Greg Martin** is a legend of Qld rugby having played 65 games during an 8 year period. He also represented the Wallabies and is widely known for his media roles. He also has an inherent love for the game, its people and its future.

**Tom Court** is a former Red who has recently returned home where he spent a decade playing for Ulster and Ireland in the front row. Tom also played for the Lions on their Australian tour in 2013. He has vast recent experience at the highest levels of the game. Tom is involved in Sports Psychology.

**Rohan Hoffman** is an Australian who spent many years playing fullback for Portugal before picking up the whistle and becoming an International ref. He currently works for RA in referee education.

**Sam Cordingley** is a former Reds and Wallabies 9 who spent the twilight of his career at the foot of the French Alps with Top 14 side Grenoble and also in the first Melbourne Rebels team. He now works for the QRU.

**Pat Howard** is a former Reds/ Brumby/ Wallaby 10/12 who also had a hugely successful stint at Leicester Tigers as a player and also as a coach. He currently works for Cricket Australia as Head of High Performance after having a similar role with Rugby Australia.

**Mark Bartholomeusz** is a former Brumby/ Wallaby/ Saracens/ Ulster/ Force utility back who now works for BoQ in Personal Banking after previously working with Bank West.

**Damian Mcinally** is a former Brumbies winger who finished his career in Japan and is an experience junior level coach.

**Jacob Rauluni** is a former Reds and Fiji Scrum Half of the 2000's who finished his stellar career in the UK. Jacob is based in CQ and is involved in Junior coaching.

**Dan Herbert** is a former Reds/ Wallaby and USA Perpignan centre who needs no introduction. A RWC 99' winner and 100 game Super player. Dan is currently CEO of SSKB.

**Nathan Sharpe** is a former Reds/ Force and Wallaby Lock who has only recently retired. Nathan has played over 100 Tests and up until recently held the record for most Super caps. He now works in the Mining Industry.

**Andrew Farley** is a former Reds, Connacht and Grenoble Lock who has only recently returned to Australia after 15 plus years away. He works in recruitment and has a strong interest in assisting the development of the junior players.

**Chris Latham** is a former Reds/ Wallaby and Worcester No 15 who played over 75 Tests and 3 World Cups. He finished his career in the UK and is now a career Rugby Coach. Chris is current Assistant coach for Samoa.

**Elton Flatley** is a former Reds/ Wallaby playmaker who had his career cut short by injury. Elton went straight from Schools rugby to Super Rugby in 96'. He is now a Finance professional with Wealth Insurance Solutions.

**Andrew Scotney** is a former Reds 5/8 and has turned his hand to career coaching firstly with Western Force, then Japan, Italy and is now Head Coach of Nudgee College 1<sup>st</sup> XV Premiers. Andrew is a school teacher at Nudgee.

**David Croft** is a former Reds/ Wallaby Open side Flanker who was renowned for his work at the breakdown and his durability. A Reds 100 gamer he now works in the family business.

**Andrew Heath** is a former Reds/ Wallaby and Beziers Prop who finished his career in France. Andrew is known for his technique and power in scrummaging and has coached at Premier Grade level in Brisbane with Wests.

**Murray Harley** is an original Brumby from 96' who spent most of his time in Armed Services Rugby. A strong and powerful scrummager Murray has coaching experience with Premier Grade at UQ and was previously DOR at SPC Shorncliffe.

**Rod Kafer** is a former Brumbies/ Wallaby and Leicester playmaker that was renowned for his rugby intellect and knowledge of the game. Rod was a 1999 RWC winner. He was also Head Coach of Saracens in 2004.

**Brett Robinson** is a former Reds, Brumbies and Wallaby Backrower who was instrumental in his leadership of the A.C.T franchise during their formative years. He is now on the Board of RA.

**Mark Connors** is a former Reds, Northampton and Wallaby backrower of the 90s. He was a part of the 99' RWC winning team, played over 100 games for the Reds and finished his career at Franklyn Gardens with Northampton. He now works in the Stockbroking industry

**Alec Evans** is a former Reds/ Wallaby player who also as Assistant Coach to the 1984 Grand Slam winning Wallabies. He has also coached Cardiff, the Wales national team and a host of others. Alec is renowned globally and has influenced the careers of many of our coaches.

**Matt Ryan** is a 50 times capped Qld prop that played during the 1990's and went on 3 Wallaby tours. He has coached Premier grade of the Shute Shield in Sydney and is currently working with Barker College in Sydney.

**Andrew Plastow** is a former Australian 7s player from the UQ club and is currently coaching at Iona College. He is also a Physiotherapist at QLD Sports Medicine Clinic at the Gabba.

**Phil Mooney** was a Premier grade stalwart of Wests Bulldogs and is an ex Qld Reds Head Coach who has strong rugby IQ and knows about developing young rugby players. He currently serves as DoR at BGS having previously had Head Coach roles at Otago and Panasonic.

**Brett Johnstone** is a former Reds and Wallaby no.9 who finished his career in RSA. He is dedicated to helping develop the skill sets of our nines. Brett resides on the Sunshine Coast and runs his own Pest Control business.

**Troy Colley** is a former Reds squad member and Wallaby U21 front rower of the early 1990's. He was known for his silky skill set whilst playing in the front row.