



RUGBY ACADEMY

Position Specific Skill Sessions



Take two of the 2020 rugby season is upon us and we at C2K are preparing for our pre-season block. As usual, we are covering ALL POSITIONS. The 2019 season saw numbers at C2K rise to unprecedented levels to almost 400 kids per session.

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. Our panel is as follows;

HOOKERS

Matt HOLT
Stephen MOORE

Tom MURPHY
Robbie RUSSELL

PROPS

Troy COLLEY
Fletcher DYSON
Andrew HEATH
Anthony MATHISON
Bruce STARR

Tom COURT
Murray HARLEY
Salesi MANU
Matt RYAN
Nic STILES

LOCKS

Mark CHISHOLM
Alec EVANS
Garrick MORGAN
Brad THORN

Mark CONNORS
Andrew FARLEY
Nathan SHARPE

BACKROW

David CROFT
Toutai KEFU
Brett ROBINSON
Ili TABUA

Julian GARDNER
Andrew PLASTOW
George SMITH

HALFBACKS

Sam CORDINGLEY
Brett JOHNSTONE
Peter SLATTERY

Brad FREE
Jacob RAULUNI

10S/12S

Kris BURTON
Elton FLATLEY
Rod KAFER
Andrew SCOTNEY

Damon EMTAGE
Pat HOWARD
Andrew MEHRTENS
Nathan SPOONER

OUTSIDE BACKS

Mark BARTHOLOMEUSZ
Dan HERBERT
Chris LATHAM
Damian McINALLY
Phil MOONEY

Brenton FIELKE
Rohan HOFFMANN
Jim MACKAY
Greg MARTIN
Damien SMITH

DEFENCE

Graham HERLIHY

Matt TAYLOR

Scott OAKHILL
Ian KING
Scott LEIS
Alex NORTH
Mark JOHNSTON
Reg ROBERTS

(Program Director)
(Athlete Preparation)
(Co-ordinator)
(Co-ordinator)
(Multi Media Manager)
(Media Manager)



IMPORTANT INFO

Players need:

- Boots
- Water Bottle
- Rugby Ball



SESSION Dates and Times

AT WESTS RFC - 2020

SUNDAYS	JULY 19	JULY 26
U12-14	8.00 AM - 9.45 AM	
U15+	10.00 AM - 11.45AM	



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
- Downlands accepted*Ambrose Treacy 2019 7A/ 8A only
- Must have started in min 50% of regular competition games

REP players from:

QLD STATE CHAMPIONSHIPS PLAYER 2019 @ Toowoomba
OR

2018/ 19 QLD U15 (RED, NAVY, WHITE)
2018/ 19 QLD U16 (RED/ WHITE) / QLD SCHOOLS 1 / 2
2018/19 QLD U15/ 17 Sevens (Boys & Girls)

OR
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 by going to our Facebook page and filling in the Jotform registration link.

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



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

Brad Free is a former Reds, Saracens and Ulster scrum half who has been successfully mentoring elite number nines for the past seven years. He is also a Chiropractor based in Tweed Heads.

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 Development Officer for the Reds.

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. Garrick continues to coach and share his vast knowledge with junior rugby players. He has been the Head of Rugby at his Alma Mater, Downlands College, Toowoomba from the past 4 years.

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 Kia and Zupps Mitsubishi at Mt Gravatt.

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 has been appointed Head Coach of Brothers Premier Grade for 2020. He is also a current schoolteacher at Marist Ashgrove, his alma mater.

Damon Emtage is a former Reds Assistant Coach (2005-08) and player (1991-94). A goal kicking whiz Damon has loads of coaching experience with young rugby players. He is Deputy Principal at BBC and holds the unique distinction of coaching and playing in a QPR Premiership team.

Brendan Nasser is a former World Cup winning Wallaby Flanker who also played for the Reds 1986-92. A powerhouse Backrower Brendan is a Dentist who has served the Toowong community for 25 years. He is also a graduate of Oxford University.

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 head of Strength performance at his Alma Mater, Gregory Terrace.

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 1994-95. 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 UQ, Reds player 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 Brothers, 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 Reds.

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

Mark Bartholomeusz is a former Souths, 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 Souths, Brumbies winger who finished his career in Japan and is an experienced junior level coach. He is involved with coaching at both Souths Junior Rugby and BSHS.

Jacob Rauluni is a former Easts, 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 GPS, 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 UQ, 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 with his own business SES Labour Solutions.

Andrew Farley is a former GPS, 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 and his time will be limited with C2K as he has been appointed Head Coach of Utah Warriors in USA MLR.

Elton Flatley is a former Brothers, 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 Easts, 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 1st XV Premiers 2018. Andrew is a school teacher at Nudgee.

David Croft is a former Brothers, 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 Souths, 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 as Deputy Chair and is also a graduate of Oxford University.

Mark Connors is a former Souths, Reds, Northampton and Wallaby backrower. 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 with FIIG.

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 1990s and went on 3 Wallaby tours. He has coached Penrith in the Shute Shield and is currently working with Barker College in Sydney. He holds a Level 4 coaching certificate.

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 Souths, 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 business, Scientific Pest Management.

Troy Colley is a former Norths, Reds squad member and Wallaby U21 front rower of the early 1990s. He was known for his silky skill set whilst playing in the front row. Troy is an experienced crane operator.

Brad Thorn is a former Canterbury, NZ, Otago, Leicester and Leinster Lock who won the 2011 RWC, several Super Rugby titles and a Euro cup after having a storied NRL career. He is now the QLD Reds Head Coach.

George Smith is a former Manly, A.C.T Brumbies, Reds and Wallaby openside flanker who finished his career in Europe with Lyon, Toulon, Wasps and finally Bristol in between stints in Japan with Suntory where he is now defence coach. He also works for Pallidin Sports clothing.

Stephen Moore is a former UQ, Reds, A.C.T and Wallaby Hooker with over 100 test caps. He has the distinction of captaining AUST to the 2015 RWC Final. He is working for Napco at present.

Jim Mackay is a former stalwart of the Shute Shield in Sydney as a player before he finished his career in the UK where he commenced his coaching career eventually landing at the famous Leicester club. He served as Assistant Coach to Ewen McKenzie at both Reds and Australia. He is now Reds Assistant Coach.

Salesi Manu is a recently retired prop forward who spent several years at the Western Force and also in Japan. He is now based on the Gold Coast since his retirement.

Andrew Mehrtens is a former Canterbury Crusader and NZ All Black No 10 who finished his career in Europe with Harlequins, Beziers, and Toulon. He is now based in Sydney working in the Finance Industry.

Damian Smith is a former Reds and Wallaby winger who spent a decade at Ballymore. These days he is based in Sydney working in the Financial Industry.

Graham Herlihy is a retired school teacher and former Brisbane Brothers RL player who was Defence coach at TSS 1st XV for a decade. He worked at the South QLD Crushers Academy and is currently Downlands 1st XV defence coach.

Matt Taylor is a former Edinburgh and Border Reivers flanker who played for Scotland A. He moved into coaching upon retirement and has been a defence coach for the Reds, Glasgow, Scotland and currently is the Wallabies Defence coach.

Ili Tabua is a former dual international flanker having represented both Fiji and Australia at test level. In addition to coaching Fiji, Ili played for the Reds and professionally in Japan where he ended his career.

Julian Gardner is a former dual international having started with the Reds and played for Australia in the 1987 RWC before playing for Italy in the 1995 RWC. He played and coached Australia at 7s and was Reds head Academy coach almost a decade ago. He now works for Ray White in Brisbane central as a Property Agent.

Tom Murphy is a former Reds, Brumbies, Harlequins, Cambridge Uni and Qld Uni Hooker. Having spent his early retirement years in New York, he is now based in Brisbane working in the Banking Industry.

Nic Stiles is a former Reds and Wallaby Prop who has successfully moved into the coaching space since his playing days were over. He has had HC roles with Western Force, QLD Reds and is now in Japan with Kintetsu.