



The Hawthorne Club
Supporting Hunter Rugby



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The Hawthorne Academy 2013

The Hawthorne Academy has been established to continue the development of talent identified players

The Hawthorne Academy is the last part in a suite of player pathway Rugby Support programmes that have been developed by the Hawthorne Club in collaboration with Australian Rugby Union (ARU), Newcastle & Hunter Rugby Union (NHRU), Hunter Junior Rugby Union (HJRU), and Hunter Academy of Sport.

The Hawthorne Academy will support players between the ages of 18 and early 20's. It is essentially a talent optimisation programme that will target players coming out of the ARU Junior Gold Programme, as well as talented players of an appropriate age who are already playing Rugby in any competition in the Hunter.

Opportunity & commitment are key to the programme philosophy

Players selected to participate in the program will be given a unique opportunity to work with fellow elite players and coaches to develop their rugby skills whilst learning about themselves and the game. Players that commit to the program will graduate with a far greater knowledge of the game and a better player.

The programme will be unique and challenging

Players selected into the Hawthorne Academy will be part of a pathway to professional rugby union opportunities without having to leave the Hunter and thereby contribute to value adding to the attractiveness of the Newcastle and Hunter region to acquire future talent.

A clear goal of the Hawthorne Academy is to make a difference

The major goal of the program is to make a difference. Each player that is involved in the Hawthorne Academy Program will either "make it" or "make a difference". During the program the extended coaching and support team will provide each player with the tools that will enable him to enjoy the game more.

As Richie Macaw's dad told him – "If you get fitter and learn the game, you'll enjoy your rugby more".

The coaching team will create the environment for you to thrive

As a coaching team, their philosophy will be to create an environment in which each player can reach their rugby potential by taking a holistic approach. The programme will cover things such as player welfare, injury management, personal development, strength & conditioning, technical, tactical and goal setting.

Hawthorne Academy coaches will work alongside specialist coaches provided by the ARU and from other sources. It is important to note that whilst the coaches come from a variety of clubs, organisations and backgrounds, they have all bought into the Hawthorne Academy raison d'être or 'reason for being'.



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Training sessions will be player centered

Below is an example training session plan incorporating components of the ARU Junior Gold Programme and specialist coaching session.

EXAMPLE TRAINING SESSION (2.20 hours)

Organisation	Time	Duration (mins)	Activity
PREP:	10:30am	10	Session Review with coaches - Set up stations Deliver Session Instructions to Players
	10:40am	5	
WARM UP:	10:45 – 11:15am	30 (Incorporate JGP Drills)	Expanding Pass and realignment Drill Folding attack (Continuous) → Attacking Patterns Continuous Skim and win drill 2v2 tackle Contest Drill Dynamic Stretch
SPECIALIST:	11:15 – 12:00pm	45	Specialist Coaching Session (eg. Todd Louden Attack)
MAIN:	12:00 – 12:35pm	35 (Entirely Game based)	Attacking/Defensive Philosophy from D Zone etc. (Challenge the players understanding of the game)
GAME:	12:35 – 12:45pm	10	Game with modified rules, to reinforce session outcomes
COOL DOWN	12:45- 12:50pm		Player lead whilst session debrief takes place



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The Australian Rugby Union has also thrown its support behind this venture

The ARU see this as a mechanism for continued development of players in the region. The Academy has a number of high profile coaches participating in the 5 sessions, namely Hugh Carpenter – ARU, Tim Rapp, Sean Hedger – ARU U20's coach and Todd Louden. Local NHRU Representative coaches Dan Beckett & Roman Brady will also be key coaching staff in these Academy sessions.

Two-way communication is essential for both players and support staff

Please feel free to contact those involved with the programme whose contact information is noted below, if you have any questions about the programme.

Key personnel will be in regular contact with you the players, but it is essential that you communicate to the support staff to assist with planning. If you cannot attend a session please call or text Peter Sarroff.

Programme dates for 2013

All sessions will be conducted at No.2 Sports Ground unless notified otherwise.

Sessions will start at 10.30am sharp and will finish at 12.50 sharp unless otherwise notified. Players should be ready to start on time.

14.4.2013

Orientation session 10.30am -11.30am.

21.4.2013

Specialist coach-Hugh Carpenter

21.4.2013

Specialist coach-Hugh Carpenter

26.5.2013

Specialist coach-Scott Coleman

23.6.2013

Specialist coach-Tim Rapp

21.7.2013

Specialist coaches-Todd Louden & Sean Hedger

The programme will alter slightly at the end of season 2013

The initial thrust of this programme was that it would be in the pre-season. However, due to unforeseen circumstances this did not occur. However it is envisaged that this programme will recommence again in about October 2013 and continue up to about April.

It is also planned that there will be a playing component that should not overlap nor impinge on with your club season in Newcastle. This programme initially will be 7's but as the Academy continues to develop, it is hoped that there will be a 15-a-side



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playing component as well. Hawthorne Academy staff will be able to give you more information on the playing component later in the season.

There is also a 'tight 5' component that the Hawthorne Academy will also progress with coaching from experts in the field.

Seven's tournaments already gazetted are:

Byron Bay 7's – 19-20 October, 2013

Central Coast 7's – 26-27 October 2013

Kiama 7's – 22 February 2014

The Hawthorne Academy for 2013 has players from 5 of the 10 Premier clubs

Pratik Ahuia – Merewether, Newcastle Colts, NSW Country Colts.

Joe Akkersdyk – Hamilton, Newcastle.

Blair Bush – Easts, Newcastle Colts, NSW Country Colts.

Nick Boyd – Hamilton, Newcastle Colts (2012), NSW Country Colts (2012).

Dillon Evans – Wanderers, Western Plains, NSW Country.

Ben Harriss -- Hamilton, Newcastle, NSW Country, NSW 'A'.

Pat Ireland – Merewether, Newcastle Colts Captain.

Vilai Kelemeti – Wanderers, Newcastle Colts, NSW Country Colts.

Chris Nagy – Hamilton, Newcastle Colts, NSW Country Colts.

Charl Van Nieked – Southern Beaches, Newcastle.

Nick Palmer – Hamilton, Newcastle Colts (2012), NSW Country Colts (2012)

Tarpaki Rahui – Easts, Newcastle Colts, NSW Country Colts.

Dillon Rowney – Wanderers, Newcastle.

Steve Sione – Hamilton, Newcastle.

Mark Wade – Merewether, Newcastle.

Coaching staff will include specialist coaches both local and national

Roman Brady, Dan Beckett, Cameron McKenzie, Chris Coleman, Bubba Coleman, Hugh Carpenter, Tom Rapp, Todd Loudon, Sean Hedger and others.