



Harlequins Summer Rugby Union Strength and Conditioning Academy. Est 2008

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Our Mission

To unlock the physical and mental potential of each athlete participating in the sport of Rugby Union - post, pre and in-season. Players will have more consistent speed, agility, strength, flexibility, coordination, balance, endurance and power. These bio motor functions and their neurological demands will be matched to the sport of Rugby and relevant position to create overall functional fitness.

Our Vision

Through initial testing with modern equipment, each athlete will be given quantified results and reports. These results in relation to internationally recognized standards will form the basis of their personal work-ons (PWOs). Structured periodised group training sessions twice a week will ensure each player is physically prepared progressively for the season of 2012. Key performance qualities are as follows:

- Control and stability (skill, motor control and posture)
- General strength/Endurance (structural Integrity)
- Range of motion (optimal length tension)
- Optimal strength (weight moved in respect of time)
- Optimal power (weight moved relative to time)
- Starting strength (force at the beginning of movement)
- Force absorption (plyometric, agility drills, contact)
- Reactive training (releasing stored energy)
- Speed of movement/quickness

Outside of these group conditioning phases, each athlete will also be given personal mentoring, nutritional goals and lifestyle goals to ensure further accountability

Introduction

This fitness and conditioning program is based upon a 16 week periodised plan (see below). We will be holding two sessions a week commencing 2 October 2012; with 2.5 weeks break over Christmas/New Year period.

Month	Oct	Nov	Dec	Jan	Feb	
Period	Post season			Pre season		
Strength	General strength and stability / Hypertrophy		Maximal Strength		Power	
Speed/agility	Speed Technique		Specific speed and agility			
Endurance	Aerobic endurance		Anaerobic and lactic fresh hold training			

Objective

To ensure that each player is of a high standard of fitness and conditioning for the club and school boy rugby seasons 2013. Their individual conditioning components are managed closely throughout the off-season and standards are achieved continuously. Monthly reports will be issued to relevant coaches. Players selected for this HETS (Harlequin Elite Training Squad) program must participate in two sessions a week over 16 weeks phases; prehab-AA, foundation, specific and competition. Both sessions will focus on outdoor conditioning at varying venues in the programs below. Personalised (PWOs) gym programs will be given to each player via a **TRAINING DIARY** and will be continually reviewed. **Players must have access to a gym facility.**

To ensure standards are high, each player will be monitored/ tested initially. Results will determine minimum standards set by the trainers for progressive development. Endurance and speed testing to start 2 October 2012 at a designated 200m track. Day 2 of testing will be at Fitness First Richond where strength testing, skin folds and vertical jumps tests will be recorded. We will be using ARFU and NZRFU fitness testing protocols, alongside the Auckland RFU MFIT standards for academy players.

Training Diaries/ Ancillary support

Each athlete will be given an extensive training diary of the periodical programs to ensure accountability, progressions and education. These diaries will be viewed by the trainers to ensure they are being filled out and adhered to. This is essential to ensure the success of each athlete and to track gains and potential weaknesses in development.

Diaries to also contain the following:

- 3-4 x integrated personalised strength and conditioning programs derived from initial fitness testing, age restrictions, pre-habilitation, PWOs and positional play.
- Tailored stretch programs for each athlete that will form the foundation for injury prevention, ROM and mobility.
- Basic nutritional guidelines in accordance to the ARFU guidelines. These are to include weight gaining advice, skin fold reduction and the effects of processed, high fat and sugary foods.
- Hydration advice – simple guidelines to the recommended intake of litres per body weight. Also pre and post exercise consumption in accordance to fluid loss.
- Recovery guidelines post exercise - the benefits of compression gear, stretching, ice baths, active recovery, liquid stimulants and dietary options. Physio support from *Recover Physiotherapy* located in Richmond and Glen Waverley.
- Supplement advice –protein, iron, magnesium and other macro and micro nutrients support given in accordance to individual nutritional requirements. Pre, post and match day supplementation. Information and discounted supplementation.



Jose Thomas *“There is no short cut to success. It starts within and never ends”*

Born in Fiji and raised in New Zealand, Jose has a pedigree for athleticism. His father, a former Fijian national sprint champion, helped set the bar for his sporting and life achievements. Rugby being his main passion, Jose became a dual Fijian international in both rugby union 15 a side and touch rugby. Having played professionally in the UK, Jose understands the mental and physical demands on the modern athlete.

In the field of Strength and Conditioning, Jose has worked alongside some outstanding coaches and athletes. In 2006, he was regional S&C trainer for the World Cup winning NZ Black Ferns (Women’s rugby). During the same year, he was the head S&C for the Auckland Rugby Referees Associations. He has worked with numerous Auckland private schools and Auckland rugby representative teams since 2004.

Jose moved to Melbourne in 2007 to work for Fitness First Australia, currently a Senior Cluster Personal Trainer Manager, a position he holds to date. In 2010 he took on the posting of head Strength and Conditioning Coach for Harlequins Rugby Union Football Club with the first grade team making it to the finals. As a Personal Trainer, he holds qualifications in Kettle Bells, suspension training, SAQ (Speed, agility and quickness), ASCA level 1 and Olympic lifting.



David Batty *“Victory belongs to the most persevering”.*

Born and raised in Canberra; David played rugby union from the age of 6 and represented the ACT as a junior. He also trained and competed as an amateur boxer at state level. At the age of 21, David moved away from rugby to focus on his career with the Australian Federal Police (AFP) where he worked for 6 years as a valued member of the Civil Disorder and Anti-Terrorist team. David left the AFP to pursue his passion, personal training, in 2005 and has worked as a Personal Trainer for the past 6 years. Through his skills, determination and ability to get the best out of people, he has helped numerous clients achieve their goals. David has worked with a large range of athletes from Australian representatives (women’s volleyball, national champion water skier) to international

golfers; state level athletics (100, 200, 400m and Stawell Gift competitors) as well as club level rugby players.

Currently, David is a Cluster Personal Training Manager with Fitness First. On a daily basis he manages and mentors personal trainers in exercise knowledge, prescription and business skills. He is currently studying Ex Science and is a ASCA Level 2 coach who has also completed Level 2 of a rugby coaching course.

Other Technical and S&C Coaches include:

Rhuan Van Zhly: Harlequin Rugby Union Melbourne premeier coach, Over 180 first class games inlcuding Currie cups, SA Universties and captain against the touring Lions 1997. Currently VIC U16 coach and level 3 coach.

Jehan Abeysekera: U21 Harlequin Championship player 2011, PT and studying Exercise Science.

Rebels Club Amabssor: Jed Robinson, ex Hurricane and current REBEL.

Entry Level and costs

In 2012-2013 we will have a maximum intake of 40 players across varying levels and age groups. **Ten scholarships in total will be offered to Victorian state team, Rebel Rising and Harlequins players.** To be eligible to receive a scholarship, players need to demonstrate excellence in the fitness testing component or nominated by Harlequins or the VRU. The trainers will have pre-set benchmarks by which all candidates will be assessed. Each player that is accepted into the program will receive a training bag, water bottle, diary and a training shirt. The shirt must be worn at all times during program sessions.

HETS:

- \$15 per player per session. Players commit to a minimum of 12 x 1 hour sessions with payment required upfront (\$180). Players have the option of using a direct debit payment plan if preferred.
- This fee is all inclusive of uniform, diaries and equipment etc.
- If full 16 weeks paid up front then 10% discount given (16 x \$30: \$480 – 10%: \$432)

For further enquiries regarding training programs or costs, please contact directors of Fast Fit Functional below.

Jose Thomas: 0420 905 050

David Batty: 0400 003 178



Testimonials

'Thank you heaps for your efforts with me and the boys from Trinity during the off-season it was much appreciated. I have NO doubt that my rugby this year will be improve a great deal'

- Ed Davis, Trinity Grammar (school boy)

'The program was really good for me because it keeps me in shape. If I hadn't done it I wouldn't have done much over the summer having to work harder when I returned. But I'm stronger and faster because of the program and it shows at training now with people who didn't do it.'

- Mitch James, Harlequins U21

"The Hets program gave me insight into what it is like to train like professional athletes do in the off season. It gave me the opportunity to learn new drills while also vigorously working on my own personal fitness and goals. I set out at the start of the program at 71kgs to achieve a weight of 80kgs and to improve in all areas of my fitness. I was very happy to achieve a weight of 79kgs at the start of the rugby season, gain by almost 20% in all areas of our testing, which included sprinting, bench press, chin ups, squats, dead lifts and endurance running (yo-yo test). It improved my fitness and size drastically which lead to playing in the U/20 state team this year."

- Andrew Blannin, U21

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