

Riddlesdown Collegiate



COLLEGE
VI

RUGBY ACADEMY

RIDDLEDSDOWN COLLEGIATE LAUNCHES THE COLLEGE VI RUGBY ACADEMY IN ASSOCIATION WITH HARLEQUINS FOR 2020/21 SEASON.



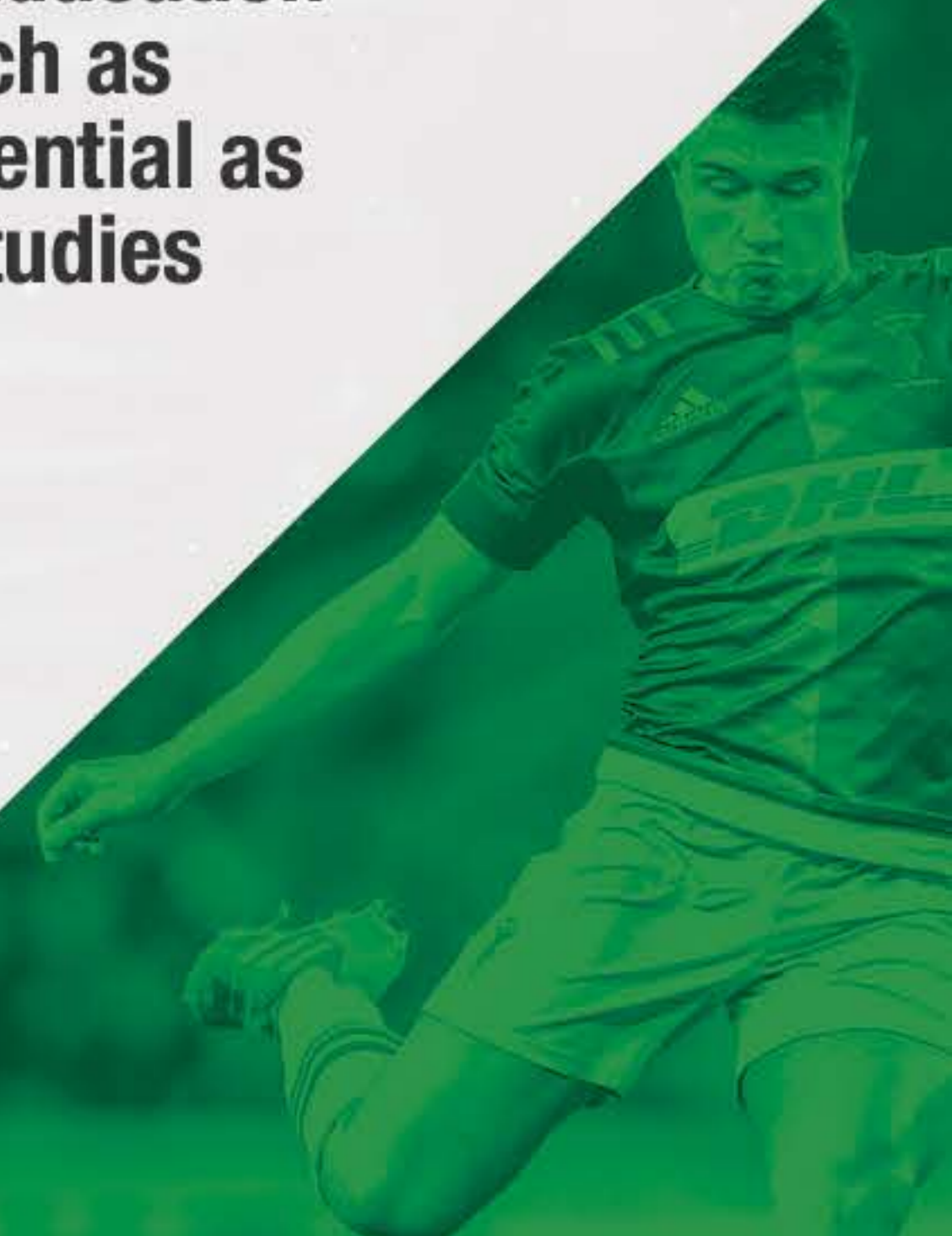
As part of our continued commitment to providing an outstanding programme of extra-curricular activity, we are very excited to announce our new partnership with Harlequins.

Starting in the 2020/21 academic year, the College VI Rugby Academy will look to work with talented athletes enrolled in our specialist Sixth Form, College VI, to develop their potential through specialist training in both the 15s and 7s formats of the game, driving excellence both on and off the field. Players will combine their participation with a full programme of A Level or BTEC courses at Riddlesdown Collegiate.

Complementing The Collegiate Trust's ambition of "Exceptional Education for All", the programme will encourage and develop qualities such as respect, dedication, integrity and a desire to perform to their potential as key drivers that will see students excel both in their academic studies and their wider development.

For more information on how to be part of this unique opportunity and enrol in the Riddlesdown Collegiate Rugby Academy, please contact **George Daniels, Director of PE -**

George.Daniels@riddlesdown.org



A comprehensive three term training plan delivered by Elite Performance and Player Pathway rugby coaches currently working in the Harlequins Centre of Excellence, Tyrrells Premier 15s and Harlequins Academy environments:

UNIT SPECIFIC MASTER CLASSES (FRONT FIVE, BACK ROW, HALF BACKS, MIDFIELD, BACK THREE)

SET PIECE (SCRUM AND LINEOUT SKILLS)

KICKING CLINICS (PHASE PLAY AND PLACE KICKING)

PERFORMANCE ANALYSIS (TEAM REVIEW, INDIVIDUAL ANALYSIS, GAME MANAGEMENT)

STRENGTH AND CONDITIONING AND NUTRITION (BETTER LIVING, BETTER PLAYING)

SPORTS PSYCHOLOGY (MATCH RESILIENCE, DEALING WITH INJURY ETC)

“As a player that came through a similar pathway, I’m really excited to be a part of such an initiative. Developing young athletes both on and off the field so that they can realise their full potential is something I strongly believe in.”

MIKE BROWN

