



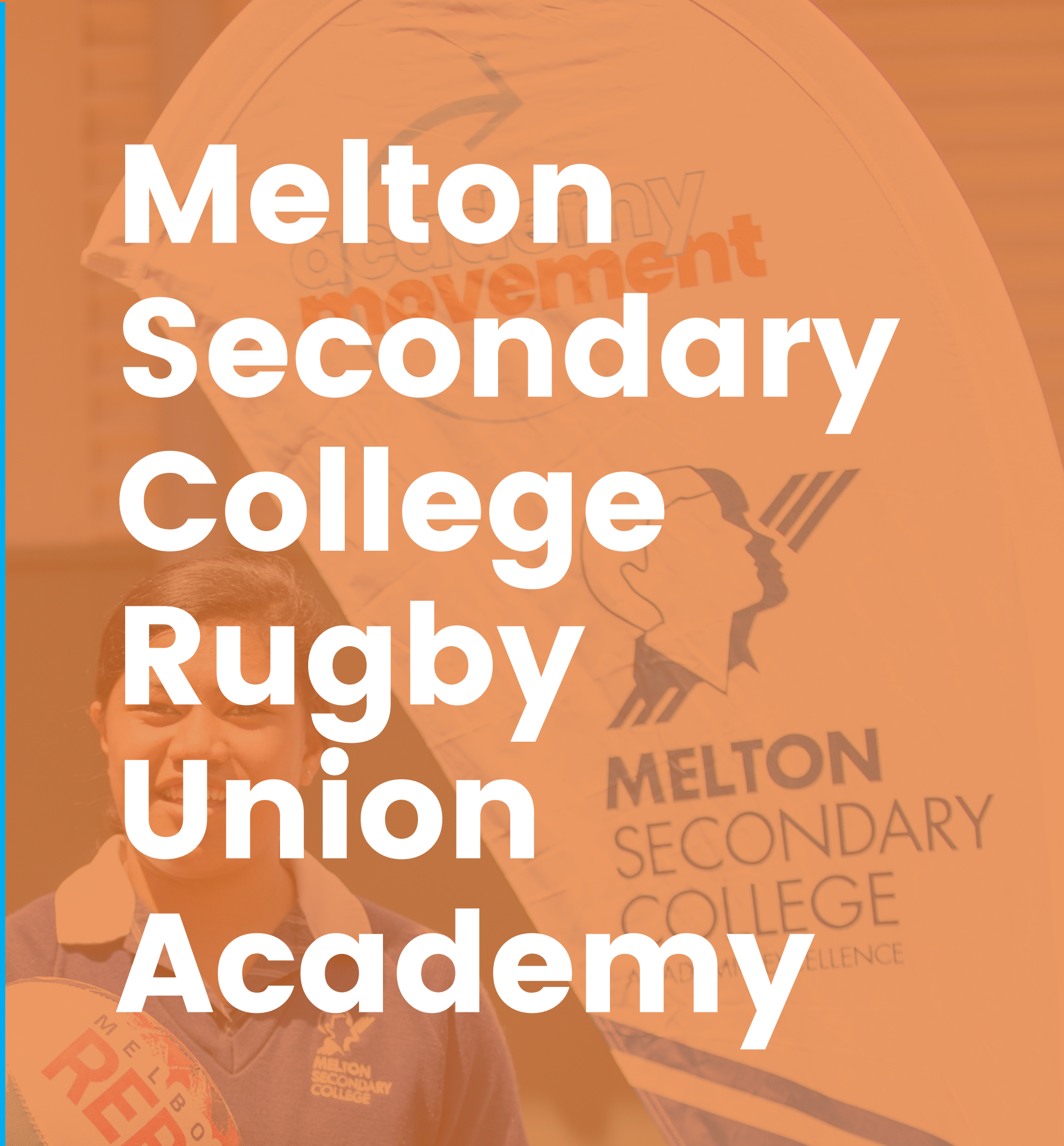
**MELTON  
SECONDARY  
COLLEGE  
RUGBY**



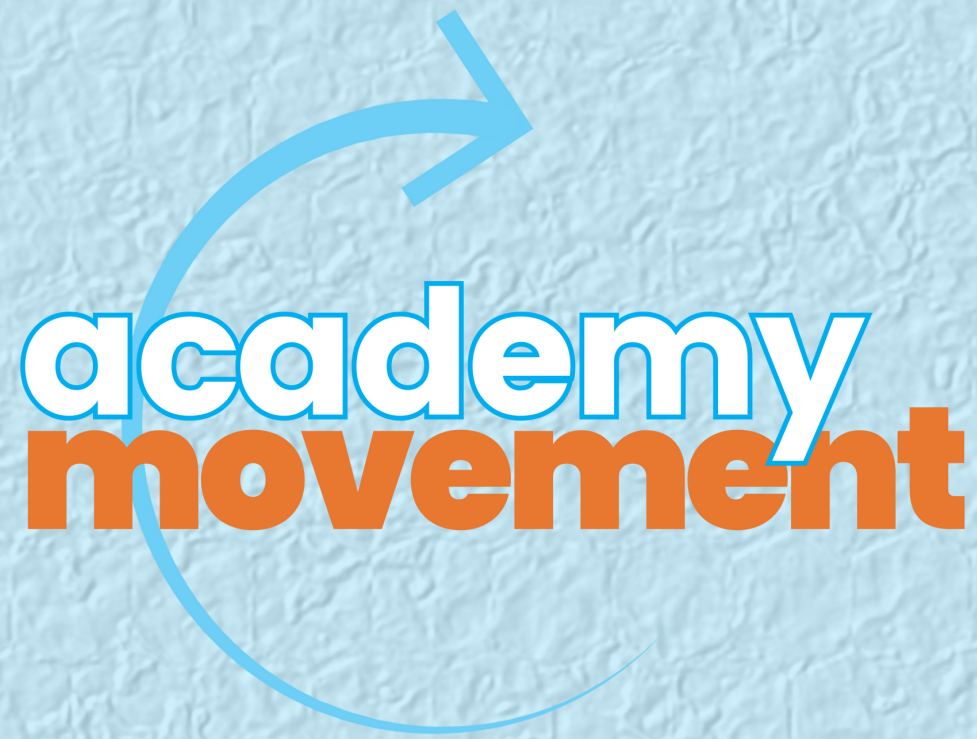
**MELBOURNE  
REBELS**

**RUGBY  
VIC**

**Melton  
Secondary  
College  
Rugby  
Union  
Academy**







# Who are we?

Academy Movement Inc are a not for profit organisation who provide education consultancy services to schools to establish high level Rugby Union academies. We are working with MSC to establish and grow an exceptional Rugby Academy.

We are focussed on:

- Better student engagement in school
- Higher levels of academic success
- Building a winning and respectful culture at school
- Creating pathways to careers for students in the future
- Promoting and developing physically and mentally healthy youth



Jimmy Orange - President  
and Founder



# Key Rugby Academy Staff



**Mr Tim Condon**

Head of Sports Enhancement  
Rugby Academy Admin



**Mr Matt McMullen**

Specialist Rugby Teacher  
Delivery of Rugby practical and  
theory classes.



# MSC Rugby Academy Structure

**2022**

- Introduction of Year 9 Academy Class

**2022**

- Introduction of Year 10 Academy Class

**2023**

- Introduction of Year 11 Academy Class

**2024**

- Introduction of Year 12 Academy Class

2022 we launched the Year 7 and 8 afterschool 'Pre-Academy Group'



# Pre-Academy

- Open to all Year 7 and 8 students looking to develop their rugby skills
- Improves their chances of making the school team at the under 14's level
- Students who commit to pre-academy trainings are looked upon favourably for selection to the Year 9 rugby academy the following school year
- Currently run Mondays after school 3.10pm - 4.20pm





# Rugby Academy at Year 9

The Year 9 Rugby Union Academy class is the initial year of the MSC Rugby Academy and will run for the full year (Semester 1 and Semester 2) in place of one of the elective subjects in each semester.

- High level Rugby Union training sessions facilitated by Mr McMullen
- Theory classroom lessons on topics relating to rugby and high-level sport.
- 5 periods per fortnight; 3 practical training sessions and 2 theory sessions



# Rugby Academy at Year 10

The Year 10 Rugby Union Academy class is the second year of the MSC Rugby Academy and will run for the full year (Semester 1 and Semester 2) in place of one of the elective subjects in each semester.

- High level Rugby Union training sessions facilitated by Mr McMullen
- Theory classroom lessons on topics relating to rugby and high-level sport
- First year of a three year Certificate III in Sport and Recreation
- First Aid Certificate Qualification
- One level 3 VCE unit
- 6 periods per fortnight; 4 practical training sessions and 2 theory sessions



# Rugby Academy at Year 11

The Year 11 Rugby Union Academy class is the third year of the MSC Rugby Academy (second for those that started in 2022) and will run for the full year (Semester 1 and Semester 2) as a VET VCE subject.

- High level Rugby Union training sessions facilitated by Mr McMullen
- Second year of a three year Certificate III in Sport and Recreation
- First Aid Certificate Qualification
- VCE Unit 1 and 2
- 6 periods per fortnight; 3 practical rugby training sessions 1 practical strength and conditioning session and 2 theory sessions



# Training Sessions



## **Practical Rugby Sessions**

Rugby specific training sessions a minimum of three periods per fortnight



## **Fitness Testing**

Multiple fitness and strength testing throughout the year



## **Tournament Preparation**

Students will be expected to take part in after school rugby sessions in preparation for upcoming tournaments you will compete in for the school



# Year 9 Theory Classes

Students will complete one theory session in class per week

Examples of some of the units students will be completing throughout the year in the Year 9 Rugby Academy class

- Goal Setting and Health Habits
- Sports Nutrition
- Fundraising and Community Outreach
- Fitness and Exercise Prescription
- Sports Psychology and Mindfulness





Teacher Notes: The strapper and patient should be classmates who feel comfortable working with each other strapping and being strapped. Take the time to brief the students on appropriate questions to ask when relating to touching and talking through their process and appropriate and professional behaviours.

The patient should be briefed on their injury and describe it to the student just as they would in a real-life scenario. The patient may have special requirements which should be disclosed to them prior to the assessment.

You may allow a student multiple attempts to re-sit the assessment, however, it is suggested to assess them on a body part they have not already been assessed on to ascertain whether they can be judged competent on their strapping and taping skills.

# Year 10

## Strapping and Taping Physical Assessment

# Theory Classes

Students will complete one theory session in class per week

You will be assessed on your strapping and taping skills by strapping a specified body part assigned to you at the time of assessment. You will be required to ask the patient questions about their condition and speak to them as you conduct the strapping. Remember to be professional, polite and be conscious of the patient's needs.

Body parts you may be assessed on:

Shoulder (rotator cuff)

Shoulder (whole shoulder)

Elbow

Thumb and Wrist

Hamstrings

Calf

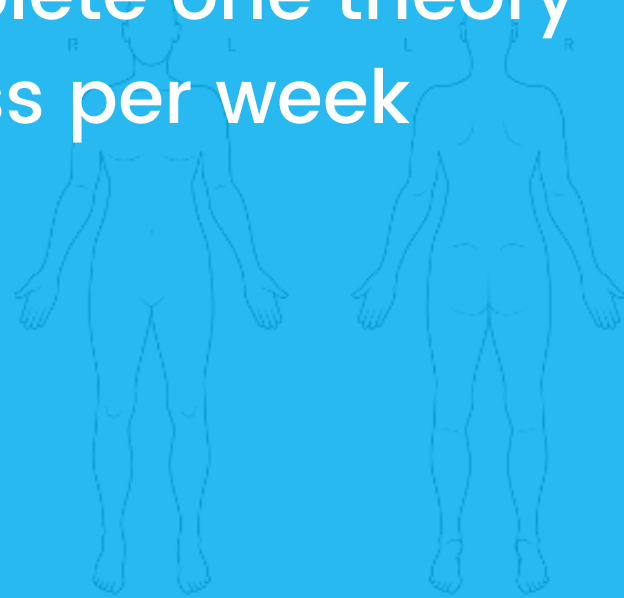
Knee (patella support)

Knee (Y-strap patella support)

Knee (rigid medial support)

Ankle (rigid for support and stabilisation)

Ankle (to stabilise, compress and reduce swelling)



# Examples of some of the units students will be completing throughout the year in the Year 10 Rugby Academy class

The MSC Rugby Academy strives for academic excellence, as such the students in Year 10 will receive a VCE unit 3 which supports a full VCE load in Year 11

- Goal Setting and Health Habits
- Sports Strapping and Taping
- Officiating
- First Aid
- Preparation for competition
- Sport injury prevention and management

academy  
learner





# Year 11 Theory Classes

Students will complete at least one theory session in class per week

## Examples of the unit of competencies students will be completing throughout the year in the Year 11 Rugby Academy class

The MSC Rugby Academy strives for academic excellence, as such the Year 11 Rugby Academy is open to students undertaking full VCE Pathways only. Students will receive a VCE Unit 1 and 2 in this year.

- Organise personal work priorities and development
- Provide first aid
- Participate in workplace health and safety
- Use social media tools for collaboration and engagement
- Conduct non-instructional sport, fitness or recreation sessions
- Provide quality service
- Respond to emergency situations
- Use business technology
- Provide equipment for activities
- Participate in sport at an intermediate level





# Competitions and Excursions

As a member of the MSC Rugby Academy, you will be expected to compete in all tournaments and games you are eligible to play in for the school.

**Please note we recommend ambulance cover for all our academy members**



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## Gala Days

Inter-school Rugby  
Sevens Gala Days

## Rebel Shield

Boys 15 and Girls 10  
aside school games

## Tours

Possibility of  
participating in  
**interstate** and  
**international** rugby  
tours in the future.

## Excursions

Students will get  
access to excursions to  
**AAMI Park** to see  
behind the scenes with  
the Melbourne Rebels



# Qualifications Year 9 – 12

## Smart Rugby Coaching Qualification

### Year 9

Smart Rugby is a coaching qualification allowing every student who completes it to coach junior rugby.



## Certificate III Sport and Recreation

### Year 10 - 12

Students in Year 10, 11 and 12 classes will complete a Certificate III Sport and Recreation qualification which focusses on Rugby Union and creates a pathway into the Sports Industry in the future.



## Provide First Aid Certificate

### Year 10

Students in the Rugby Academy will gain a full First Aid qualification during Year 10.





# Expectations

Students who are accepted into the Rugby Academy must:

- maintain high standards of behaviour,
- have good levels of organisation
- contribute positively to the program
- play rugby for the school at every available chance and should be paying club rugby on weekends from 2023 onwards
- Encompass the schools' STARR Values





# Melton Secondary College

## RUGBY ACADEMY

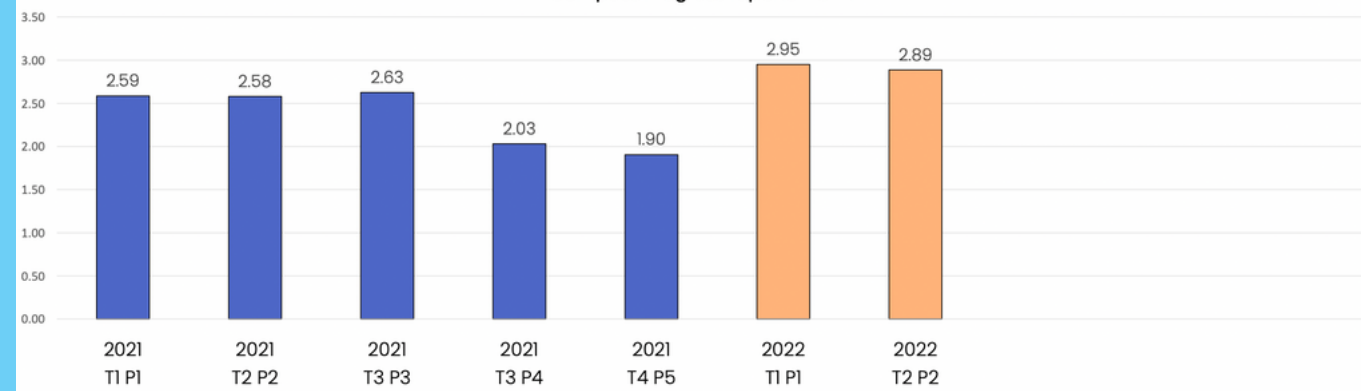
Compass Progress reports - GPA

Class: **Yr 10 Rugby Academy**

Date: **4/06/2022**

Progress Report	2021 T1 P1	2021 T2 P2	2021 T3 P3	2021 T3 P4	2021 T4 P5	2022 T1 P1	2022 T2 P2	2022 T2 P3	2022 T2 P4	2022 T2 P5
GPA	2.59	2.58	2.63	2.03	1.90	2.95	2.89			

Compass Progress reports - GPA



Raising the BAR

Behaviour  
Attitude  
Respect



# Melton Secondary College

## RUGBY ACADEMY

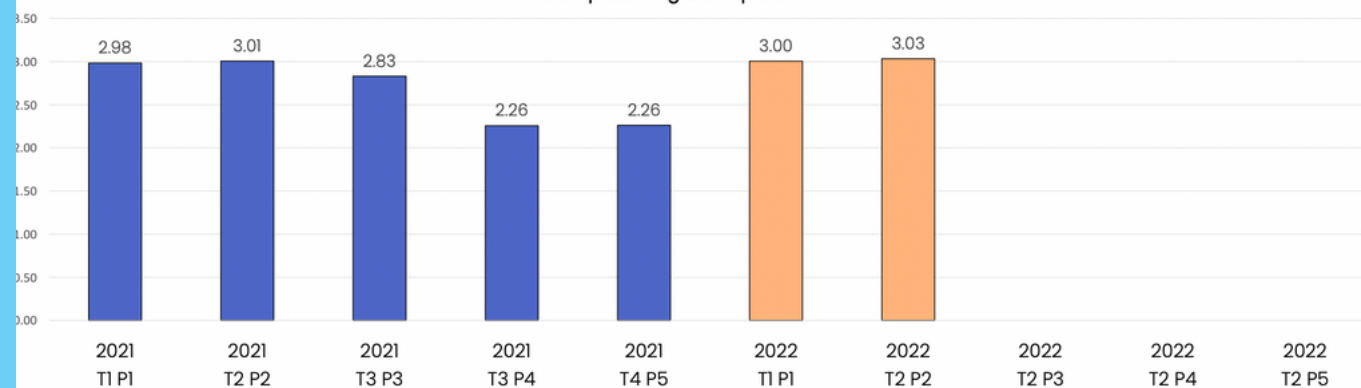
Compass Progress reports - GPA

Class: **Yr 9 Rugby Academy**

Date: **4/06/2022**

Progress Report	2021 T1 P1	2021 T2 P2	2021 T3 P3	2021 T3 P4	2021 T4 P5	2022 T1 P1	2022 T2 P2	2022 T2 P3	2022 T2 P4	2022 T2 P5
GPA	2.98	3.01	2.83	2.26	2.26	3.00	3.03			

Compass Progress reports - GPA



Raising the BAR

Behaviour  
Attitude  
Respect



# Focus on student outcomes and improvement

We focus on high student standards which means monitoring effort and achievement across all aspects of school, not just Rugby.

## BAR data

- Behaviour
- Attitude
- Respect
- Attendance
- Lateness

## STARR data

- STARR awards relating to the school STARR values
- Positive achievement across all aspects of school

## Grade Point Average (GPA)

- Mid term data out of 4 across all subjects



# Grade Point Average Data

GPA is the most effective student data we use. It gives us key indicators of how each student is performing in all subjects in the middle of each term.

This means we are able to correct efforts and behaviours early

Subject	Completes Homework	Arrives Equipped and Prepared for Work	Completes the Set Work by the Due Date	Uses Feedback to Improve Learning	Cooperates and Builds Positive Relationships	Participates Constructively and Remains on Task	Meeting Learning Outcomes
Maths	2	4	3	4	4	4	Yes
English	2	4	3	3	2	1	No

- The assessment items across the top row above.
- Each subject the teacher assesses each item from a list of:  
Always (4), Often (3), Sometimes (2), Rarely (1) or No Evidence (0)
- Meeting Learning Outcomes is a Yes or No.
- Each subject is then given an average for each item and each assessment item is given an average with 4 being the highest.
- The GPA is the average of all classes.



# Performance Review

- Positions in the Rugby Academy are competitive and if a student isn't following our code of conduct or displaying "anchor" behaviours, it affects the whole academy negatively as well as them as an individual student.
- A student may be put of a performance review at any time if they are not sticking to our high standards, to correct their behaviours, if they value their spot in the academy they will correct these behaviours, if not, their place in the academy will be given to a student who will.





# Rugby Academy Uniform

Members of the MSC Rugby Academy will be given a special uniform for rugby training days.



## Melton SC Rugby Academy Uniform Design

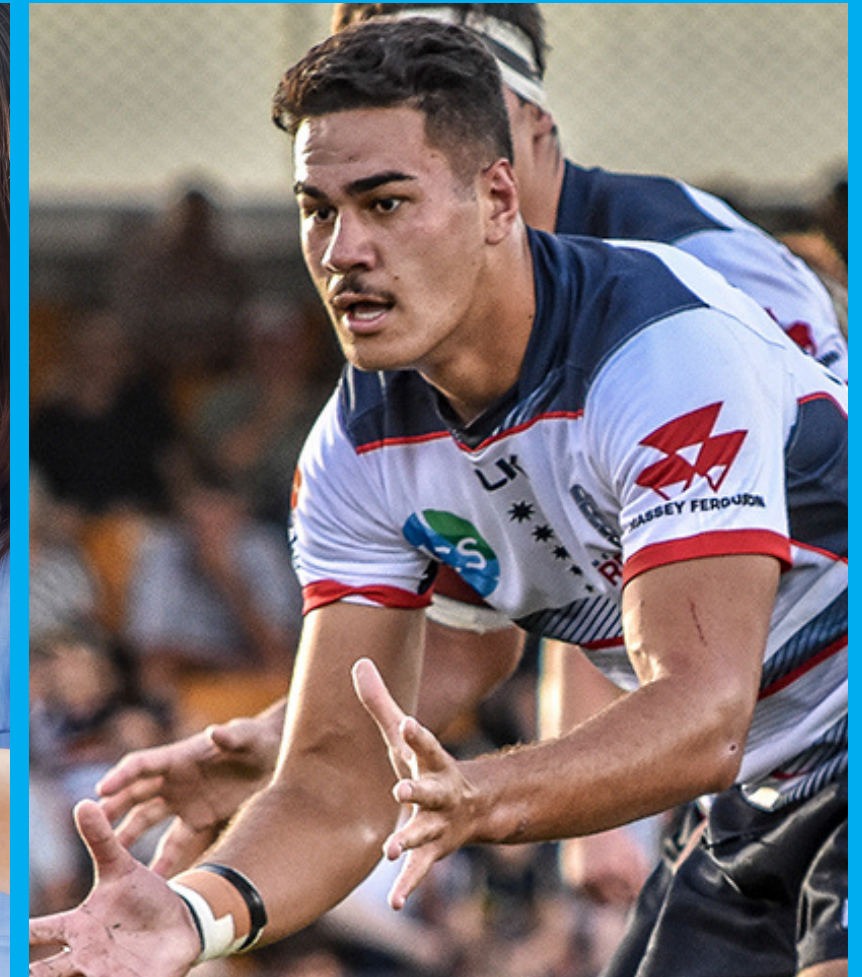




# Career Pathways

Apply for the MSC Rugby Academy if you would like a career as any of the following:

- Professional Rugby Player
- Professional Sports Coach
- Strength and Conditioning Coach
- Fitness industry e.g., personal trainer, sports centre manager
- Educator/teacher
- Sports Psychologist
- Sports Management
- Sports and Exercise Science
- Police Force
- Dietitian/Nutritionist
- Physiotherapist





# Application Process

All students applying for this selective subject must complete an application form:

- Microsoft Form document can be found on compass and teams as well as the school website
- Applicant must have a coach reference uploaded to complete the form (a PE teacher can be used for those that don't have a coach)
- **Applications close August 12th**



## Melton Secondary College Rugby Academy Application Form 2023

Please treat this form like you are applying for a job, go into as much detail as you can and take the time to sell yourself as someone who can positively contribute to our academy.

\* Required

1. First Name \*

Enter your answer

2. Last Name \*

Enter your answer

3. What year will you be in at the start of 2023? \*

Year 9

Year 10

Year 11

4. Write about your Rugby Experience/Achievements if you have any: (Rugby Union, Rugby League, Rugby Sevens, Touch Rugby, School Rugby Union or Rugby League). \*

Enter your answer

# Course Costs

Year Level	Initial Year	Subsequent Year(s)
9	\$275.00	Not Applicable
10	\$325.00	\$100
11	\$350.00	\$150
12	\$350.00	\$50

Includes all course related costs:

- Rugby Uniform
- d3 Strapping Tape (Year 10)
- d3 Mouthguard
- Course Materials
- Qualifications

## Rugby Scholarship Opportunities

Members of the academy that make any Victorian State Rugby Union team (Rugby Vic/Rebels) for 15 aside or Sevens will be eligible to apply for a rugby scholarship.

Students must maintain a passing grade in all subjects leading into a VCE study pathway into Year 11 and 12.

Scholarship will cover Rugby Academy related costs for each year they are eligible.





## Scholarship Program

Resilience  
Engagement  
Attitude  
Character  
Humility

## Scholarship Outline

- AM will provide a scholarship for the successful applicant covering the Academy fees and related costs up to the value of \$500 per school year that they are successful in obtaining the scholarship
- AM will provide personalised mentoring from industry leaders and guidance towards success in the applicant's chosen career pathway

## Eligibility and Expectations

The successful applicant must:

- be in Year 9 or 10 at the start of the school year
- be playing the club rugby
- be academically, and career driven
- have a perfect school attendance record
- have a good school behaviour record
- show leadership qualities
- be driven to be the best version of themselves





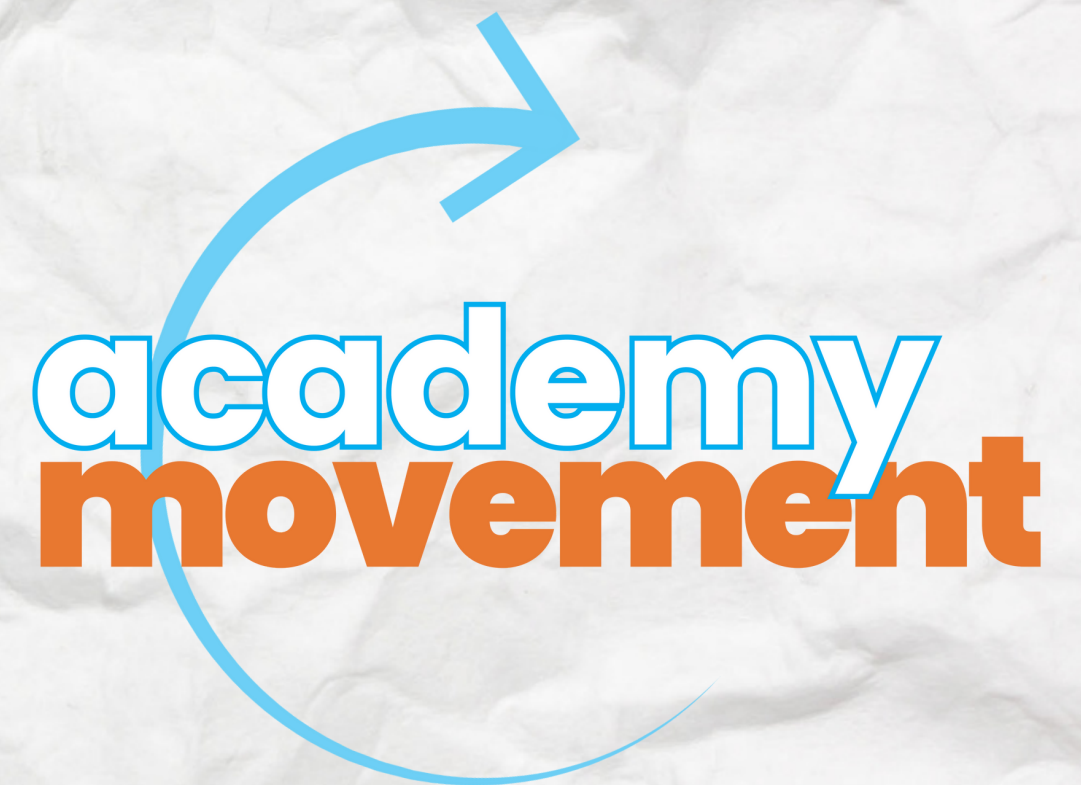
# Any Questions?



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# Get your application started now!

## Applications Close August 5th

'you must give your referee plenty of time to write you a reference'



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