



**WHITBREAD
RUGBY
ACADEMY**



WHITBREAD RUGBY ACADEMY



INTRODUCTION

Samuel Whitbread Rugby Academy is a unique part of the 6th Form and we are delighted to offer an outstanding educational programme combining first class academic options with a high-performance Rugby programme.

With our close partnership with Northampton Saints we have been able to develop a Rugby programme aimed at 16 years old and above, where we offer the opportunity for our students to “live like a professional” whilst completing their academic studies. Students can study any combination of A-Levels or BTEC courses and are ultimately able to create their own unique education program whilst playing and training at a high level and becoming one of our highly esteemed student athletes.

Students must meet the entry requirements of the 6th Form and courses they are applying for. The rugby programme is open to all and there is no selection process. If you wish to apply for the rugby academy, please tick the box on the SWA 6th form application form when prompted.

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OUR PURPOSE

- ✓ To provide our athletes with a performance culture and challenging environment
- ✓ To provide opportunity for players to progress their rugby careers through 6th Form and beyond
- ✓ To provide a high level training and playing programme
- ✓ To assist each player to reach their full potential both on and off the court

OUR VALUES

- ✓ Enjoyment – rugby should be enjoyable for all our players
- ✓ Winning – we aim to be competitive and instil a winning culture
- ✓ Encourage our players, coaches and supporters to adhere to exceptional standards and be role models for the wider Samuel Whitbread community



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COACHING PHILOSOPHY

The Rugby programme is led by our Director of Rugby – Edd Rhodes, a RFU Level 3 rugby coach who also works as Northampton Saints Academy Coach and Head coach of Bedfordshire DPP.

- ✓ Strive to create a player centred learning environment, which focuses on a high performance, winning culture.
- ✓ Encourage an environment where every player feels comfortable and confident, has a voice, is listened to and is respected as well as themselves
- ✓ Place a huge emphasis on developing smart, forward thinking, creative players who have the ability to apply their technical and tactical understanding of the game.
- ✓ Have a no-nonsense approach to our expectations and do not accept anything but the best standards from themselves and others.
- ✓ **Aim to not only influence you as an athlete but to create an impact on your time at SWA that will last a lifetime!**



STUDENT ATHLETE EXPECTATIONS

- ✓ Positive behaviour and professionalism is of the utmost importance - you are representing SWA, your team, your family and yourself
- ✓ We expect you to support the ethos and values of SWA
- ✓ Be a role model on and off the field for the younger year groups
- ✓ Support each other and support younger SWA teams
- ✓ Have fun and enjoy your rugby

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WHAT CAN YOU EXPECT?

- ✓ High quality teaching and learning in an outstanding sixth form
- ✓ You are a **student** athlete – student comes first!
- ✓ 4-5 training sessions (including games) per week
- ✓ Access to high quality coaching (RFU Level 3 qualified)
- ✓ Whitbread Rugby Academy Canterbury Kit Pack *
- ✓ Regular games against some of top rugby playing schools in the country
- ✓ 1st XV Compete in the AOC British Colleges National Premier League
- ✓ 2nd XV Compete in the AOC British Colleges East Midlands League
- ✓ Compete in the U18 Natwest Cup Competitions
- ✓ Matches filmed and analysis sessions using HUDL
- ✓ Individualised player development programmes
- ✓ Northampton Saints Academy Strength and Conditioning Programmes and access to schools fantastic weights gym facility

*Additional student cost



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ADDITIONAL OPPORTUNITIES

Additional opportunities may include but are not limited to;

- RFU Rugby Ready and/or Level 1 Coaching Qualification*
- Coaching opportunities within younger year group's rugby teams and other BEST schools
- Volunteering opportunities at local primary school tag rugby events festivals
- Rugby Tour(s)* (TBC)
- Live fixtures – Northampton Saints *
- Annual Sports Awards Evening*
- Guest Coaches/Players from Northampton Saints
- University Visits*
- Support and guidance to assist with your applications for Universities in the U.K. or abroad, apprenticeships etc.

*Additional student cost



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TRAINING

Training opportunities include but are not limited to;

- Off-season training programmes
- Pre-season training programmes
- In-Season training programmes
- Individual Development Plans (One to One meetings)
- Specialised sessions to develop key skills and team tactics
- Strength & conditioning programmes and Gym Sessions
- Match Analysis Sessions using HUDL (All players to have access to HUDL)
- Recovery Session (Occasional Yoga session)



EXAMPLE TIMETABLE

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	1	2	3	4	Lun	5	A/S
MonA	PE Mr J K Hart 224	Biology Mr I A Butler 109	Biology P Prep Time	PE Mrs E J Kaye 224		History Mr M Inns 224	
TueA		Rugby Mr E J C Rhodes 225	History Mr P C G Barton 224	PE P Prep Time		Rugby Mr E J C Rhodes 225	
WedA	Biology P Prep Time	Biology Miss J Moffat 111	Rugby P Prep Time	PE Mr I A Butler 109		Rugby Mr E J C Rhodes 225	
ThuA	History P Prep Time	Rugby P Prep Time	History Mr M Inns 224	PE Mr J K Hart 224		Biology Miss J Moffat 111	Rugby Mr R B Sinclair 610
FriA	Biology Miss J Moffat 111	Biology Miss J Moffat 111	History Mr M Inns 224	Rugby Mr E J C Rhodes 225		Biology P Prep Time	
MonB	PE Mr J K Hart 224	Biology Mr I A Butler 109		PE Mr I A Butler 109			
TueB	PE P Prep Time	PE Mr I A Butler 109	History Mr M Inns 224	History P Prep Time		Rugby Mr E J C Rhodes 225	
WedB	PE Mr I A Butler 109	History Mr M Inns 224	Biology Mr I A Butler 109	PE P Prep Time		Rugby Mr R B Sinclair 225	
ThuB	History Mr P C G Barton 224	PE Mrs E J Kaye 224	History Mr P C G Barton 224	Rugby P Prep Time			Rugby Mr R B Sinclair 610
FriB	History Mr P C G Barton 224	Rugby Mr R B Sinclair 231	Biology Miss J Moffat 111	History P Prep Time		Biology Mr I A Butler 109	



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TRAINING

We are committed to providing transport to our student athletes from all around Bedfordshire. We have daily busses AM & PM and further provide late busses on Tuesdays and Thursdays to accommodate the sports programmes. If you require transport please contact us for more information.





RUGBY TRAINING KIT

The kit provider we use is MDH Teamwear, who are excellent! As part of the course we ask you to purchase the kit package. Kit can be worn around the academy site as a part of your uniform and is expected to be worn on match days.

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SWAR Team Sock
from £7.50



SWAR Team Short
from £17.75



SWAR Team Plain T-Shirt
from £18.00



SWAR Advantage Short
from £22.63



SWAR Team Dry Polo Shirt
from £23.75



SWAR Team Track Pant
from £26.75



SWAR Team 1/4 Zip Midlayer
Training Top
from £41.00



OPTIONAL ADDITIONAL KIT

Additional kit available for purchase -

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SWAR Team Dry T-Shirt
from £22.25



SWAR Women's Team Dry
Polo Shirt
from £23.75



SWAR Vaposhield Medium
Backpack
from £26.00



SWAR Vaposhield Medium
Sportsbag
from £27.50



SWAR Open Hem Stadium
Pant
from £33.50



SWAR Women's Open Hem
Stadium Pant
from £33.50



SWAR Stretch Tapered Pant
from £34.25



SWAR Team Contact Top
from £37.25



SWAR Team Hoody
from £38.00



SWAR Pro II Thermoreg
Gilet
from £47.25



SWAR Pro II Vaposhield
Water Resistant Jacket
from £56.75



SWAR Team Stadium Jacket
from £74.00



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SUCCESS STORIES

- Tom Litchfield – Full time professional contract at Northampton Saints
- Charlie Garwood – Rugby Scholarship at Brunel University studying Sports Science with Human Performance, and Ealing Trailfinders Academy Player
- Reon Lewis - Rugby Scholarship at Brunel University studying Business and Management, and Ealing Trailfinders Academy Player
- Liam Holland – Rugby Scholarship Central Washington University, USA, studying Business Management
- Morgan Dayes – Semi-Professional contract at Coventry Rugby Club
- Harry Charter – Semi-Professional contract at Coventry Rugby Club
- Jake Bridges – Semi-Professional contract at Coventry Rugby Club

AND MANY MORE...



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THANK YOU

If you have any questions please feel free to email me
at swa-rugby@bestacademies.org.uk

I look forward to receiving your application to be part
of the Whitbread Rugby Academy