



## **Girls Rugby 7s Academy Program Information**

### **About The Gold Coast Academy of Sport:**

The Gold Coast Academy of Sport Limited is a local initiative aimed at providing opportunities for athletes, coaches and administrators on the Gold Coast in Queensland. The Academy has been operating on the Coast since its inception in 2009 offering pre-elite athletes skill and educational opportunities to manage their life/sport balance and enable positive behaviour and performance change. The Academy recognises the importance to target identified sports within the Olympic framework to align with the direction taken by the QAS. Whilst identifying possible future talent it is essential that the Academy supports targeted athletes selected through their sporting organisations in high performance programs who reside on the coast. We also recognise the importance of continuing to support our current sporting associations to value add to their athletes' success.

### **GCAS Rugby 7s Academy Program:**

The Gold Coast Academy of Sport is hosting a female rugby 7s academy program over 5 months in support of athlete interest, retention, and development on the Gold Coast. The academy will recruit and accept players from, the current GCDRU season and school 7s programs and other interested participants that are wanting to improve their on and off field development. The program will not only focus on the up skilling and enhancement of player knowledge but will also provide vital personal development opportunities for both athlete and coach. These personal development opportunities including educational sessions held on a fortnightly basis throughout the program and include the following:

- Nutrition; Nutrition literacy, Performance enhancing food choices, Nutritional meals
- Body Maintenance and recovery
- Injury Prevention
- Strength and conditioning

- Sport Psychology: Motivation, Mental toughness/ Resilience, Communication etc.
- Personal brand and social media impact
- Running/Speed training

In addition to the above-mentioned sessions, athletes will be expected to be involved and complete a weekly accountability session inclusive of basic skill practice or engagement with relevant video content supported by sport psychologist Jackson Hill.

The program will accommodate two squads of up to 30 participants in each: 1x U14/U15 squad and 1x U16/U17 squad. Each squad will have two coaches assigned in a paid role at all training sessions.

A discounted cost will apply for this program as it is the first girl's rugby 7s academy program to be run. Cost of \$200 is charge to cover cost associated with uniforms, all professional presenters, coaches, venue/s, medical personnel (where required) and end of year presentations.