14-15 Year Boys Rugby Union Academy Program 2026

NOVEMBER 2026	PROGRAM DETAILS	TIME/ VENUE
Monday 2nd	**Squad Welcome, Uniforms, Team Building & Athlete Testing** • VALD Performance Testing • Field session for remaining time	5.00 - 7.00pm
Wednesday 4th	**Full Field session**	5.00 –6.30pm
Monday 9th	**Nutrition:** Fueling for performance & sustained energy damands **Full Field Session**	5.00 – 5.45pm 5.45- 6.30pm
Wed 11th	**Full Field Session**	5.00 –6.30pm
Monday 16th	**NO SESSION - GCAS AWARDS NIGHT**	
Wednesday 18th	**Sport Psychology:** Motivation & Goal Setting **Full Field Session**	5.00 – 5.45pm
Monday 23rd	**Full Field Session**	5.45- 6.30pm
Wednesday 25th	**P3 Session, Body Maintenance & Recovery + Concussion discussion with Physio**	5.00 –6.30pm @ P3 Labrador
Monday 30th	**Full Field Session** Re-do fitness testing	5.00 –6.30pm

PROGRAM DETAILS

The off-season is where athletes maintain momentum, build strong foundations and prepare their mindset for what's ahead. This Development Program focuses on maintaining physical development while building the mindset, resilience, confidence and high-performance habits needed for pre-season.

Athletes will complete VALD performance testing to assess key physical qualities, identify areas for improvement and help guide their individual development

Athletes will also develop their game understanding, decision-making, recovery strategies and nutrition knowledge, with a strong emphasis on setting goals and taking ownership of their development.

The program will also **include** a dedicated P3 Recovery session and an evidence-based concussion management talk, providing athletes with practical strategies and knowledge to support recovery, injury awareness and long-term wellbeing**. On field sessions** will focus on attacking and defensive footwork pattens, fundamental skills, tactical awareness and decision making and conditioning.

Each athlete will receive an Academy sports journal to support goal setting and reflection, plus an Academy uniform including a training shirt and shorts

Age: 14-15 years of age
Cost: $310
Location: Griffith Uni Knights Rugby Union Club,
Coaches: Dan Irvine & Frank Watson