



**2020/2021 INFORMATION  
ACADEMY PROGRAM  
(U13's to U18's)**



The Western Sydney Rugby League Academy (WSRLA) will launch on 5 November 2020. The academy will be led by our director of coaching, Jason Amos.

Jason brings vast experience to the academy, having spent multiple years as a coach at a junior level as well as in the the junior development systems at various NRL and Rugby Union clubs. Jason has previously spent two years as a development coach at the Melbourne Storm, focusing on players 16-18 years of age. He has also previously held position at the QLD Reds, Melbourne Rebels Rugby (focusing on their junior representative system), and as head coach with the grand final winning A-grade team at Coogee Randwick Wombats.

Given Jason's previous experience in various NRL junior development systems, most notably his stint with the Melbourne Storm, he knows the expectations and what it takes for players to develop from simply playing park footy to strapping on the boots for an NRL debut. Therefore, players will be at a great advantage when joining the academy as they will be taught the necessary skills to realise their dreams and play under the big lights.

Jason will also be assisted with the academy by coaches from within junior league teams, whom he will personally teach and mentor, as well as current and former NRL and NRLW players.

### **Program**

Players born in 2008 (u13's) to 2003 (u18's), will be placed in our 'academy' program. This program will focus on developing players to the requisite standard and expectations of Harold Matthews, SG Ball and Tarsha Gale squads. Players in the academy program will be coached and tested on fitness and skills, to the standards required by NRL junior development systems. Specific sessions will also focus on resilience, dealing with mental health and adversity.

### **Cost**

For the summer 2020/2021 period, the cost for our academy program will be \$185, or an active kids voucher + \$85. However, discounts will be applied for siblings. The cost will be \$135 for a second child and \$100 for a third and subsequent child. All payments can include an active kids voucher.

The cost will include the academy apparel, comprising of a training tee, training shorts and backpack.

### WSRLACADEMY PROGRAM CALENDAR (13's to 18's)

All sessions will be held at Ruse Park (84 Stacey Street, Bankstown) unless otherwise specified.

DATE	TIME	SESSION DESCRIPTION
Thursday, 5 November 2020	5pm to 6pm (all ages)	ORIENTATION DAY AND INFORMATION BOOKLET HANDOUT
Saturday, 7 November 2020	11:30am to 1pm (all ages)	FITNESS TESTING
Tuesday, 10 November 2020	(13's -15's) 4:30pm to 6pm (16's – 18's) 6pm to 7:30pm	FITNESS CIRCUIT GAMES
Thursday, 12 November 2020	(13's -15's) 5pm to 6pm (16's – 18's) 6pm to 7pm	DEFENSIVE SKILLS
Saturday, 14 November 2020	(13's -15's) 10am to 11am (16's – 18's) 11am to 12pm	ATTACKING SKILLS
Thursday, 19 November 2020	(13's -15's) 4:30pm to 6pm (16's – 18's) 6pm to 7:30pm	FITNESS GAMES
Saturday, 21 November 2020	(13's -15's) 10am to 11am (16's – 18's) 11am to 12pm	DEFENSIVE STRUCTURES AND TECHNIQUES
Thursday, 26 November 2020	(13's -15's) 4:30pm to 6pm (16's – 18's) 6pm to 7:30pm	POSITION SPECIFIC – DEFENCE/ATTACK
Saturday, 28 November 2020	10am – 12pm (all ages)	OPPOSED SESSION GAME
Thursday, 3 December 2020	4:30pm to 6pm (all ages)	SPEED AND AGILITY
Saturday, 5 December 2020	10am to 11:30am (all ages)	OPPOSED SESSION GAMES
Thursday, 10 December 2020	(13's -15's) 4:30pm to 5:30pm (16's – 18's) 5:30pm to 6:30pm	GYM CIRCUIT

Saturday, 12 December 2020	10am to 11:30am (all ages)	THEORY SESSION – CULTURE/TRAINING, DIET, MENTAL HEALTH
Thursday, 17 December 2020	4:30pm to 6pm (all ages)	POSITIONAL SKILLS
Saturday, 19 December 2020	10am to 11:30am (all ages)	SPEED AND AGILITY
Monday, 21 December 2020	(13's -15's) 4:30pm to 5:30pm (16's – 18's) 5:30pm to 6:30pm	PRE-BREAK FITNESS TESTING
Tuesday, 22 December 2020	(13's -15's) 4:30pm to 5:30pm (16's – 18's) 5:30pm to 6:30pm	FITNESS DRILLS FOR INDIVIDUAL & TARGETS FOR POST-HOLIDAY START
<b>23 December 2020 – 4 January 2021</b>	<b>HOLIDAY BREAK</b>	<b>HOLIDAY BREAK</b>
Tuesday, 5 January 2021	(13's -15's) 4:30pm to 5:30pm (16's – 18's) 5:30pm to 6:30pm	POST-BREAK FITNESS TESTING
Thursday, 7 January 2021	5pm to 6:30pm (all ages)	SKILLS & FITNESS GAMES
Saturday, 9 January 2021	(13's -15's) 10am to 11am (16's – 18's) 11am to 12pm	SPEED & AGILITY
Tuesday, 12 January 2021	5pm to 6pm (all ages)	RECOVERY/PREHAB THEORY & PRACTICE
Thursday, 14 January 2021	(13's -15's) 4:30pm to 5:30pm (16's – 18's) 5:30pm to 6:30pm	GYM – STRENGTH & SPEED
Saturday, 16 January 2021	(13's -15's) 10am to 11:30am (16's – 18's) 11:30am to 1pm	ATTACK & DEFENCE POSITIONAL PLAYS
Thursday, 21 January 2021	(13's -15's) 5pm to 6pm (16's – 18's) 6pm to 7pm	KICKING AND RUCK PLAYS
Saturday, 23 January 2020	10am to 1pm (all ages)	OPPOSED SESSIONS BBQ – END OF PROGRAM

# November 2020 - WSRL ACADEMY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> ORIENTATION DAY – COACHES AND STAFF 11AM – 1PM	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Day 1 Academy Player Orientation and Information booklet hand out.	<b>6</b>	<b>7</b> Day 2 FITNESS TESTING ALL PLAYERS. AGE SPECIFIC 10am – 11.15am 11.30am – 1pm
<b>8</b>	<b>9</b>	<b>10</b> Day 3 FITNESS CIRCUIT GAMES 4.30 – 6pm(13s, 14s, 15s) 6pm – 7.30pm (16s & over)	<b>11</b>	<b>12</b> SKILLS CIRCUITS – DEFENCE. 5PM – 6PM 6PM-7PM Same Groups	<b>13</b>	<b>14</b> SKILLS CIRCUITS – ATTACK. INTO LEFT ON RIGHT. 10AM – 11AM 11AM-12NOON Same Groups
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> FITNESS GAMES – BALL IN HAND. 4.30PM – 6PM 6PM – 7.30PM	<b>20</b>	<b>21</b> DEFENCE STRUCTURES AND TECHNIQUE 10AM – 11AM 11AM – 12NOON
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> POSITION SPECIFICS – INTO LEFT ON RIGHT ATTACK/DEFENCE. 4.30PM-6PM 6PM-7.30PM	<b>27</b>	<b>28</b> OPPOSED SESSIONS – GAMES 10am – 12noon
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

# December 2020- WSRL ACADEMY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3 SPEED AND AGILITY 4 STATIONS 4.30PM TO 6PM	4	5 BACKS KICKING FORWARDS RUCK PLAYS OPPOSED SESSIONS 10am – 11.30pm
6	7	8	9	10 GYM CIRCUIT – FITNESS 4.30PM TO 5.30PM 5.30PM TO 6.30PM	11	12 THEORY SESSION CULTURE/TRAINING DIET AND EXTRAS 10am – 11am
13	14	15	16	17 POSITIONAL SKILLS 1/2/3/4/5 6/7/9 10/8/13 11/12 4.30PM – 6PM	18	19 SPEED AND AGILITY 4 STATIONS 10AM – 11.30AM
20	21 Pre Break Fitness Testing – Designated age groups on rotation 4.30pm-5.30pm 5.30pm-6.30pm	22 Fitness Drills for individual & targets for Post-Holiday start 4.30pm – 5.30pm 5.30pm – 6.30pm	23 HOLIDAY BREAK	24	25 HOLIDAY BREAK	26 HOLIDAY BREAK
27 HOLIDAY BREAK	28 HOLIDAY BREAK	29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 New Year's Day HOLIDAY BREAK	2

# January 2020 - WSRL Academy



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 HOLIDAY BREAK	2 HOLIDAY BREAK
3 HOLIDAY BREAK	4	5 Fitness Testing - Post Holiday Break 4.30pm – 5.30pm 5.30pm – 6.30pm	6	7 Fitness Games Skills Games 5pm – 6.30pm	8 REST DAY – Prehab	9 SPEED AND AGILITY 10AM – 11AM 11AM -12NOON
10 REST DAY	11	12 RECOVERY / PREHAB THEORY AND PRACTICE 5PM – 6PM	13	14 GYM – STRENGTH AND SPEED 4.30PM-5.30PM 5.30PM-6.30PM	15	16 LEFT ON RIGHT ATTACK & DEFENCE POSITIONAL PLAYS. 10AM -11.30AM 11.30AM-1PM
17	18	19	20	21 EXTRAS – KICKING AND RUCK PLAYS FORWARDS/BACKS 5PM-6PM 6PM-7PM	22	23 OPPOSED SESSIONS AGE /GENDER SPECIFIC 10AM -1PM BBQ END
24	25	26	27	28	29	30
31	1	2	3	4	5	6