



**Kick start your future @ Alexandra Hills SHS
Rugby League Development Program**

In partnership with the Wynnum-Manly Seagulls Academy

www.alexhillshs.eq.edu.au 3820 1444 rugbyleague@alexhillshs.eq.edu.au

Alexandra Hills SHS Rugby League Development Program is currently seeking applications from students interested in enrolling in our Program. At the elite level, the school competes in the prestigious South-East Queensland wide Broncos Schoolboys Challenge competitions. Our development players participate in the Bayside School Sport competition against other local schools and, if successful, are given the chance to progress through to the Greater Metropolitan Finals.

Alexandra Hills SHS currently has an existing partnership with Brisbane Broncos affiliated Wynnum Manly Seagulls club which aims to develop young rugby league footballers in the East Brisbane and Bayside region. This partnership provides our students with pathways to junior representative teams and player development squads locally and with the Broncos. It also ensures that skills coaching is consistent from the school level right up to the NRL level. The Rugby League Development Program as also partnered with our local clubs; Carina JRLFC, Redlands JRL and Wynnum-Manly JRLFC.

Our school has a wide array of facilities that the Program regularly utilises, including; a multi-purpose indoor court, two full size rugby league fields, a weights gymnasium and access to multimedia classrooms for theory lessons. The Program is also sponsored by Goodlife Alexandra Hills and our Senior Rugby League Development students have access to their world-class weights and cardio rooms before and after school.

Our coaches are highly accredited and have developed an extensive knowledge of the game. Each coach has experience coaching at the club and schoolboy level, as well being involved with various junior representative sides. Additionally, Intrust Super Cup coaches and staff from the Wynnum Manly Seagulls will utilise their expertise to enhance the rugby league development of students in the Program.

Our Program takes a holistic approach to athlete development and is designed to contribute to the growth of students as both Rugby League players and people. The Program places a strong emphasis on the academic studies and personal development of students, while also developing their physical capabilities and ensuring they receive every opportunity to become outstanding rugby league players.

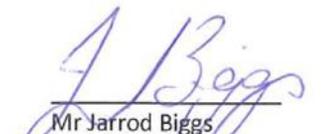
Along with meeting curriculum requirements, the Rugby League Development Program focusses extensively on areas such as skills and technique, games sense, strategy, strength and conditioning and game analysis. Our program includes a newly developed theoretical component that has been designed to target the interests of the young Rugby League player and is delivered in a relevant context to them. Knowledge of rugby league history, coaching, fitness training programs, officiating, nutrition and first aid are all developed over the programs duration. The senior program is designed to provide life-long opportunities for students to be involved in rugby league both on and off the field.

If you are interested in joining the Program, please complete and return the attached form.

Regards



Mrs Gail Armstrong
Principal



Mr Jarrod Biggs
Rugby League Coordinator



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STUDENT DETAILS

NAME:	DATE OF BIRTH:
CURRENT SCHOOL:	CURRENT YEAR LEVEL:
CURRENT CLUB:	CURRENT DIVISION:
PLAYING POSITION/S:	
RUGBY LEAGUE ACHIEVEMENTS:	
OTHER SPORTING ACIEVEMENTS:	
SCHOOLING ACHIEVEMENTS: (ACADEMICS, THE ARTS and CULTURAL)	
FUTURE GOALS: (RUGBY LEAGUE, EDUCATION and EMPLOYMENT)	

PARENT/GUARDIAN DETAILS

NAME:	
ADDRESS:	
MOBILE PHONE:	
E-MAIL:	
SIGNATURE:	DATE:

Please complete and return to Jarrod Biggs, Rugby League Coordinator, at rugbyleague@alexhillshs.eq.edu.au or
Alexandra Hills State High School, Windemere Road, Alexandra Hills Qld 4161.