



Tsunami Rugby Academy

What is Tsunami Academy?

- The purpose of the Tsunami Academy is to further support and track the development of rugby players within North Vancouver Island through the provision of elite coaching, training, performance analysis, and access to sport-relevant educational opportunities.
- Tsunami Academy program is offered to both male and female players aged 16-23.

Tsunami Academy Aims

- To develop quality rugby players with the skills, discipline, knowledge and support required to succeed at Provincial and National level within Representative and International competition.
- To provide Academy players with appropriate life skills to develop into well-rounded individuals with the ability to succeed in life outside of Rugby.
- To develop quality individuals who act as positive role models for the community and the sport of Rugby.

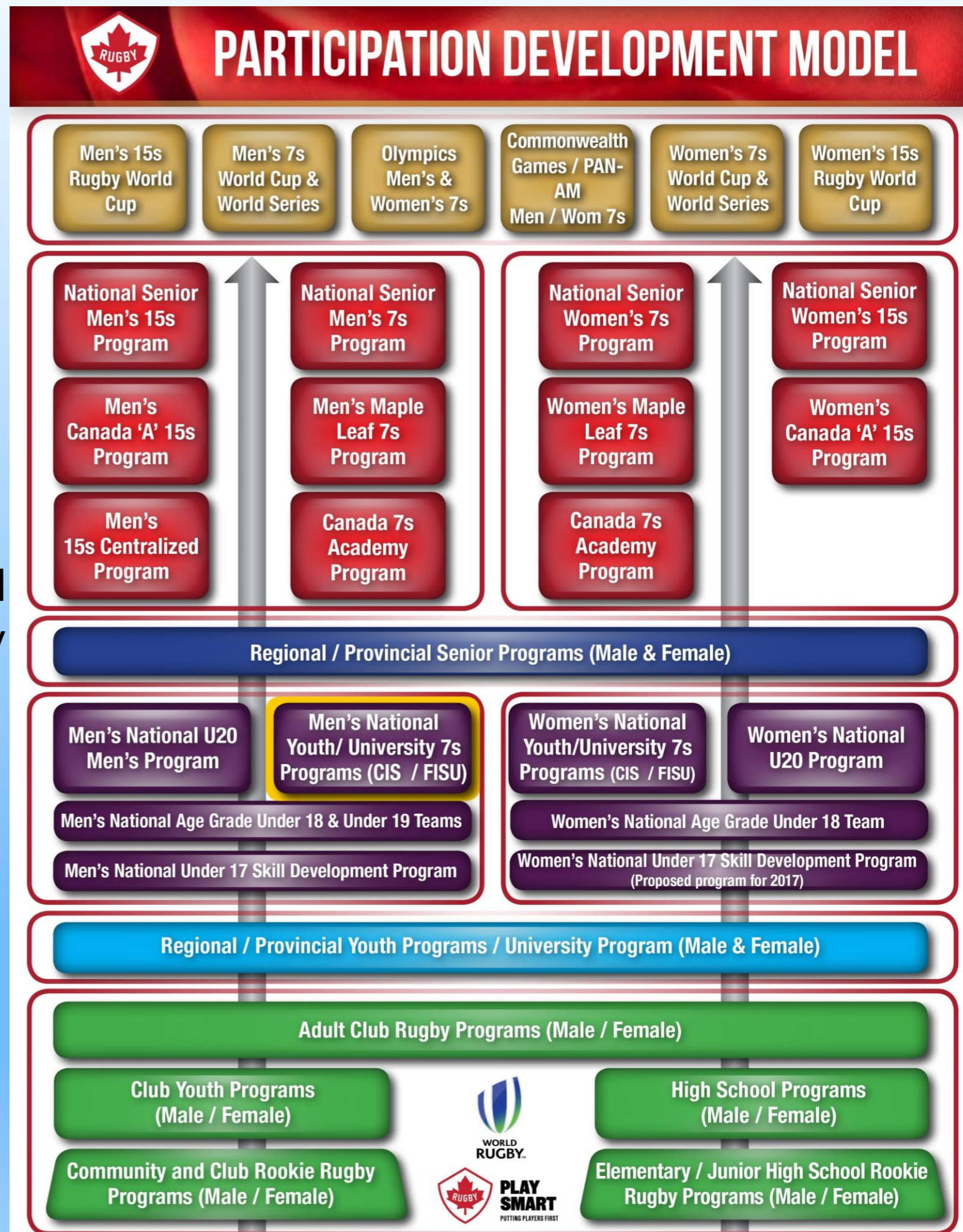
Player Pathway

- Tsunami Academy focus is on Stage 5 & 6 of the Long Term Player Development (LTPD) pathway
- Tsunami Academy will support identified players Optimize Rugby Potential and Maximize Rugby Performance

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	STAGE 8
ACTIVE START	FUNDamentals KICK OFF to Rugby!	LEARNING TO TRAIN DEVELOP the Basics	TRAINING TO TRAIN BUILD the Rugby Hard Drive	TRAINING TO COMPETE OPTIMIZE Rugby Potential	TRAINING TO PERFORM MAXIMIZE Rugby Performance	ULTIMATE PERFORMANCE OPTIMAL Rugby Performance	ACTIVE FOR LIFE
GOAL Promote fun and participation, development of movement skills	GOAL Focus on sport skills development	GOAL Enhance overall sport skills including core rugby skills	GOAL Promote rugby specific skill development	GOAL Develop rugby specialization and position-specific skills	GOAL Develop core skills and position-specific skills	GOAL Achieve optimal performance	GOAL Support active involvement in rugby and/or healthy lifestyle
AGES Males 0-6 Females 0-6	AGES Males 6-9 Females 6-8	AGES Males 9-12 Females 8-11	AGES Males 12-16 Females 11-15	AGES Males 16-19 Females 15-18	AGES Males 19-23 Females 18-21	AGES Males 23+/- Females 21+/-	AGES All

Missing Link?

- What support do identified players need to progress to the next stage in the pathway?
- Tsunami Academy is positioned between Club/School/University programs and Provincial/National programs.
- Specialized individual support focused on athletic development and enhanced Rugby IQ.



Academy Collaboration



Academy Schedule

- 8 week Spring Program
- 1 weekly rugby skills session focusing on core and individual specialist skills
- Remote strength & conditioning support
- Remote video analysis support
- Holistic development workshops

Date	Location
26 April	Nanaimo Hornets RFC
3 May	Nanaimo Hornets RFC
10 May	Nanaimo Hornets RFC
17 May	Off
24 May	Nanaimo Hornets RFC
31 May	Nanaimo Hornets RFC
7 Jun	Nanaimo Hornets RFC
14 Jun	Nanaimo Hornets RFC
21 Jun	Nanaimo Hornets RFC
28 June	PRC's

So what do I get?

- Guidance from Senior Provincial and National Age Grade Coaches.
- Guidance from a top Strength & Conditioning coach who builds a rugby specific conditioning program for academy athletes to follow in their own locations around the region.
- Two Strength & Conditioning testing sessions, one at the beginning and another at the end of the program.
- Tailored individual video analysis feedback from games. (Video to be provided by players to Academy Director).
- Individual Performance Plan developed with Academy Director, including exit report and recommendations.

Academy Perks

- Holistic athlete development workshops focused around Sports Nutrition & Sports Psychology.
- Members to receive access to Pacific Sport VI network of gyms.
- Tsunami Rugby Academy Kit.

