

**Subject: Richard Hale Rugby Academy - 'When given an opportunity, deliver excellence and never quit'**

**RHS Rugby**

- The School's thriving sporting community sees 260 boys involved in weekend school rugby.
- 15 teams representing Richard Hale Rugby

**Recent Results**

- U13 County Cup 10's Finalist (2019)
- U14 County Cup Runners Up (2019)
- U18 County Cup 7's – Winners (2018)
- U18 County Cup XV Runners Up (2018)
- U18 County Cup 7's –Third Place (2019)
- U18 County Cup XV Third Place (2019)

**Competition**

- Strong Weekend Fixture Card.
- National and Regional Competitions entered including Rosslyn Park 7's.



@RHS\_RugbyAcad

**Aims of the RHS Rugby Academy**

The Richard Hale Rugby Programme will provide aspiring young rugby players an elite training schedule with focus on personal development and engagement into the wider community through sporting initiatives. Furthermore, the programme will be combined with an excellent and varied academic environment for every student to develop and reveal their true potential.

The studies, training and wider aspects of school life at Richard Hale will enable all students to experience and be part of a culture that will have a positive and long lasting impact on the individual throughout their school life and beyond by developing the all-round sportsman and good citizen.

**Progression Routes**

- University – Numerous RHS 1<sup>st</sup> XV graduates balance higher education and rugby at elite Universities that compete in the Premier BUCS Division.
- Employment - The programme as a whole will greatly develop employability skills through sporting qualifications and experiences obtained enhancing a student's chances of progressing their careers.
- PE Apprentice Internship – RHS and local schools offer the chance to obtain a nationally recognised Level 2 qualification for sport and coaching in an educational environment.
- Semi Professional Rugby - A large number of RHS 1<sup>st</sup> XV graduates play semi-professional rugby in the RFU National League.

**Richard Hale Rugby Academy Partners**



**Area 1 – Player Development**

- 1.1– Player Profiling
- 1.2 – Goal Setting
- 1.3 – Individual Development Plan
- 1.4 – Leadership in Sport

**Area 3 – Training, Coaching and Performance**

- 3.1 – S&C sessions – Athletic Development
- 3.2 – Skills Based Training
- 3.3 – Wellness programme
- 3.4 – Coaching and Officiating Awards

**Programme of Study**



**Area 4 – BTEC Sport Extended Certificate (equivalent to 1 A-Level)**

- 4.1 – Anatomy and Physiology
- 4.2 – Practical Sports Performance
- 4.3 – Fitness Training and Programming
- 4.4 – Professional Development in the Sports Industry

**Area 2 – Performance and Analysis**

- 2.1 – Identify and Develop KPI's
- 2.2 – Performance Profiles
- 2.3 – Performance Report Sheets
- 2.4 – Statistical Analysis

## Alumni

### Louis Kendrick (2012-19)

Honours – Herts U18; Herts Senior XV; London SE U18;  
England Counties U18  
A Levels - PE, Geography; Business Studies  
Nottingham Trent – Sport Science and Management

‘Richard Hale not only provided me the foundations and opportunity to explore my sporting and academic potential, I was able to train and play with some of my best friends for 7 years’.

### Steff Jones (2011-18)

Honours – Wales U18, Herts U18; Herts Senior XV;  
Saracens Academy  
A Levels - PE, Geography; Business Studies  
Cardiff University – Business Management

‘The staff at Hale have passed on all of their expertise that has made me be the individual that I am today. I achieved 3A’s at A level and the support and guidance ensured that Cardiff was the correct destination to reach my rugby and academic aspirations’.

### Ben Gilchrist (2011-18)

Honours – Herts U14 – U18  
A Level - Biology; Economics; Maths  
Leeds University - Economics

‘My time at Hale was a fantastic journey. 6<sup>th</sup> Form ensured that I could excel both in my studies and my rugby for which I am so thankful. My rugby experiences at Hale will last with me for a lifetime. The Haileybury game at HRFC in front of a crowd of 600+, unbeaten Saturday fixture card and our County success were particular standouts’.

### Matt Bendin (2009-2016)

Honours – Herts U14 – U20; England Counties U20  
BTEC – Sport Studies  
Bath University - Sports Performance

‘Joining Hale in the Sixth Form was one of the best decisions I have ever made. I did not want to join a rugby college and wanted to pursue further education in a School environment. The rugby programme and studies allowed me to achieve my first choice university’.

## What students can expect from the course:

- A widely-recognised qualification for admission to higher education.
- All students will follow a structured coaching syllabus which will develop their technique, knowledge and understanding of the game.
- Richard Hale Rugby will provide the opportunity to participate in a comprehensive training schedule designed to improve all attributes of your game in conjunction with an excellent academic programme to access an academic pathway that suits the individual’s needs.
- Attain RFU and NGB Accredited Coaching, Refereeing and Sports Leadership Qualifications.
- As part of Richard Hale Rugby you will be a student athlete, with education of equal priority as sport.
- Opportunity to enjoy a wide range of activities, including sports volunteering pathways, extra-curricular sport, music and drama, and to develop leadership skills through Sports Leaders, the Duke of Edinburgh’s Award, the House System and to support younger students in a range of subjects and situations.
- To provide students with lifelong learning opportunities by developing links with universities; offering new career pathways which the student may not have been previously aware of.

## Expected/Anticipated/Required qualifications:

### Entry requirements for A Levels

- Average Points Score of 5.0 over your best 8 Full Course GCSEs and English and Mathematics GCSE at Grade 5 or more.
- You will be required to have gained a Grade 6 in a subject, or a related subject, you wish to take at A Level.

### Entry requirements for BTEC

- Average Points Score of 4.0 over your best 8 Full Course GCSEs and English and Mathematics GCSE at Grade 4 or more.
- Students may also opt to take an A Level subject alongside the BTEC course. Please see individual subject entries for further recommendations as regards entry requirements.

### Commitment

- To be part of the RHS Rugby Academy will require complete dedication to your sport and to your studies.