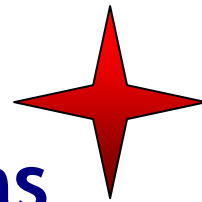


Central Coast Development Newsletter Christmas Edition December 2009



Welcome to the Christmas Edition of the Central Coast Rugby development newsletter for 2009, which is designed to keep the local rugby community up to date with developments and rugby activities in the region.

This month's articles include –

- CCAS Rugby Program
- Learn to Lead Sports Program
- Abi Group Rugby Camp
- ARU Coach Education Dates 2010
- Sporting Grants
- School - Club Gala Days

Key Dates:

**January: Abi Group Rugby
Camp UNE Armidale
17 – 21 January 2010**

**February: Club Gala Days,
School sessions and club
recruitment**

Central Coast Academy of Sport – Rugby Program



The Central Coast Academy of Sport had their annual presentation awards evening celebrating the conclusion of 2009 programs for all sports. This is always a fantastic evening held at Mingara Recreation club with over 400 athletes, parents, sponsors and special guests. The Rugby squad had a very successful program with large number of players going onto higher rep football honours with 5 representing NSW Country at the National U/16's Rugby Championships.

The 2009 Rugby Squad athlete of the year was Tyron Cullen and the Chairman's Award went to Marcus Fist. Both Tryon and Marcus had excellent seasons and their rugby skills have improved immensely with the benefit of this program.

Tryon went on to represent NSW Country U/16's team at the Australian U/16's Championships in Sydney.

Sports Learn to Lead Sports Program

The Student Leadership program consists of a series of workshops presented to students in Years 5 – 8. The workshops aim to train and promote students as sport leaders. The program commences with Year 5 students participating in *Learning to Lead* workshops and concludes with a Year 8 *Coaching and Officiating at School* course.

The Student Leadership program includes the *Values in Sport* module developed by the NSW Department of Sport and Recreation. This module encourages students to demonstrate the qualities of teamwork, fairness and respect to their school cohort and complements the concept of leadership embedded in the Premier's School Sport Challenges.

Premier's Sporting Challenge ambassadors support the conduct of practical sessions that students attend after completing theory components in each of the staged courses.

Pilot workshops for the Student Leadership component are in progress and aim to enhance:

- the sporting and physical activity interests of students Year 5 – 8
- skills in the conduct, management and leadership of sport and physical activity at school
- students' support of current school sport and physical activity.

ARU Community Rugby has been a sport that has support this program with a number of session at various school around the state. 2 schools on the Coast are taking part and they are Northlakes and Kincumber High Schools



ABI Group Rugby Camp 2010

The Abigroup National Rugby Camp will again be held in January at Armidale.

The 17-21 January Rugby Camp specialises in helping young players develop their skills and knowledge in the game of Rugby Union. We do this by building an encouraging, friendly and professional environment.

To register go online at <http://nationalrugbycamps.com.au>

ARU Coach Education Dates 2010

Smart Rugby

Date

Wednesday 31 March

Sunday 2nd May

Monday 17 May

Venue

Mt Penang Kariong

Central Coast Grammar School

Mt Penang Kariong

Foundation

Date

Sunday 2nd May

Venue

Central Coast Grammar School

Coaching Kids Rugby

Week 15- 19 March

At various clubs TBC

We have finished planning the Coach Education Calender for 2010 and clubs can go online at www.nswrugby.com.au to register for these and other courses for next year.

Sporting Grants still available

Sport and Recreation Participation Program The primary focus of the program is on increasing regular and on-going participation opportunities.

What are the objectives of this program?

- 1) Increase regular and on-going participation opportunities in sport, recreation or structured physical activity in a sustainable manner.
- 2) Facilitate long-term change that will benefit people facing barriers to participation in sport, recreation and structured physical activity.
- 3) Develop the skills of volunteers and capacity of community organisations that provide participation opportunities.
- 4) Build the capacity of a community organisation to enhance their provision of sport and recreation services.
- 5) Provide accreditation or training to enable sport, recreation and physical activity programs to be conducted in locations across NSW and for specific communities.

Who can apply?

NSW incorporated, community based not-for-profit organisations

NSW Local Government Authorities operating under the Local Government Act, 1993

What level of funding is available? Grants from \$500 - \$10,000

Apply, Online applications are now open. To apply visit :
<https://grants.communities.nsw.gov.au>

Note: To ensure you meet eligibility criteria and understand the application requirements, please download and read the guidelines and sample application for this program (PDFs below).

Applications close: 5pm on 21 December 2009 For further information about this program phone 13 13 02 or email srgrants@communities.nsw.gov.au.

School -Club Gala Days

Rugby Development Staff have currently been assisting in a number local club in planning their school based gala days to assist their clubs player recruitment for 2010 season. In previous years this has been an excellent way to expose their club to non rugby playing kids and parents and also a way for players to represent their school playing Rugby.

If you would like to conduct something similar with for your club, please don't hesitate to contact us and we will be more than happy to assist.

School Visits

We are also looking to further establish our presence in the Central Coast Schools. If you have a school/s you would like us to targeted please send the Development Officer an email with the School name, a contact person in the School and the time of year that you would like this to take place. This can then be integrated into our calendar. In such a vast region the ARU relies on the support of Clubs to pass on information to the Development Manager/ Officer who can then service your needs.

*Lastly I would like to wish all clubs, club members, players, coaches and referees all the best for the festive season and I thank you for your support in 2009 and look forward to working with you in 2010 and beyond.
Merry Christmas and have a safe and enjoyable New Year.*

Greg Hulme

Contact Us

Development Manager Greg Hulme Phone: 43 401542 Mobile: 0416 002 048 Greg.Hulme@rugby.com.au	Development Officer Sean Feakes Phone: 43 405883 Mobile: 0412 428 530 Sean.Feakes@rugby.com.au	Administration Officer Matthew Evrard Phone: Mobile: 0406 922 337 ccruadmin@gmail.com
--	---	---