



**WEST  
VANCOUVER  
SCHOOLS**  
*A world of opportunity*



## **WVS PREMIER RUGBY ACADEMY**

2022-2023 Open House Information

## Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



# **Welcome & Introductions**

## **Mr. Perino Zambon**

WVS Premier Rugby Academy Supervising Teacher  
Assistant Coach



WVS Teacher at Rockridge Secondary since 2004  
Physical Education and Strength & Conditioning

### **Some Highlights**

- Since 2004: Head Coach, Rockridge Secondary
- Six-time Rugby AA Provincial Champions
- BC Rugby Assistant Coach U16
- BC Rugby Manager U16
- Selector of Rugby BC U16, U19 & Canada U17 Teams
- Selected as Guest Coach to Western Province Rugby Institute Stellenbosch, South Africa
- Assistant Coach: UBC Thunderbirds - 2019 World University Rugby Invitational Tournament Tokyo, Japan
- Currently assisting with UBC Men's Rugby Thunderbirds - 2022 Rounsefell Cup Champions, who are also the 2021 Canadian University Men's Rugby Champions



# Curry Hitchborn

Head Coach, WVS Premier Rugby Academy

Head Coach, UBC Men's Team



- **Winner: 2021 Canadian University Men's Rugby Championships**
- 2015, 2016, 2017 BC Men's Premier Club Champs Winner as joint Head Coach with UBC
- Head Coach -BC U19 team – Winners of the 2012-2017 Canadian Rugby Championship
- Canada U17 – Coach 2014 U18 Tier 2 National Champions
- Head Coach 4 time BCRU U17/U18 Provincial Champions
- Premier Forwards' Coach/First Division Head Coach Capilano RFC – Rounsefell Cup 2012
- Recipient of Gerald McGavin Coaching Award – BC Rugby Union



# General Concept

- For students registered full time at any one of WVS 3 secondary schools :  
Rockridge, Sentinel Secondary or West Vancouver Secondary
- Inclusive - designed for all WVS students
- Grades 8-12
- All genders encouraged!



West  
Vancouver  
Secondary



Rockridge Secondary



École Sentinel  
Secondary

# The Academy Goals

- To develop knowledge, skills and abilities specific to the sport of rugby
- To educate and demonstrate to both students and parents that this is not a dangerous sport
- To encourage all students with all levels of abilities to come out
- Increase awareness of the many opportunities for students in the sport of rugby



# The Academy Goals

- Use feedback and encouragement to help students increase self-esteem and self-confidence
- Provide a positive environment that includes lots of fun to help students form friendships
- Meet individual needs to motivate students to stay involved in the sport throughout their lifetime





# The Schedule & Sessions

September – June

All year long (linear)

Currently a Semester System Schedule

Occurs during X-Block periods

Tuesday & Thursday

1:30 – 3:00 p.m.



# Semester System

## Sample Schedule

Sample Semester Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:30 - 9:50	Period 2 8:30 - 10:25	Period 4 8:30 - 9:50	Period 3 8:30 - 10:25	Period 2 8:30 - 9:50
Break 9:50 - 10:05		Break 9:50 - 10:05		Break 9:50 - 10:05
Period 2 10:05 - 11:25	Break 10:25 - 10:40	Period 3 10:05 - 11:25	Break 10:25 - 10:40	Period 1 10:05 - 11:25
Lunch 11:25 - 12:10	Period 1 10:40 - 12:35	Lunch 11:25 - 12:10	Period 4 10:40 - 12:35	Lunch 11:25 - 12:10
Period 3 12:10 - 1:30		Period 1 12:10 - 1:30		Period 3 12:10 - 1:30
Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40
Period 4 1:40 - 3:00	X Block Period Rugby Academy 1:30 - 3:00	Period 2 1:40 - 3:00	X Block Period Rugby Academy 1:30 - 3:00	Period 4 1:40 - 3:00

# The Sessions

A sample session would be:

- Get all students moving
- Work on the technical aspects
- Participate in activities that put theory into practice
- Small-sided games/drills
- Recognize the teachable moment to meet individual needs





# Location Outdoor Program: Ambleside

## Outdoor Program:

September – November

March – June

Ambleside all-weather turf fields

## Indoor Program:

December – February

Location: Gloria Dei

1110 Gladwin Drive, North Vancouver





# Indoor Winter Program

We are very excited to offer the sport of wrestling to the indoor program. Students will be working with the top coaches in this sport.

**December-February**



**Justin Abdou**

SFU Head Wrestling Coach  
2000 Olympian  
13x National Champion  
Canadian Wrestling Hall of Fame  
Member



**Chris Thom**

President, Head Coach of  
Westsider Wrestling Club  
Board Chair BC Wrestling  
Association  
Former SFU Wrestler



**Saheel Khan-Mudaliar**

Westsider Wrestling Coach  
4x National Champion  
Pan Am Silver Medalist  
Former U of A Wrestler

# Bus Transportation

## One-Way Drop

- Students transported one-way from each secondary school (RO, SE and WVSS)
- Tuesdays & Thursdays
- To Ambleside all-weather turf field or the indoor training facility (e.g., Gorla Dei)
- Parents are responsible for pick-up at the conclusion of each training sessions (e.g., 3:00 p.m.)



Bus Company: First Student Canada

**Grade 8:**

Physical & Health Education 8

**Grade 9:**

Physical & Health Education 9

**Grade 10:**

Physical & Health Education 10

**Grade 11:**

Fitness & Conditioning 11

**Grade 12:**

Fitness & Conditioning 12

## Courses for Participation





# Assessment & Evaluation

## **Assessment**

On-going assessment & feedback  
each session

## **Report Cards**

Report cards issued 3 times per year

## **Parent-Teacher Interviews**

One formal virtual interview offered  
to parents

Open-door policy

Parents can contact us at any time





## Clothing Kit Requirement

### Mandatory Kit:

- 1 work out shirt
- 2 pairs of shorts
- 2 pairs of socks
- 1 dry fit short-sleeved shirt
- 1 water bottle

### Optional Items:

- Rain jacket
- Sports bag
- Training pants
- Hoodie
- Extra Shorts
- Extra Socks



\*If returning each year, parents only replace items if required.

Parents of registered students will be informed when to order the clothing items online before the end of the current school year.

## Fees

September – June

Tuition: \$2250

\$225 per month x 10 months

Clothing Kit

Approximately \$150 - 200



# The Selection Process





## Selection Process & Criteria

- ☐ If a student expresses any interest, please come out! We are excited to have students experience this very fun and exciting sport instructed by outstanding coaches.
- ☐ We accept all levels of ability. Indicating the level or experience is for planning purposes as we come prepared and ready to accommodate all student needs.
- ☐ Complete the on-line Student Information Form.
- ☐ Upload the student's most recent report card. We are interested in reviewing the student's academics as well as their work habits.
- ☐ We are looking for good to excellent work habits
- ☐ Show evidence (report card) or answers within the completed registration form:
  - Ability to work well in classrooms academically
  - Demonstrates good character: being responsible & respectful
  - Ability to work well with others
  - Ability to follow the rules of a special program, as well as the health safety protocols



Thank you!



Do you want your student to enjoy going to school to learn a sport & life skills from knowledgeable & caring adults who create a challenging, safe and fun environment?

**Register for the  
Rugby Academy!**

