

WEST VANCOUVER SCHOOLS PREMIER RUGBY ACADEMY

The Concept

West Vancouver Schools operates on a linear system which provides students the opportunity to complete their academic courses in the morning and then the ability to participate in rugby skill development training in the afternoon, all during school hours.

The Premier Rugby Academy is a special program for students Grades 8-12 who are registered full time at any one of the district's three secondary schools: Rockridge, École Sentinel or West Vancouver Secondary.

Courses

When students, Grades 8-12, participate all year long in the Rugby Academy, they receive course credits at the applicable grade levels:

- Physical & Health Education 8
- Physical & Health Education 9
- Physical & Health Education 10
- Fitness & Conditioning 11
- Fitness & Conditioning 12

Personnel

Outdoor Rugby Academy Program (September-November AND March-June)

Head Coach: Mr. Curry Hitchborn

Coach Hitchborn is also the Head Coach, Men's UBC Thunderbirds Rugby Team

Assistant Coach/Supervising Teacher: Mr. Perino Zambon

Coach Perino is also a full time WVS PE Teacher at Rockridge Secondary & Elite Rugby Coach

Indoor Rugby Academy Winter Program (December – February)

Head Coach: Mr. Justin Abdou

Coach Abdou is the Head Coach, SFU Men's and Women's Wrestling

Assistant Coach: Mr. Saheel Khan

Coach Khan is the Head Coach, Westsider Wrestling Club

Supervising Teacher: Mr. Perino Zambon

Coach Perino is also a full time WVS PE Teacher at Rockridge Secondary & Elite Rugby Coach

Outdoor Rugby Schedule & Location

Location: Ambleside Field
The Schedule:
Week 1: Period 4 Monday, Wednesday, Friday
Week 2: Period 4 Tuesday, Thursday
Time: 1:30 – 3:00 p.m.

Indoor Winter Rugby Schedule & Location

Location: Gloria Dei Lutheran Church, 1110 Gladwin Drive, North Vancouver
Week 1: Period 4 Monday, Wednesday, Friday
Week 2: Period 4 Tuesday, Thursday
Time: 1:30 – 3:00 p.m.

The Rugby Academy winter program will be prepared & coached by the Westsider Wrestling Club. The Academy Coaching will be led by SFU Men's and Women's Wrestling Coach, Justin Abdou and supported by Westsider Wrestling Head Coach and multi-national champion Saheel Khan.

Together they will develop and execute training plans for all the student-athletes. Each practice will start with a dynamic warmup that includes gymnastics and stretching. From there skills and techniques will be practiced with each session closing with some situational wrestling. While the program seeks to maximize skill development with each athlete, there is a strong focus on ensuring an inclusive environment where everyone is feeling capable, confident, and having a lot of fun!

Clothing/Equipment

We would like students all uniformly dressed. The clothing includes such items as t-shirts, shorts, jackets, and a water bottle. Optional items are also available such as long-sleeved shirts and pants. Students are also required to have turf cleats for the all-weather terrain at Ambleside.

Once registration is complete, parents will be informed & provided an online link (May/June) that outlines the process to order the mandatory & optional clothing items to receive the orders for school start-up. Parents will also be provided with a deadline date when all online orders must be completed.

Transportation

Transportation is provided one-way for students from each of the schools (Rockridge, Sentinel & West Vancouver Secondary). Students board the buses out front of their respective schools. Students are transported to either Ambleside field OR during the winter months, Gloria Dei for their indoor training. Parents are responsible for picking up the students at the end of the training sessions (e.g., 3:00 p.m.) from either of these locations depending on the schedule.

Fees

\$225 per month x 10 months (September – June)

Total: \$2250 per year

Process for Registration Completion

Complete & submit a Student Information Form to the Premier Rugby Academy at: <https://westvancouver.schools.ca/academies/rugby> Please ensure that a copy of the student's most recent report card is also uploaded before submitting the application.

The student application is reviewed by the coaching staff and then parents are informed. Please note that we encourage students to come out and try a session to see if this might be a good fit! There is no obligation, but we guarantee a great experience!

Once parents receive student confirmation of acceptance into the academy, parents will receive the following forms to be completed:

- Physical Activity (Par-Q & You)
- Waiver
- Health & Safety

Parents complete the registration process by providing a non-refundable deposit of \$225 via the school district's School Cash Online system. This non-refundable deposit covers September's fees and confirms the student's registration.

Please note that Academy fees for October to June will be processed through School Cash Online enabling parents to initiate automated monthly payments via credit card or direct debit.

For further information regarding registration please contact:

WVS Premier Academies Assistant

Mrs. Tara Ledingham

tledingham@wvschools.ca

604-981-1710