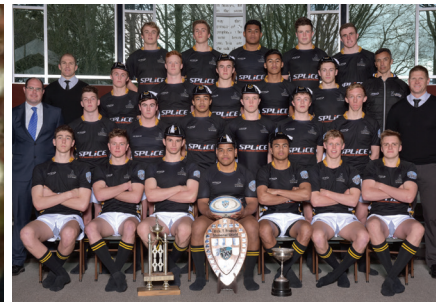




St Paul's  
COLLEGIATE SCHOOL



TURNING  
POSSIBILITIES  
INTO REALITY

# INTERNATIONAL RUGBY PROGRAMME

[www.stpauls.school.nz](http://www.stpauls.school.nz)





# ST PAUL'S HIGH PERFORMANCE RUGBY PROGRAMME

**ST PAUL'S COLLEGIATE SCHOOL IS A PRIVATE DAY AND BOARDING SCHOOL FOR BOYS (14-18 YEARS) AND GIRLS (15-18 YEARS) BASED IN HAMILTON, NEW ZEALAND.**

The school has one of the most successful schoolboy rugby teams in New Zealand having placed first, unbeaten, for two consecutive years in the Central North Island Rugby Competition. The continued success of the school's rugby teams is a result of specialised coaching and mentoring provided to athletes through the St Paul's High Performance Rugby Programme.

**Members of the rugby programme are placed into one of seven teams according to their level and ability. They are then provided with:**

- an individual player plan;
- daily one-on-one, mini-group and team training;
- an individual strength and conditioning programme;
- full-time support around the six pillars of development;
- full-time access to the Super 15 Chiefs and Waikato Rugby training sessions and games;
- ESOL assistance plus a timetable of mainstream academic subjects;
- full-time boarding or homestay accommodation;
- a student 'buddy' who helps new St Paul's members assimilate into school life.

All members of the rugby programme have unlimited access to St Paul's world-class facilities including four rugby fields, state-of-the-art classrooms for tactical replay and game preparation, international spec hockey turf, heated 25m swimming pool, weights room and gymnasium.

## **NEW ZEALAND RUGBY SEASON**

- Term 1 (February – April) - Pre-season
- Term 2 (May – July) - In-season
- Term 3 (August – September) - Finals and representative rugby
- Term 4 (October – December) - Off-season





# ST PAUL'S HIGH PERFORMANCE RUGBY PROGRAMME

## TYPICAL WEEK FOR PROGRAMME MEMBERS (IN-SEASON)

- **Monday** - Rehab/recovery, video analysis, ESOL and mainstream classes, fitness, skills
- **Tuesday** - Weights, ESOL and mainstream classes, positional, speed and agility, team training
- **Wednesday** - Team fitness and skills, individual skills, ESOL and mainstream classes
- **Thursday** - Weights, rehab, positional, ESOL and mainstream classes, team training
- **Friday** - ESOL and mainstream classes, game performance, goal setting, individual skills
- **Saturday** - Game day
- **Sunday** - Recovery and rest, fun activities

## SIX PILLARS OF PLAYER DEVELOPMENT

- **Physical** – Strength, power, speed, agility, nutrition
- **Mental** – Self-awareness, self-reliant, focus under fatigue goal setting
- **Positional** – Throwing, jumping, lifting, pushing, kicking, passing
- **Holistic** – Life balance, time management, communication
- **Technical** – Catch, pass, carry, tackle, clean out, decision making
- **Tactical** – On-field decision making, video analysis (own game and opposition)

## COACHES

### PAUL HODDER

#### High Performance Rugby Co-ordinator and Coach

Paul Hodder represented New Zealand in both cricket and rugby while at secondary school. After graduating he represented Waikato in the National Provincial Championship before leaving for the UK to play premier club rugby for more than 10 years. He returned to New Zealand in 2001, working as a rugby development coach and high performance manager at Waikato Rugby. Paul has coached Japanese players through the Japan Rugby Union and Kamaishi Seawaves in north east Japan.

### MICHEL BADENHORST

#### Strength and Conditioning Coach

Michiel Badenhorst works with St Paul's flagship teams and students who show great potential in their chosen sport. Michiel is qualified in musculoskeletal exercise and rehabilitation. In 2005 he worked at Grey College, South Africa, as sports conditioning coach and gym manager. During this time he coached a number of students to become professional athletes







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including some of the Springbok's: Robert Ebersohn, Coenie Ooshuizen, Lappies Labuschagne, Piet van Zyl, Johan Goosen and Jan Serfontein.

## ANDREW GIBBS

### 1st XV Head Coach

Andrew played both union and league before turning his attention to coaching. He was a senior representative of Northland, Manawatu, Gloucester and Bourgoin-Jallieu (semi-finalist of the European Cup) and played for New Zealand as an under-19 representative. For rugby league, he played for St George (Australian Rugby League) and Adelaide Rams (Australian Super League). Andrew was a development officer for the Manawatu Rugby Union and has a level three coaching certificate. He has coached St Paul's and Feilding High School 1st XV teams as well as 2nd XV teams of Manawatu Secondary School, Whangarei Boys High School and St Paul's.

## RUGBY AT ST PAUL'S

Rugby is a key sport for boys at St Paul's Collegiate School. Currently there is a 1st XV, 2nd XV, 3rd XV, under-16, under-14 and two weight restricted teams (under-65kg and under-55kg). St Paul's 1st XV, St Paul's Development XV, under-16 and under-14 team are flagship teams that have high performance expectations placed on individual players and the team as a whole.

The rugby programme at St Paul's focuses on skill development throughout the age groups, enabling players to make the most of the opportunities that arise. Our rugby teams enjoy top quality facilities with four fields surrounding a 200 seat-tiered grandstand, four modern changing rooms and an Old Collegians' Pavilion which doubles as a seminar room for theory and video analysis sessions. These facilities and the coaching infrastructure compare favourably to the highest standard of the best rugby schools in the country.

As one of New Zealand's leading colleges for sports, the sporting status of St Paul's is only set to improve with sights set high for the future. At the start of 2014 St Paul's introduced a High Performance Rugby programme. As part of the programme St Paul's employed a high performance strength and conditioning coach and a life coach to enhance the performance of St Paul's top athletes, coaches and teams. Senior students who are members of St Paul's 1st XV have up to three training sessions per week with the strength and conditioning coach along with skills and strategy coaching.





# ST PAUL'S HIGH PERFORMANCE RUGBY PROGRAMME

## HIGHLIGHTS

- 2015 – Winners of the Central North Island 1st XV Rugby competition (undefeated)
- 2014 – Winners of the Central North Island 1st XV Rugby competition (undefeated)
- 2013 – Second in the Central North Island 1st XV Rugby competition
- 2012 – Third Central North Island 1st XV Rugby competition
- 2010 – Winners of Waikato 1st XV competition

## PROMINENT ALUMNI OF ST PAUL'S

- **All Blacks** – Geoff Hines (1980), Kit Fawcett (1976)
- **International** – Vern Cotter (Scotland Coach 2014) (Clermont Auvergne Coach 2006-2013), Reece Spee (Ulster 2003-2005), Pama Petia (Samoa 2003), Leo Lafaiali'i (Samoa 2001-2003), Malua Tipi (Samoa 1998-1999)
- **Super Rugby** – Tom Franklin (Highlanders 2014), Toby Lynn (Western Force 2012-2013) (Chief's 2007-2009), Vern Camo (Chief's Super 14 2008-2011), Ryan McCarthy (Highlanders 2007), Vern Cotter (Assistant Coach Crusaders 2004-2006), Leo Lafaiali'i (Blues 2000-2001) (Chief's 1999) (Blues 1997-1998), Guy Coleman (Chief's Super 12)
- **ITM Cup** – all super rugby players plus Tom Franklin (Otago 2011-2014), Ryan McCarthy (Otago 2006), Pama Petia (Hawkes Bay 2003), Vern Cotter (Bay of Plenty Coach 2000-2004), Reece Spee (Hawkes Bay 1998-2000), Malua Tipi (North Harbour), Guy Coleman (Waikato)
- **NZ Divisional** – Ryan McCarthy (2005)
- **NZ Under 20 squad** – Hadleigh May (2013), Tom Franklin (2010)
- **Rugby League** – Lance Hohaia Kiwis (2002-2010), Warriors (2002-2011), St Helens (2012).

## HOW TO APPLY

To enrol as an international student at St Paul's Collegiate  
School contact:

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