



St Paul's  
COLLEGIATE SCHOOL



TURNING  
POSSIBILITIES  
INTO REALITY

---

# INTERNATIONAL RUGBY PROGRAMME

Hamilton, New Zealand

[stpauls.school.nz](http://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 won the Central North Island (CNI) rugby competition five times so far in the eight years it has been running. 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 Rugby 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 Coordinator and 1st XV Coach

Paul 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 northeast Japan. He is currently the Chiefs under-18 resource coach and New Zealand under-20 selector.

### CODY PRICE

#### Rugby Coordinator and 1st XV Coach

Cody has played premier and representative rugby in the Waikato, before injury turned his focus to coaching. Since then, he has developed a wide range of coaching experience including, coaching Hamilton's Fraser High School 1st XV and Waikato under-14, under-15 and New Zealand Harlequins under-17







# ST PAUL'S HIGH PERFORMANCE RUGBY PROGRAMME

representative teams, as well as coaching the St Paul's under-16 team (Waikato champions) in 2016. He is a qualified IRB level 3 coach who currently works with the Waikato Rugby Union as a resource coach and talent identification.

## RUGBY AT ST PAUL'S

Rugby is a key sport for boys at St Paul's. 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, Development XV, under-16 and under-14 teams 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 a 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.

## HIGHLIGHTS

- 2019 – Winners of the Central North Island 1st XV rugby competition and holder of the Rick Francis Memorial Shield
- 2018 – Winners of the Central North Island 1st XV rugby competition and holder of the Rick Francis Memorial Shield
- 2016 – Winners of the Central North Island 1st XV rugby competition and holder of the Rick Francis Memorial Shield (undefeated)
- 2015 – Winners of the Central North Island Rugby competition and holder of the Rick Francis Memorial Shield (undefeated)
- 2014 – Winners of the Central North Island 1st XV rugby competition (undefeated)
- 2010 – Winners of Waikato 1st XV rugby competition





# ST PAUL'S HIGH PERFORMANCE RUGBY PROGRAMME

## PROMINENT ALUMNI OF ST PAUL'S

- **All Blacks** – Geoff Hines (1980), Kit Fawcett (1976)
- **NZ Māori** – Tom Franklin (2014)
- **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), Will Hafu (Tonga)
- **Super Rugby** – Samisoni Taukei'aho (Chiefs 2017), Tom Franklin (Highlanders 2014), Toby Lynn (Western Force 2012-2013; Chiefs 2007-2009), Vern Camo (Chiefs 2008-2011), Ryan McCarthy (Highlanders 2007), Vern Cotter (Crusaders Assistant Coach 2004-2006), Leo Lafaiali'i (Blues 2000-2001; Chiefs 1999; Blues 1997-1998), Guy Coleman (Chiefs Super 12)
- **Provincial Represented Rugby** – Tom Franklin (Otago 2011-2014), Ryan McCarthy (Otago 2006), Pama Petia (Hawke's Bay 2003), Vern Cotter (Bay of Plenty Coach 2000-2004), Reece Spee (Hawke's Bay 1998-2000), Malua Tipi (North Harbour), Guy Coleman (Waikato), Samisoni Taukei'aho (Waikato), Toby Lynn (Waikato), Daniel Teka (Waikato), David Morgan (Waikato), Vern Kamo (Waikato)
- **NZ Divisional** – Ryan McCarthy (2005)
- **NZ Under 20 Squad** – Fergus Burke (2019), George Dyer (2019), Shneil Singh (2017), 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:

### HELEN RICHARDSON

Phone +64 7 957 8843 | Fax +64 7 957 8833 | Mobile +64 21 275 8540

Email [h.richardson@stpauls.school.nz](mailto:h.richardson@stpauls.school.nz) | [stpauls.school.nz](http://stpauls.school.nz)

