

PROSPECTUS

MACKAY STATE HIGH SCHOOL
**Rugby League
Academy**



about the academy

Schoolboys hand rivals footy lesson in finals



NRL clubs lining up to sign talent



School of excellence rates an 'A'

The Mackay State High School Rugby League Academy is a unique program and the very first of its kind in the Mackay School District. One of the aims of the Academy is to provide students with training and playing opportunities that currently do not exist in the Mackay area for talented junior rugby league players. The opportunities provided for the students of this program will be second to none. This program will provide increased exposure for players, that in the past, has been restricted. This exposure is anticipated to be at State and National level. This is a prestigious Academy and aims to bring together the very best players in our school region.

The Academy was established in 2004 for Year 8 students only and in 2006 will progress to Phase 3 and see the Academy program provided to students in every year level, from 8 – 12. The success of the program in 2004/5 and the interest from players around the district has necessitated the expansion to a full school program ahead of schedule.

The Academy is supported by Souths Mackay Rugby League Club, one of the most professional Rugby League Clubs in Regional Queensland. Souths Mackay views this program as an important component in the region's overall rugby league structure and the club's commitment will involve the use of all training facilities and coaching resources. This program is not a recruitment tool for Souths Mackay, and the benefits are expected to assist all clubs competing in the Mackay Rugby League.

The Academy is linked to the North Queensland Cowboys Development Program, as well as the Australian Rugby League Foundation, Queensland Rugby League and the Australian Institute of Sport.

LEAGUE LESSONS: Mackay State High School rugby league academy students, from left, Ben Roberts, Daniel Simpson and Bevan Healy. Picture: JOHN GASS/215405/128

Have a ball at school

Rugby League

By CHARLIE PAYNE
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GOING to school usually involves the settling of goals, and the study of traditional subjects such as English, maths and science.

But now about 40 students at Mackay State High School have a new goal on the curriculum — rugby league.

What used to be learnt on the playing fields during lunch or after school is now a subject, thanks to the establishment of a rugby league academy, sponsored by Souths Leagues Club. It started last year with a Year 8 class and is expanding this year to Years 8 and 9, and in 2006 will take in Year 10 as well.

Teachers Dave Ackers, Don McDermid and Hill Esau provide coaching, with input from Souths A-grade coach Steve Davison and se-

nior player Peter Savi. Ackers said the thr the academy covers demic and rugby. oponent.

"We have already positive outcomes to the moment, such a provement, but an ment is No. 1," Ack He said there w upon members of they succeed to the ditional subjects, a fforded closely to peded.

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teen spot on team



TRY ON THE BALL: Mackay's Peter Savi has been named in a Queensland Secondary Schools Under 18 Rugby League team. Picture: Peter Savi/215405/128

Top of the class

Schoolboys boost State League case

By JOHN GASS

MACKAY's Premier League schoolboys have won the right to play in the Queensland State League. The Mackay State High School boys' team, coached by Peter Savi, has been named in the Queensland Secondary Schools Under 18 Rugby League team.

The North Queensland Cowboys Development Program, as well as the Australian Rugby League Foundation, Queensland Rugby League and the Australian Institute of Sport.



TOP OF THE CLASS: Mackay State High School boys' team, coached by Peter Savi, has been named in the Queensland Secondary Schools Under 18 Rugby League team. Picture: Peter Savi/215405/128

what the academy values

Academic Development

Students will display continued improvement in all subject areas. Failure to do so may result in withdrawal from the Academy. Students can be provided with academic assistance.

Social Development

Students will participate in various extra curricular activities that will provide a foundation for greater social development. The Academy aims to develop confidence, discipline and improve on/off field performance in all members. Player conduct is to be strictly adhered to throughout the year, and will be linked to other areas of school life such as behaviour management, attendance at school and performance in other subject areas.



Rugby League Development

A detailed program has been developed covering the following teaching concepts. These concepts have been linked to the current Health and Physical Education (H.P.E.) syllabus document that enhances attitudes of students toward healthy lifestyles, nutrition and exercise, and assists in the development of student skills and fitness needed for continued involvement in physical activity:

- Exercise Physiology
- Sports Psychology
- Coaching
- Referee
- Training Programs
 - Strength and Conditioning
- Nutrition / Nutrition for Sports People
- Injury / Injury Prevention
- Career development



The program will focus on individual offensive and defensive skills, game play, tactics and motor skill development such as evasion, ball handling, passing and movement efficiency. Students will also learn roles and objectives of specific positions and patterns of play.

Academy Expenses

In order to offer an elite program, we anticipate an up front cost of \$125 and some smaller levies for various activities during the year.

All players will receive full Academy apparel which includes Training Shirt, Shorts, Dress Shirt and Socks. This Player Levy will also cover the use of facilities and equipment detailed in the next section, including Academy membership at Leading Edge Fitness Centre (valued at \$210 per year), MSHS Gym, and use first class player / coach resources such as the Sports Performer Video Analysis program.



facilities and equipment

- Mackay State High School Facilities
- Leading Edge Fitness Centre
- Souths Rugby League Facilities
- Victoria Park Swimming Pool
- Souths Mackay Coaching Resources
- Sports Performer Video Analysis
- Sprints and Agility Equipment
- Contact Body Suits

Mackay State High School Rugby League Academy will also utilize the expertise of local professionals to enhance the participants' development in several areas. Professionals such as Dieticians, Physiotherapists, Fitness trainers etc.

selection process

There are two processes in which students may gain access to the Academy:

1. Make formal application through the principal by completing the Application Form. Students who are short listed may then be interviewed (with parent) to determine their suitability for the program;
2. Students will be identified and formally approached to join the Academy.

Successful students will be those who are able to meet the demands of the following criteria:

- Proven Rugby League skills and ability / potential
- Ability to work with others in the pursuit of Rugby league excellence
- Willingness to maintain academic expectations
- Proven record of attitude and behaviour in the school community
- Willingness to adhere to all Academy requirements

The Year 8 program is intended to encourage as many students as possible to sample the skills to be developed in future years. It is designed to give students an insight into the skills and disciplines needed to advance to the next level. Students continued involvement in the Academy will be re-assessed at the end of each year.

homestay program

The academy provides an environment for young North and Central Queensland boys to grow and develop as positive members of our school community in their pursuit of rugby league excellence.

With the support of a number of Mackay families our school seeks to provide opportunities for students from outside the Mackay region to develop academically, socially and in rugby league. At the school we attempt to provide a family environment for all our students, giving them as much personal and educational support as possible.

Parents of students interested in joining our program should contact Bill Esau at the school to arrange an interview.

If you could provide a home for a young sports person and are interested in participating in this exciting project, we are keen to talk to you. This may be an opportunity for your family to establish a link with a future star of the game.



mshs rugby league achievements 2006

- Winners of the Mackay Secondary School Year 8 Competition (Mick Shew Shield)
- Winners of the Mackay Secondary School U/15 Competition (Booker Primrose Shield)
- Academy players to gain state selection: Ian Read & Leon Curry - U/13 & U/14 Qld. merit teams
- First Academy player to gain national selection: Patrick O'Hanlon - U/15 merit team.
- Cowboy's players present Academy Lecture.
- Academy Tour to Rockhampton for St. Brendan's College games.
- Tour to Townsville for Kirwan State High School and Cowboys facilities tour.
- Tour to South East Queensland for Palm Bach Currumbin, Titans Development and Wavell SHS games.
- Supporters Committee formed.
- Academy Program is district finalist in the Showcase competition.
- Academy teams experience success in games against St Brendan's, Ignatius Park and Kirwan SHS.



NQ Cowboy David Faiumu visits MSHS to talk with RL Academy players

individual achievements in 2006

- **Australian Schoolboy Selection** - Patrick O'Hanlon
- **Queensland Representatives** - Leon Curry, Ian Read
- **Capricornia Representatives** - Marmin Barba, Dane Gagai, Callan Peach, Cameron Treacy
- **Presidents 13 Representatives** - Damon Koolstra-Aplin, Daniel Simeon,
- **NQ Representatives** - Kody Morrison, Dylan Smith, Dane Gagai, Damon Koolstra Aplin, Craig McDuff, Robert McLeod, Cameron Treacy
- **Mackay Representatives** - Matt Ahern, Rhys Barton, Taylor Ridland, Callan Scott, Marmin Barba, Shane Szymanski, Daniel Simpson, Rogan Dean, Lui Sinak, Daniel Simeon, Wade Hill, Andrew Pannowitz, Byron Mooney, Josh Blow, Leighton Bickey

MACKAY STATE HIGH SCHOOL
Rugby League Academy



coming attractions

- 2007 Tour to Rockhampton.
- 2007 Tour to Townsville.
- 2007 Brisbane/Gold Coast tour.
- Warrington - Mackay SHS exchange program.
- 2007 Tour of England.



PROGRAM SUPPORTED BY AND RUN IN CONJUNCTION WITH



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