

2024 Rugby Vic Pathway Programs

Developing Our Next Generation of Aspirational Players

Vision

- Developing players for the professional game.
- Fostering a lifelong love of rugby union through quality pathway experiences.
- Upskilling players of all levels to further their enjoyment and engagement in rugby.



Rugby Vic Pathways

- Rugby Vic Pathway Programs provide an environment for aspirational U13-U20 players to explore their potential and access the support they need to achieve their sporting goals.
- We recognize the pathway to professional rugby is not linear and can differ greatly from player to player due to early/late developers and variance in training age. For this reason, our programs are flexible and include many entry and exit points.
- As each step in the pathway progresses, the expectation in terms of time commitment, training intensity, and off field commitment increases. As does the support offered to help players meet the increasing challenges. We appreciate the pathway to professional sport is not for everyone.

Underlying Pathway Principles

Engagement

- By providing high quality enjoyable pathway experiences we promote a lifelong love of rugby so players continue to engage and benefit from the core values of our sport.

Player focused

- Pathway programs will focus on helping each player develop by providing the best age and stage appropriate support. Providing an environment where each individual can develop as a person and achieve their potential.

Performance orientated

- Players will be challenged and supported through their development journey to ensure they can perform at their peak and achieve their potential. This can look very different for players at different stages.

Pathway Program Stages

	ENGAGEMENT		DEVELOPMENT	PERFORMANCE	
U13-15	<ul style="list-style-type: none"> * Grow engagement and foster a lifelong love of the game. * Quality experiences that keep players wanting to come back for more. 		<ul style="list-style-type: none"> * Introduce Rugby Vic 'DNA' and core skill profiles. * Grow a wide base of skillful players to improve community competitions. 	X	
U16-18	X	<ul style="list-style-type: none"> * Quality experiences that keep players engaged and invested in rugby for life. 	<ul style="list-style-type: none"> * Develop Rugby Vic 'DNA' and core skill profiles needed to succeed in professional rugby. * Help players explore their potential through age and stage appropriate competitive opportunities. * Accelerate development through player centred support such as additional coaching, strength and conditioning, mentoring. * Introduce and develop the psychosocial 	<ul style="list-style-type: none"> * Identify, attract, and upskill players with high potential to play professional rugby. * Introduce players to pressure competition situations during appropriate development stages. 	X
U19-20	X		<ul style="list-style-type: none"> * Develop Rugby Vic 'DNA' and core skill profiles needed to succeed in professional rugby. * Accelerate development through individual performance support to help players achieve their potential. * Develop the psychosocial skills required to succeed in professional sport. 	<ul style="list-style-type: none"> * Successful campaigns at national competitions to inspire pride in the community. * Competition opportunities on the national stage promoting players from Victoria for national and professional rugby selection. * Provide performance support to give players the best opportunity to transition to professional rugby. 	

Menu of Development Opportunities

Male U13-U20

			Intra-State	Inter-state	Academy	Elite
E N G A G E M E N T	D E V E L O P M E N T	U13	Regional Victorian tournament (North v South) (SEP-OCT)	X	X	X
		U14-15	X	Victorian U14 team Victorian U15 team (MAY-JUL)	X	X
		U16	X	Super Rugby U16 (JUL-OCT)	Pre academy Post season block(OCT-DEC) Intro to gym and skills	Aus U16
	P E R F O R M A N C E	U17	X	Victorian U17 team (APR-JUL)	Junior academy Y1 2x blocks pre and post season (FEB-APR, OCT-DEC) intro to S&C and skills sessions.	X
		U18	X	U18 Victorian schools team Super Rugby U19s (APR-OCT)	Junior academy Y2 Annual schedule (FEB-APR, OCT-DEC) S&C, position specific skills, mentoring etc.	Aus U18 U18 schools
		U19-20	X	Super Rugby U19-U20s (JUL-OCT)	Senior academy Annual schedule (FEB-DEC) S&C, position specific skills, mentoring etc.	Aus U20 Super Rugby

Menu of Development Opportunities

Female U13-U20

			Intra-State	Inter-state	Academy	Elite
E N G A G E M E N T	D E V E L O P M E N T	U13	Regional Victorian tournament (North v South) (SEP-OCT)	X	X	X
		U14-16	X	Victorian U14 team Victorian U16 team Victorian school sevens (MAY-JUL)	Pre academy Post season block(OCT-DEC) Intro to gym and skills	X
	P E R F O R M A N C E	U17-18	X	Victorian U18 team Victorian school sevens (MAY-JUL)	Junior academy Annual schedule ((FEB-APR, OCT-DEC)) S&C, position specific skills, mentoring etc.	Super W
		U19-20	X	X	Senior academy Annual schedule (FEB-DEC) S&C, position specific skills, mentoring etc.	Super W

2024 Pathways Annual Plan

	SCHOOL HOLIDAYS									PUBLIC HOLIDAYS																																																		
	March			April			May			June			July			August			September			October			November			December																																
Monday	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30			
Tuesday	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	31	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30		
Wednesday	6	13	20	27	3	10	17	24	31	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	31	2	9	16	23	30	6	13	20	27	3	10	17	24	31	5	12	19	26	2	9	16	23	30						
Thursday	7	14	21	28	4	11	18	25	31	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	2	9	16	23	30								
Friday	8	15	22	29	5	12	19	26	31	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	9	16	23	30	6	13	20	27	4	11	18	25	3	10	17	24	31	8	15	22	29	5	12	19	26	2	9	16	23	30				
Saturday	9	16	23	30	6	13	20	27	31	11	18	25	31	8	15	22	29	6	13	20	27	3	10	17	24	31	10	17	24	31	7	14	21	28	5	12	19	26	4	11	18	25	31	9	16	23	30	6	13	20	27	4	11	18	25	3	10	17	24	31
Sunday	10	17	24	31	7	14	21	28	31	12	19	26	31	9	16	23	30	7	14	21	28	4	11	18	25	31	11	18	25	31	8	15	22	29	6	13	20	27	5	12	19	26	4	11	18	25	3	10	17	24	31									
MENS																																																												
REBELS U19/U20	■ ●																											T	1	2	3	4	5	6	7	8	▲ ● ● ●			▲																				
REBELS U16																									T	1	2	3	4	5	6	7	8	▲ ● ● ●			▲																							
U17 BOYS																									T	1	2	3	4	5	6	7	8	9	10	SS																								
U15 BOYS																									T	1	2	3	4	5	6	CAN P	SS																											
U14 BOYS																									TRIAL	CAN P	1	2	3	4	CAN P	SS																												
U18 SCHOOLS	T			T/1			2	3	4	5	6	7	8	9	10	11	12																																											
WOMENS																																																												
U18 GIRLS																									T	T	1	2	3	4	5	6	CAN P	SS																										
U16 GIRLS																									T	T	1	2	3	4	5	6	CAN P	SS																										
U14 GIRLS																									T	T	CAN P	1	2	3	4	CAN P	SS																											
COMMUNITY																																																												
DEWAR, PREMIERS, CHAMP																									1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																		
LINDROTH CUP																									1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17																			
JUNIORS																									1	2	3	4	5	6	7	8	9	10	11	12	13	14	SP	GP																				
REBELS SHIELD U15/U18 boys																									1	2	3	4	5	6																														
REBELS SHIELD U15/U18 girls																																					1	2	3	4	5	6	7																	