



Powering Podiums

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BC Rugby
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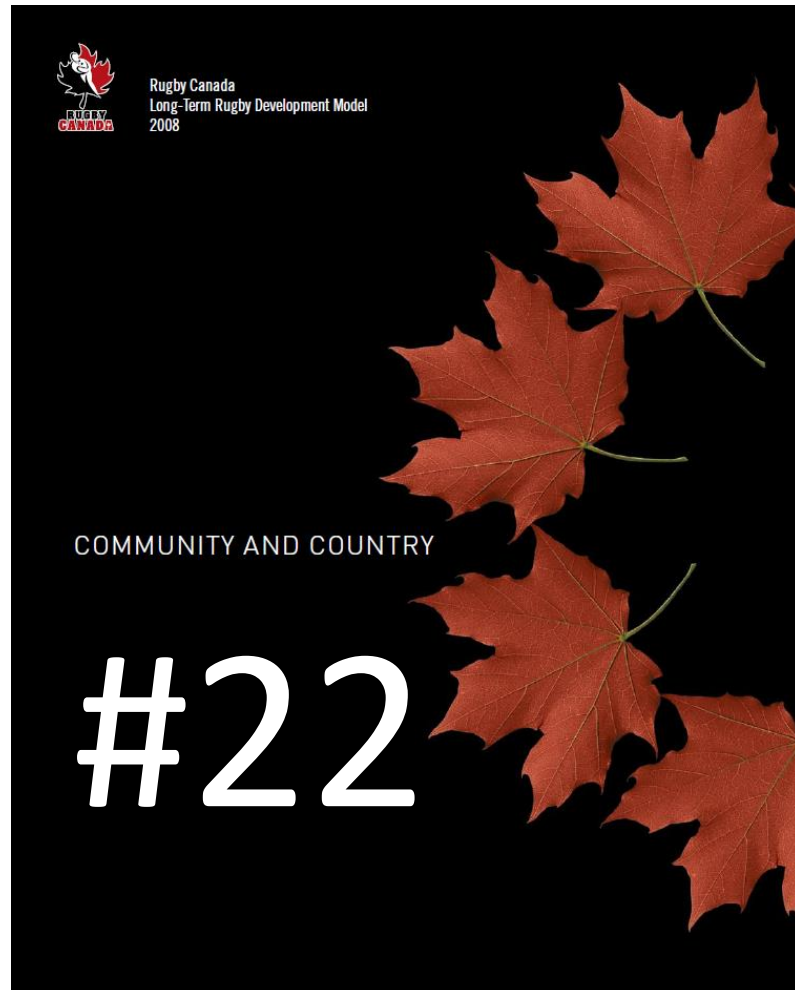


Proposed Outcome

- To be able to answer:
- To take advantage of international practices used to develop high performance athletes.
 - What can we learn from other sport-centric nations to better develop our Canadian athletes?
 - What are the major similarities and difference between how Canada structures it's sport system compared to other leading nations?

LTPD – Similarities and Differences

Participation Orientation?



Performance Orientation?

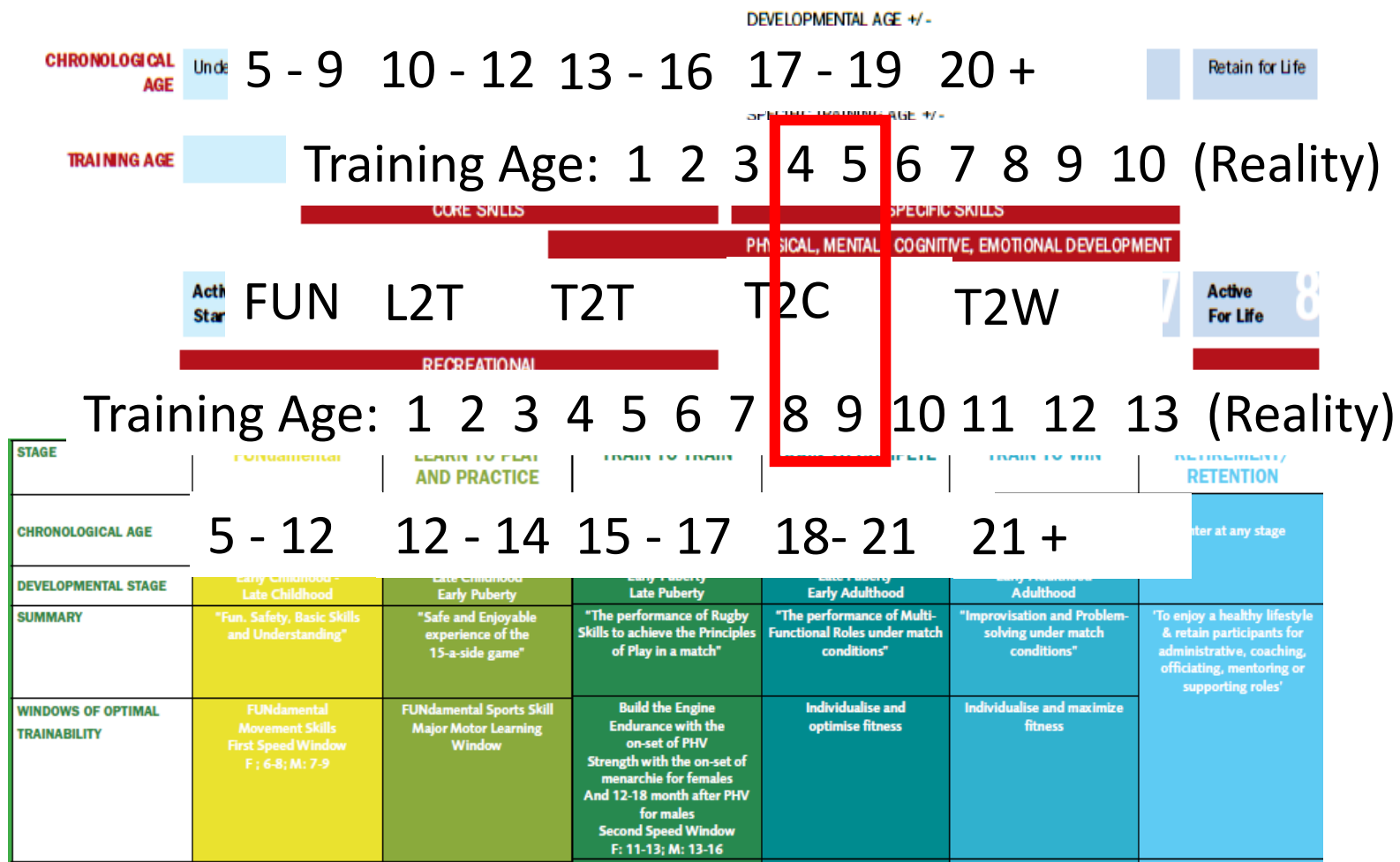


Stages

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	STAGE 8
ACTIVE START	FUNDAMENTALS KICK OFF to Rugby!	LEARNING TO TRAIN DEVELOP the Basics	TRAINING TO TRAIN BUILD the Rugby Hard Drive	TRAINING TO COMPETE OPTIMIZE Rugby Potential	TRAINING TO PERFORM MAXIMIZE Rugby Performance	ULTIMATE PERFORMANCE OPTIMAL Rugby Performance	ACTIVE FOR LIFE
GOAL Promote fun and participation, development of movement skills	GOAL Focus on sport skills development	GOAL Enhance overall sport skills including core rugby skills	GOAL Promote rugby specific skill development	GOAL Develop rugby specialization and position-specific skills	GOAL Develop core skills and position-specific skills	GOAL Achieve optimal performance	GOAL Support active involvement in rugby and/or healthy lifestyle
AGES Males 0-6 Females 0-6	AGES Males 6-9 Females 6-8	AGES Males 9-12 Females 8-11	AGES Males 12-16 Females 11-15	AGES Males 16-19+/- Females 15-18+/-	AGES Males 19-23+/- Females 18-21+/-	AGES Males 23+/- Females 21+/-	AGES All



Comparison of Stages



Same Stage / Different Ages?

Older ages in Ireland?

What is the real training age?

Would we have a 5 year old compete against a 9 year old?

At T2C how does Ireland retain athletes. Eg Canada is 17 to 19 which is based on competition structure versus Ireland is 18 – 21

Player numbers (Circa 2011)

	Clubs	Registered ed Players	Referees	U13 Male	U13 Female	Teen Male	Teen Female	Senior Male	Senior Female	Total Male	Total Female
Ireland ^[47] 1	221	153080	2380	57409	6900	57867	2700	25440	2764	140716	12364
Canada ^[2] 21	309	23853	605	3337	411	5999	1997	9032	3077	18368	5485

Source: https://en.wikipedia.org/wiki/List_of_rugby_union_playing_countries

[*IRB](#). Retrieved 25 September 2011.

Other differences

LTPD is linked to Coaching Education



- Progressive Capacities Detailed
 - Technical
 - Tactical
 - Physical
 - Mental
 - Lifestyle

Back Story

- Program – Canada U19 Men
- Selection
 - National Championships
 - 5 Regional Camps
 - West and East Camp
 - Dec/Jan Tour to Ireland
 - February check-in camp
 - Final Ireland Tour (March)



Ireland Tour Results



Lost 56 – 17

Lost 51 - 12



Lost 39 - 27



Lost 26 - 3



Won 37 - 25



The Leinster Age Grade System

- Schools and Club Pathway
- Selection through varies competition
- July – September Leinster Coaches
 - 4 session per week (team)
 - 2 session per week (position specific)
 - 3 Gym Sessions
- S&C Program for year
- 1 Regional Session per week with Leinster staff in attendance
- 2 S&C Session per week



Leinster Vs Canada



- 48 Team Training Session
- 24 Position Specific Sessions
- Approximately 100 S&C Session



- 34 Days in Hands of National Program Staff





Summary

- What can we learn from other sport-centric nations to better develop our Canadian athletes?
 - More Contact time with high quality coaching
 - PSO need to increase contact time with players
- What are the major similarities and difference between how Canada structures it's sport system compared to other leading nations?
 - School and Club system similar
 - Competition higher standard
 - Investment into the sport



Thank You!