

# ARNDELL RUGBY UNION



# 2024

Arndell  
Anglican College





## **WELCOME TO THE TEAM!**

We are looking forward to another great year of Rugby for the College. Contained in this booklet is all the information you require for a successful Rugby season. We trust you find this booklet helpful.

If you have any questions or require further information, please email [sport@arndell.nsw.edu.au](mailto:sport@arndell.nsw.edu.au)

## **FROM THE HEAD OF RUGBY**

It is with great pleasure and indeed excitement, that I welcome you to the Arndell Anglican College Rugby Program for the upcoming season.

The Arndell Rugby Program has, and will continue to be, a major part of our sporting offerings at the College and is something I will endeavour to continue to grow and improve.

As the Head of Rugby, it is my role to ensure that the consistent strides previously taken within in the Rugby Program are maintained and enhanced. Arndell Rugby has a proud history of being fiercely competitive. But our program is more than just being competitive, it is about ensuring all our players excel within the sport and strive to be a benchmark of excellence.

The Arndell Rugby Program is structurally designed to both challenge and develop all levels of players and to allow each individual to reach their full potential. Training sessions are developed to create continuous decision making models for athletes through constraint and game-based learning parameters. Skills that stand up under pressure improve performance.

This year the Boys' Teams (FIRST XV, Intermediate and Youth) will enter into the North West Schools Rugby Championship (NWSRC). In 2024, the inaugural year of the competition, our hope is that are teams compete with pride, passion and dignity, laying the foundation for future players and the revival of rugby union in schools across North West of Sydney.

I sincerely look forward to working closely with you in the coming weeks and months as we showcase the Arndell Rugby Program to the wider community.

Mr Benjamin Allen

**Head of Rugby**

[benjamin.allen@arndell.nsw.edu.au](mailto:benjamin.allen@arndell.nsw.edu.au)

## ***FROM THE HEAD OF SPORT***

Arndell Anglican College has developed a comprehensive Rugby Program over the past 10 years to include three Boys' Teams in various age groups and extending to have a Senior and Intermediate Girls' 7's Team. The development of fixtures against the finest schools throughout Sydney together with the annual South Coast Rugby Tour (Arndell Rugby Tour) showcasing our skills across NSW has seen our Rugby Program become the biggest sport at the College, by participation.

The College encourages all players, no matter their playing ability, to compete with commitment and determination, whilst honouring the traditions of fair play and sportsmanship.

The College is fortunate to have a group of experienced coaches who work across all age groups and are continuing to develop players in their technique, knowledge and skills, while also developing them personally in regards to character and sportsmanship.

Under the direction of Mr Allen, I look forward to seeing the Arndell Rugby Program go from strength to strength and for students to develop holistically as a result.



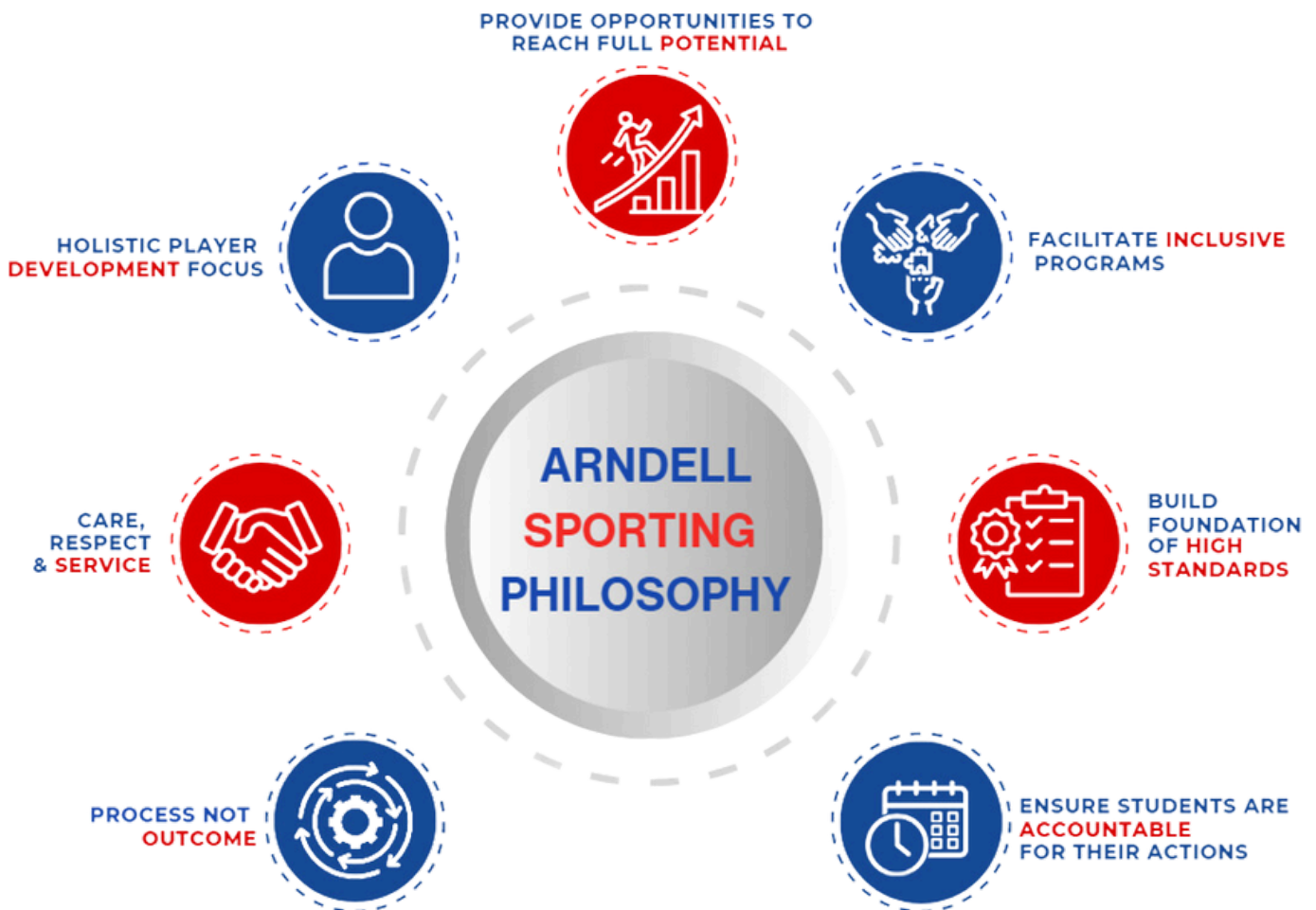
Mr Peter Gordon  
**Head of Sport**

[peter.gordon@arndell.nsw.edu.au](mailto:peter.gordon@arndell.nsw.edu.au)



# PHILOSOPHY

The Arndell Rugby Program welcomes students of diverse skill levels, aiming to ensure a positive and enjoyable experience for all players. We value selflessness and a genuine team first ethos while promoting resilience, perseverance, cooperation and respect.



## ATTENDANCE

Attendance at all training sessions is expected for all players and is a reflection of their commitment to the team and the Arndell Rugby Program. If players wish to seek exemption from training, a scheduled game, or they are unable to participate due to illness, they must notify the coach via email with an explanation as soon as possible. Consistent absence from training sessions will affect playing opportunities and potential team involvement.

## INJURIES

Injuries naturally occur in a full contact sport such as rugby union. Students are expected to participate in warm up to ensure injuries are minimised. When injury occurs, it is vital that players notify coaching staff to ensure appropriate measures are implemented for safety and duty of care. If the injury is a head injury, it is vital that coaching staff are made aware so that we can implement our concussion policy and assessment.



## MEDICAL / CONCUSSION

Whilst rugby is a contact sport and there is the potential for injury. Our priority is always the welfare and safety of all our players at all times. Arndell has access to College nurses who are onsite during all training sessions to provide first aid services, if required. During games, some schools have a physiotherapist onsite, which we have access to, should the need arise.

Should a player demonstrate any signs and symptoms, or be suspected of demonstrating any signs or symptoms, of concussion the player will be removed from the field for assessment. If signs and symptoms are present, the player should see a doctor as soon as possible.

A doctor is the only person who can diagnose a concussion. Should this occur, the player is required to have a minimum nineteen (19) day stand down from playing rugby. A player can only return to contact training after being cleared by a doctor.

Students must communicate a concussion diagnosis to the coach via email as soon as possible. Our Strength and Conditioning staff will then assist with the graduated Return to Play Policy and follow the mandatory steps in place through the Rugby Australia protocols.

More information on concussion can be found by visiting the Australian Rugby website:

<https://australia.rugby/about/codes-and-policies/safety-and-welfare/concussion-management>





## SPORT UNIFORM

Students are required to wear the College Sport Uniform or Dress Uniform at all sporting fixtures. Repeated incorrect uniform will impact on selection for games.

Students must wear the College Rugby Playing Uniform consisting of jersey, shorts and socks for all games. College Rugby shorts and socks are available for purchase at the College Uniform Shop. The Playing Jersey will be supplied by the College Sports Faculty. A training jersey will be provided to the Crusaders (Boys FIRST XV) and the Fillies (Girls Rugby Program) by the College Sports Faculty.

## TRAINING & GAME DAY REQUIREMENTS

Players must bring all the correct apparel on training and game days regardless of the weather, including:

- Boots - please bring joggers for wet weather training
- College Rugby Socks
- College Rugby Shorts
- College Rugby Training Jersey / Match Jersey
- Mouthguard and any other protective gear required
- Water bottle

## BEHAVIOUR

Players are expected to conduct themselves appropriately at all times, modelling high standards of respect, effort and attitude. Maximal effort at all training sessions and matches is expected, whilst remaining respectful of staff, players and facilities.

When fixtures are off campus, players are reminded that they are representing the College and our Values. Player behaviour on and off the field that is not representative of the College's expectations can expect consequences which may impact on their eligibility to participate in future fixtures. Likewise, players are expected to behave appropriately in the classroom and it is possible that negative behaviour in class can impact the students opportunity to play rugby for the College.

# TRAINING SCHEDULE

Crusaders Open Boys	Monday & Thursday Morning 6:35am - 7:45am
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14's & 16's Boys	Monday Afternoon 3:15pm - 4:30pm
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Fillies Senior Girls 7's	Wednesday Afternoon 3:15pm - 4:30pm
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Intermediate Girls 7's	TBC (awaiting confirmation of team entry)
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# ATHLETE SUPPORT PROGRAM

Students meet in the gym during lunch times to work on strength and conditioning and must speak to or email Mr Manu Wakely [manu.wakely@arndell.nsw.edu.au](mailto:manu.wakely@arndell.nsw.edu.au) or Mrs Kirstie Wakely [kirstie.wakley@arndell.nsw.edu.au](mailto:kirstie.wakley@arndell.nsw.edu.au) if they would like to take part in this Program.

## PERMISSIONS

All events, including rugby training sessions and games, require parent/carer permission that will be communicated via the College App (downloaded from the App Store by searching “Arndell Anglican College”) or on the desktop version of the Parent Portal.

Parents/carers are asked to grant permission via the College App or the Parent Portal so their child is able to attend the event.

Event Information Notes on the College App and Parent Portal are in PDF form, which by clicking, provides all information about the event.

Please note, once you grant permission for your child to attend or not attend the event you are unable to go back into the College App and change permissions. If you need to change permissions for sport events, please email [sport@arndell.nsw.edu.au](mailto:sport@arndell.nsw.edu.au)

For instructions on how to download the College App, or to obtain the User Guides for the College App or Parent Portal, please visit <https://www.arndell.nsw.edu.au/parent-information/parent-portal/>

## TRANSPORT

Mini bus or company bus transport will be provided for most rugby fixtures and students and parents/carers will be notified via email.

At times parent/carer transport to or from the fixture is required and is noted on the permission note found via the College App or Parent Portal. Staff are required to, as part of their duty of care, to remain with students until they are collected. Please be mindful that staff have families and personal commitments at night and so wish to leave promptly on their return back to the College.

In regards to a sport where the collection is outside College hours, parents/carers are welcome to collect students from the sporting venue once they have notified a College staff member. Please note, buses will leave promptly from the venue. If you plan to pick your child up from the venue and do not arrive before the schedule bus departure time, the student will return with the team on the bus to the College. Buses will not wait for a parent/carer to arrive at the venue.

# CODE OF CONDUCT

## STUDENTS

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions.

At training sessions, games, supervising, coaching or spectating, students must:

- display positive and encouraging attitudes towards own team members and the opposition,
- use positive, encouraging language only,
- wear the correct sports or team uniform when representing the College,
- compete according to the rules,
- respect and abide by all decisions of teachers and officials without argument or insolence,
- seek clarification on any ruling only through the captain and in a respectful manner, and
- shake hands with opposing teams and thank all officials at the end of the match



## PARENTS / CARERS & SPECTATORS

Parents/carers can be involved in a number of different ways that work in with their own family commitments.

Avenues to assist include helping out at games, and being a spectator and encouraging their child's involvement in rugby games. Other ways parents/carers can be involved is through sponsorship of equipment or sporting uniforms.

Parents/carers are expected to support their child's extracurricular endeavours by providing the necessary equipment and accompanying or facilitating their child's attendance at scheduled events for example: Gala Days, games and training sessions.

With College endorsed sporting events, parents/carers and other spectators are expected to:

- participate positively and demonstrate an attitude of encouragement towards official's staff, other parents, their own child, other students and competitors
- value effort and enjoyment above victory, and
- support all decisions made and criticise or seek clarification on the ruling of officials.





# NORTH WEST SCHOOLS RUGBY CHAMPIONSHIP



The North West Schools Rugby Championship (NWSRC), is an interscholastic rugby union competition designed to offer mid-week competitions for school students. NWSRC is committed to promoting high quality rugby union, rugby education, and building a thriving and connected rugby community in the North West Sydney region.

The establishment of this ground-breaking schools based rugby competition marks the inception of a new era in North West Sydney's rugby landscape. Through the collaborative efforts of the founding schools, Eastwood Rugby, and NSW Rugby, we have laid the foundation for a robust rugby legacy that will resonate for generations to come.

This competition not only showcases the incredible talent within our schools but also fosters a sense of community that extends far beyond the rugby field. By bringing together schools from diverse backgrounds, our intention is to forge lasting connections and friendships, uniting us in the spirit of sportsmanship and camaraderie.

## PARTICIPATING SCHOOLS



# **AWARDS IN THE NORTH WEST SCHOOLS RUGBY CHAMPIONSHIP**

The winner of each division will be awarded NWSRC Champions Medals.



## **TEAM AWARDS**

- The FIRST XV competition shall have a perpetual competition shield.
- Intermediate winners receive the Battle Axe.
- Youth winners are presented with the Youth Challis.
- If a school wins all three grades in a calendar year, they are awarded the NWSRC Royal Crown. The Crown is kept in their possession until they are 'dethroned' by another school winning all three grades in a calendar year.

## **INDIVIDUAL AWARDS**

The NWSRC will host the NWSRC Awards Evening, where all players, coaches, managers, and parents/carers are invited to celebrate the competition. Individuals may be eligible for the following awards:

- NWSRC Player of the Year (trophy)
- NWSRC Coach of the Year (trophy)
- NWSRC Top Try Scorer (trophy)
- NWSRC Top Point Scorer (trophy)
- NWSRC Record Breaker (trophy) – not in foundation year
- NWSRC Divisional Player of the Year (medallion)
- NWSRC Divisional Top Try Scorer (medallion)
- NWSRC Divisional Top Point Scorer (medallion)
- NWSRC FIRST XV Team of the Year (medallion)

## **THE PLAYER OF THE YEAR AWARD**

The Player of the Year Award is calculated by the referee after each match who awards a three, two, one vote to the players they regard as the best, second best, and third best in the match, respectively. The votes are sent to the Championship Director and are kept until the awards night where they are read and tallied on the evening.

## **COACH OF THE YEAR AWARD**

Coach of the Year Award is voted upon by all members of each of the Divisional Committees and the Championship Board members. If any member is up for nomination, they are still eligible to vote and may vote for themselves.

## **FIRST XV TEAM OF THE YEAR**

A NWSRC FIRST XV Team of the Year will be announced on the evening. Any player from any school in the FIRST XV division will be eligible for selection. The Coach of the Year Award will be awarded the coaching role. This team may play fixtures against other tournament victors or other schools as part of the annual NWSRC Exhibition match program.

# 2024 RUGBY FIXTURES

## CRUSADERS - BOYS FIRST XV

**Coaches:** Mr Benjamin Allen and Mr Daniel Darwall

Match	Date and Time	Playing	Location
<b>Term 1</b> Trial Match	Wednesday 3 April	Knox Grammar	Knox Grammar
<b>Term 2, Week 1</b> North West Schools Rugby Championship - Round 1	Friday 3 May 3:30pm	Penrith Anglican College	Arndell
<b>Term 2, Week 2</b> North West Schools Rugby Championship - Round 2	Friday 10 May	William Clarke College	William Clarke College
<b>Term 2, Week 3</b> North West Schools Rugby Championship - Round 3	Friday 17 May	Redfield College	Redfield College
<b>Term 2, Week 4</b> North West Schools Rugby Championship - Round 4	Friday 24 May	Penrith Anglican College	Penrith Anglican College
<b>Term 2, Week 5</b> North West Schools Rugby Championship - Round 5	Friday 31 May	William Clarke College	Arndell
<b>Term 2, Week 6</b> 2024 Arndell Sports Tour	Wednesday 5 June - Friday 7 June	Shellharbour Anglican / Nowra Anglican College	Nowra Anglican College
<b>Term 2, Week 7</b> North West Schools Rugby Championship - Round 6	Friday 14 June	Redfern College	Arndell
<b>Term 2, Week 8</b> North West Schools Rugby Championship - Semi Final	Friday 21 June	1st v 4th 2nd v 3rd	TBA
<b>Term 2, Week 9</b> North West Schools Rugby Championship - Ground Final	Friday 28 June	Winners of Semi Finals	TBA
<b>Term 3, Week 3</b> AICES Cup	Wednesday 7 August	TBA	TG Millner
<b>Term 3, Week 6</b> Charity Shield	TBA	William Clarke College Redfield College Scots All Saints College	TBA

# 2024 RUGBY FIXTURES

## BOYS U16'S

**Coaches:** Mr Ewan Dennis-Smith & Maximus Miller (NSW Rugby)

Match	Date and Time	Playing	Location
<b>Term 2, Week 3</b> Training + Trial Match	Thursday 16 May	Cranbrook School	Cranbrook School
<b>TBC</b> Training + Trial Match	TBA	Knox Grammar	Knox Grammar
<b>Term 2, Week 6</b> 2024 Arndell Sports Tour	Wednesday 5 June - Friday 7 June	Shellharbour Anglican / Nowra Anglican College	Nowra Anglican College
<b>Term 3, Week 2</b> North West Schools Rugby Championship - Round 1	Wednesday 31 July	Draw to be Release in Term 2  Participating Schools: <ul style="list-style-type: none"> <li>• Arndell Anglican College</li> <li>• William Clarke College</li> <li>• Redfield College</li> <li>• Pacific Hills Christian College</li> <li>• Rouse Hill Anglican College</li> </ul> Matches will be played at each of the participating schools.	
<b>Term 3, Week 3</b> North West Schools Rugby Championship - Round 2	Wednesday 7 August		
<b>Term 3, Week 4</b> North West Schools Rugby Championship - Round 3	Wednesday 14 August		
<b>Term 3, Week 5</b> North West Schools Rugby Championship - Round 4	Wednesday 21 August		
<b>Term 3, Week 6</b> North West Schools Rugby Championship - Round 5	Wednesday 28 August		
<b>Term 3, Week 7</b> North West Schools Rugby Championship - Round 6	Wednesday 4 September		
<b>Term 3, Week 8</b> North West Schools Rugby Championship - Semi Final	Wednesday 11 September		
<b>Term 3, Week 9</b> North West Schools Rugby Championship - Grand Final	Wednesday 18 September		

# 2024 RUGBY FIXTURES

## BOYS U14'S

**Coaches:** Mr Daniel Darwall & Christopher Leka (Arndell Alumni)

Match	Date and Time	Playing	Location
<b>Term 2, Week 2</b> Training + Trial Match	Wednesday 8 May	Cranbrook School	Cranbrook School
<b>TBC</b> Training + Trial Match	TBC	Knox Grammar	Knox Grammar
<b>Term 2, Week 6</b> 2024 Arndell Sports Tour	Wednesday 5 June - Friday 7 June	Shellharbour Anglican / Nowra Anglican College	Nowra Anglican College
<b>Term 3, Week 2</b> North West Schools Rugby Championship - Round 1	Wednesday 31 July	Draw to be Release in Term 2  Participating Schools: <ul style="list-style-type: none"> <li>• Arndell Anglican College</li> <li>• William Clarke College</li> <li>• Redfield College</li> <li>• Rouse Hill Anglican College</li> </ul> Matches will be played at each of the participating schools.	
<b>Term 3, Week 3</b> North West Schools Rugby Championship - Round 2	Wednesday 7 August		
<b>Term 3, Week 4</b> North West Schools Rugby Championship - Round 3	Wednesday 14 August		
<b>Term 3, Week 5</b> North West Schools Rugby Championship - Round 4	Wednesday 21 August		
<b>Term 3, Week 6</b> North West Schools Rugby Championship - Round 5	Wednesday 28 August		
<b>Term 3, Week 7</b> North West Schools Rugby Championship - Round 6	Wednesday 4 September		
<b>Term 3, Week 8</b> North West Schools Rugby Championship - Semi Final	Wednesday 11 September		
<b>Term 3, Week 9</b> North West Schools Rugby Championship - Grand Final	Wednesday 18 September		

# 2024 RUGBY FIXTURES

## FILLIES

Coaches: Mr Benjamin Allen, Mrs Rebecca Latham & Miss Livania Adam

Match	Date and Time	Playing	Location
<b>Term 1</b> Chloe Dalton Competition	Monday Afternoons (7 Rounds)		Barker College
<b>Term 1, Week 10</b>	Friday 5 April 3:45pm	Oakhill College	Oakhill College
<b>Term 2</b>	TBC	William Clarke College	TBC
<b>Term 2, Week 6</b> 2024 Arndell Sports Tour	Wednesday 5 June - Friday 7 June	Shellharbour Anglican / Nowra Anglican College	Nowra Anglican College

## GIRLS INTERMEDIATES 12'S - 16'S

Coaches: Mr Benjamin Allen, Mrs Rebecca Latham & Miss Livania Adam

Match	Date and Time	Playing	Location
<b>Term 4</b> Chloe Dalton Competition	Monday Afternoons (7 Rounds)		Barker College



# 2024 RUGBY FIXTURES

## ARNDELL SOUTH COAST RUGBY TOUR

Students will be selected and notified to attend this tour.

Accommodation: Youthworks Waterslea

Venue: Rugby Park – South Nowra

Time	Fixture
9:15am	U15 Girls 7s NAC v Shellharbour Anglican College
9:45am	U15 Boys XV NAC v Shellharbour
10:20am	Open Girls 7s NAC v Shellharbour
10:40am	U15 Boys XV Arndell v NAC
11:15am	Open Girls 7s NAC v Arndell
11:50am	Open Girls 7s Shellharbour v Arndell
12:15pm	U15 Boys XV Shellharbour v Arndell
12:45pm	BBQ supplied by NAC
12:55pm	FIRST XV Boys NAC v Arndell
1:35pm	FIRST XV Boys Arndell v Shellharbour
2:15pm	FIRST XV Boys NAC v Shellharbour (Arndell depart)
2:50pm	Conclusion of Gala Day

# 2024 ARNDELL RUGBY SPONSORS

We extend our heartfelt gratitude to our incredible sponsors who generously supported the Arndell Rugby Program in 2024. Thanks to their partnership, we're able to provide our players with jerseys, upgrade equipment, and offer coaching programs in collaboration with NSW Rugby to enhance the development of our athletes.

For the past four years, The Home Bureau has been a steadfast supporter of the Arndell Rugby Program, and we deeply value their continued commitment. This year, we're exceptionally fortunate to welcome two Gold Sponsors: MD Imaging, returning for their third year, and D2N Technology Solutions, joining us for the first time.

## PLATINUM SPONSOR



The Home Bureau Property Agents proudly services the entire Hawkesbury region of Sydney. With offices located in Pitt Town and Maraylya we offer a full suite of real estate services including Sales, Leasing, Property Styling, Property Concierge as well as Stock & Station & Auctioneers.

The agents at The Home Bureau have decades of experience. For us, it's not just work – we absolutely live property!

*“Living in the local area, we are committed to supporting our local community, and with four boys currently attending Arndell with a passion for rugby, we are delighted to sponsor the Arndell Rugby Program. We wish the team all the very best and look forward to an outstanding season.”*





# 2024 ARNDELL RUGBY SPONSORS

## GOLD SPONSOR



MD Imaging is the most comprehensive Radiology Practise in the Western Suburbs. We are committed to priority service and quality healthcare offering a wide range of radiology services including Xray, Ultrasound, Mammography, CT scan, Dexa and all radiology injections.

The practice was established in 2017 in a brand new and modern medical centre next to Westfield shopping centre Mt Druitt with state-of-the-art Imaging equipment and highly trained, experienced team who are happy to assist their patients in any way they can.

*“With my son playing in the Crusaders both last and this year I thought it would be a great way to support the team by sponsoring the Rugby Program. This being my son’s last year at school, I hope both he and the team gives it everything they have and represent the College and its values with pride throughout the season.*

*Having myself gone to a public high school in Sydney’s West I always wanted to provide my children with opportunities that I never had. We are blessed to be able to do this by having him be a student at Arndell, but also be in a position to provide sponsorship to the team.”*

For us it is about long term relationships! It’s about how we can add value to your business by providing fit for purpose technology solutions. We love to innovate; we love to be told that it can’t be done!

We are not in the business of selling you equipment and sending you on your way. We’re in the business of building life-long relationships with our customers and partners and do this by investing in you, our customer. We invest our time, our resources, and we invest in our partners so they can provide us with more innovating products from which we can build you the best solution in the market today.

*“MD Imaging are proud to support the Arndell Rugby Program as we believe it is an excellent resource the College provides for all students to develop skills, teamwork, fitness and fair play. For the past 10 years all our boys are actively involved in the wonderful sports program Arndell has to offer their students. The boys are especially involved in the Rugby Program and becoming a sponsor of the team was a way of thanking Arndell for their continued and committed involvement to Rugby.”*

## GOLD SPONSOR



# Arndell

Anglican College



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