

# ARNDELL RUGBY UNION



# 2025

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 marks the second year of the North West Schools Rugby Championship. 2024 was a tremendous success for the College, with our Youth and Intermediate teams claiming the Championship titles and our First XV narrowly falling short in the Grand Final.

This year, we are excited to introduce a Girls' Division to the competition, further expanding opportunities for students to engage in rugby. As we approach the new season, our focus remains on building excellence, maintaining humility, and mastering the fundamentals - competing with pride, passion, and dignity. In doing so, we continue to lay the foundation for future players and contribute to the revival of rugby union in schools across North West Sydney.

I look forward to another great season and to showcasing the strength of 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/PDHPE**

Arndell Anglican College has developed a comprehensive Rugby Program over the past 10 years, including three Boys' Teams across various age groups and extending to Senior and Intermediate Girls' 7s Teams. The development of fixtures against the finest schools throughout Sydney has allowed us to showcase our rugby skills and has contributed to Rugby Union becoming the most popular 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.



**Head of Sport/PDHPE**

[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

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First XV  
Crusaders  
Open Boys

Monday Mornings Term 1 & 2  
6:35am - 7:45am

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Youth 14's &  
Intermediate 16's  
Boys

Monday Afternoons Term 2 & 3  
3:15pm - 4:30pm

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Youth 14's,  
Intermediate 16's  
and First 7 Fillies  
Girls

Wednesday Afternoons Term 1  
3:15pm - 4:45pm

NWSRC Training Clinic  
Thursday Afternoons Term 1  
4:00pm - 6:00pm

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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.wakely@arndell.nsw.edu.au](mailto:kirstie.wakely@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.

Parent/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

Transportation details are outlined in the Information Note attached to the Event Permission on the College App and Parent Portal. Generally, the College provides transportation via mini buses or charter buses to and from the College for weekly sport fixtures.

In some cases, students will need to be picked up from the venue by a parent/carer. This will be noted on the Information Note attached to the Event Permission on the College App and Parent Portal.

Staff are required to, as part of their duty of care, remain with students until they are picked up. We kindly ask that they be picked up promptly.

**If parent/carers wish to collect their child from the sporting venue at the end of a game they must notified a College staff member in person before leaving the venue.** Please note, buses will leave promptly from the venue. If a parent/carer has not arrived before the scheduled departure time, the student will return to the College on the bus.

**If a student wishes to travel independently to the venue or leave without a parent/carer or with another parent, email permission must be provided prior to the event.** Without this authorisation, the student will not be permitted to leave on their own or with someone other than their parent/carer. Parents are welcome to collect their child directly from the venue, notifying the staff member in charge upon departure. Please ensure this is followed.

# **SPORTS CODE OF CONDUCT**

## **STUDENTS**

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions. Teams are entered to HZSA based on student commitments at sign up.

At sporting carnivals, training sessions or other sporting competitions, whether competing, 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**

Parents/carers are welcome to be involved in ways that suit their family commitments. If any parent holds a refereeing qualification and wishes to participate, they are to email [sport@arndell.nsw.edu.au](mailto:sport@arndell.nsw.edu.au) with their qualifications, Working With Children Check number, and date of birth prior to the event starting.

We will encourage all parents/carers to support their child's involvement in the College Sport program by attending sporting events.

Parents/carers should also support their child's co-curricular activities by providing the necessary equipment and assisting with attendance at scheduled events, such as Gala Days, carnivals, and training sessions.

For further involvement in our College Sport program, Parents are to email Head of Sport /PDHPE, at [sport@arndell.nsw.edu.au](mailto:sport@arndell.nsw.edu.au) Acceptance of your enquiry or qualification will be determined at the discretion of the College.





# 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.



Follow the season on Instagram:  
**@nswrchampionship**

CLICK HERE



**TO DOWNLOAD THE NWSRC INFORMATION BOOKLET**

## PARTICIPATING SCHOOLS



# 2025 RUGBY FIXTURES

## BOYS FIRST XV CRUSADERS

Head Coach: Mr Benjamin Allen  
[benjamin.allen@ardell.nsw.edu.au](mailto:benjamin.allen@ardell.nsw.edu.au)

**TRIAL MATCH:**  
**Wednesday 2 April**  
**4:00pm - 6:00pm**  
**Knox Grammar**



# 20 | FIRST XV 25 | SCHEDULE

ROUND 1	ROUND 2	ROUND 3	ROUND 4
2 MAY 15:30 VS VENUE: ARNDELL	9 MAY 14:00 VS VENUE: REDFIELD	16 MAY 15:30 VS VENUE: WILLIAM CC	23 MAY 14:00 VS VENUE: WILLIAM CC
2 MAY 14:00 VS VENUE: REDFIELD	9 MAY 15:30 VS VENUE: WILLIAM CC	16 MAY 15:30 VS VENUE: ARNDELL	23 MAY 15:30 VS VENUE: PENRITH
ROUND 5	ROUND 6	SEMI FINAL	GRAND FINAL
30 MAY 14:00 VS VENUE: PENRITH	6 JUNE 14:00 VS VENUE: REDFIELD	13 JUNE TBD 1 VS 4 VENUE: 1ST PLACE	20 JUNE 18:00  SF 1 VS SF 2  VENUE: TBD
30 MAY 15:30 VS VENUE: ARNDELL	6 JUNE 15:30 VS VENUE: PENRITH	13 JUNE TBD 2 VS 3 VENUE: 2ND PLACE	

# 2025 RUGBY FIXTURES

## BOYS INTERMEDIATE U16'S

**Head Coach:** Mr Daniel Darwall  
[daniel.darwell@arndell.nsw.edu.au](mailto:daniel.darwell@arndell.nsw.edu.au)

**Assistant Coach:** Mr Ewan Dennis-Smith  
[ewan.dennissmith@arndell.nsw.edu.au](mailto:ewan.dennissmith@arndell.nsw.edu.au)

**TRIAL MATCH:**

Wednesday 4 June

6:00pm - 8:00pm

Knox Grammar



# 2025 INTERMEDIATE SCHEDULE

ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	ROUND 6
5 JUNE 16:00  VENUE: WILLIAM CC	12 JUNE 16:00  VENUE: PENRITH	17 JUNE 16:00  VENUE: WILLIAM CC	26 JUNE 16:00  VENUE: PENRITH	31 JULY 16:00  VENUE: ARNDELL	7 AUG 16:00  VENUE: PENRITH
5 JUNE 16:30  VENUE: REDFIELD	12 JUNE 16:00  VENUE: ARNDELL	19 JUNE 16:00  VENUE: REDFIELD	26 JUNE 16:00  VENUE: ROUSE HILL	31 JULY 16:00  VENUE: ROUSE HILL	7 AUG 16:00  VENUE: ARNDELL
BYE	BYE	BYE	BYE	BYE	BYE
ROUND 7	ROUND 8	ROUND 9	ROUND 10	SEMI FINAL	GRAND FINAL
14 AUG 16:00  VENUE: ARNDELL	21 AUG 16:00  VENUE: WILLIAM CC	28 AUG 16:00  VENUE: WILLIAM CC	4 SEP 16:00  VENUE: ROUSE HILL	11 SEP 16:00 1 VS 4 VENUE: TBD	18 SEP 18:00 SF 1 VS SF 2 VENUE: TBD
14 AUG 16:00  VENUE: REDFIELD	21 AUG 16:00  VENUE: ROUSE HILL	28 AUG 16:00  VENUE: PENRITH	4 SEP 16:00  VENUE: REDFIELD	11 SEP 16:00 1 VS 4 VENUE: TBD	
BYE	BYE	BYE	BYE		

# 2025 RUGBY FIXTURES

## BOYS YOUTH U14'S

**Head Coach:** Mr Christopher Leka (Arndell Alumni)

**Assistant Coach:** Mrs Alexis Gillies -  
[alexis.gillies@arndell.nsw.edu.au](mailto:alexis.gillies@arndell.nsw.edu.au)

**TRIAL MATCH:**  
**Wednesday 4 June**  
**4:00pm - 6:00pm**  
**Knox Grammar**



# 2025 YOUTH SCHEDULE

ROUND 1	ROUND 2	ROUND 3	ROUND 4
<p>31 JULY 16:00</p> <p>VENUE: ROUSE HILL</p>	<p>7 AUG 16:00</p> <p>VENUE: REDFIELD</p>	<p>14 AUG 16:00</p> <p>VENUE: ARNDELL</p>	<p>21 AUG 16:00</p> <p>VENUE: REDFIELD</p>
<p>31 JULY 16:00</p> <p>VENUE: ARNDELL</p>	<p>7 AUG 16:00</p> <p>VENUE: WILLIAM CC</p>	<p>14 AUG 16:00</p> <p>VENUE: ROUSE HILL</p>	<p>21 AUG 16:00</p> <p>VENUE: ARNDELL</p>
ROUND 5	ROUND 6	SEMI FINAL	GRAND FINAL
<p>28 AUG 16:00</p> <p>VENUE: REDFIELD</p>	<p>4 SEP 16:00</p> <p>VENUE: WILLIAM CC</p>	<p>11 SEP 16:00</p> <p>1 vs 4</p> <p>VENUE: 1ST PLACE</p>	<p>18 SEP 16:00</p> <p>SF 1 vs SF 2</p> <p>VENUE: FIRST PLACE</p>
<p>28 AUG 16:00</p> <p>VENUE: WILLIAM CC</p>	<p>4 SEP 16:00</p> <p>VENUE: ROUSE HILL</p>	<p>11 SEP 16:00</p> <p>2 vs 3</p> <p>VENUE: 2ND PLACE</p>	

# 2025 RUGBY FIXTURES

## GIRLS INTERMEDIATES 12'S - 16'S & FILLIES

**Head Coach:** Mr Maximus Miller (NSW Rugby)

**Main Contact:** Mr Benjamin Allen - [benjamin.allen@arndell.nsw.edu.au](mailto:benjamin.allen@arndell.nsw.edu.au)

**Support Staff:** Miss Livania Adam - [livania.adam@arndell.nsw.edu.au](mailto:livania.adam@arndell.nsw.edu.au)

Mrs Susan Langford - [susan.langford@arndell.nsw.edu.au](mailto:susan.langford@arndell.nsw.edu.au)

Mrs Michelle Marelic - [michelle.marelic@arndell.nsw.edu.au](mailto:michelle.marelic@arndell.nsw.edu.au)

Mrs Elise Bond - [elise.bond@arndell.nsw.edu.au](mailto:elise.bond@arndell.nsw.edu.au)

Mr George Cavanna - [george.cavanna@arndell.nsw.edu.au](mailto:george.cavanna@arndell.nsw.edu.au)

Mr Stuart Ryan - [stuart.ryan@arndell.nsw.edu.au](mailto:stuart.ryan@arndell.nsw.edu.au)

Match	Date and Time	Playing	Location
<b>Term 1</b> Chloe Dalton Competition	Monday Afternoons 10 Rounds Term 1, Weeks 3 - 10		Barker College
<b>Term 2</b> North West Schools Rugby Competition	TBA		
<b>Term 4</b> Women's Waratah Shield	TBA		



## **2025 ARNDELL RUGBY SPONSORS**

We extend our heartfelt gratitude to our incredible sponsors who generously supported the Arndell Rugby Program in 2025. 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.

A huge thank you to The Home Bureau and D2N Technology Solutions for their ongoing support of the Arndell Rugby Program. We are incredibly grateful for their steadfast partnership and look forward to their valued contribution throughout the 2025 season.



# 2025 ARNDELL RUGBY SPONSORS



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.”*

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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.

*“Although my son has now left the College, having proudly played for the Crusaders for two years, our connection to the team remains strong. Sponsoring the Rugby Program is a wonderful way to continue supporting the players and the values they represent. I look forward to seeing the team give their all throughout the season and uphold the College’s traditions with pride both on and off the field.*

*I wish the teams all the best in their 2025 season”*

# Arndell

Anglican College



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