



# Kelvin Grove State College

The Pursuit of Excellence With All Our Might

## RUGBY 7s EXCELLENCE FREQUENTLY ASKED QUESTIONS

### WHO IS RUGBY 7s EXCELLENCE FOR?

The excellence program is aimed at an elite tier of athlete that is capable of achieving a high level of aptitude in Rugby 7s. The individual athlete can vary in their previous experience and success but must have a drive and dedication to be competitive.

Students considering applying for the Rugby 7s Excellence Program should be aiming to play club or representative Rugby 7s and be looking to extend themselves through regular high level training sessions.

### WHAT SESSIONS ARE INCLUDED?

The Rugby 7s Excellence Program will have four sessions each week within the student's timetable.

Other program components include:

- **Specialised skills coaching supported by Qld Rugby**
- Targeted Strength & Conditioning sessions
- **Timetabled Rugby 7s subject during school hours**
- Training & playing uniform.
- **Competition and registration fees for all tournaments throughout the year**
- Transport to all tournaments in SE Qld.
- **Physiotherapy screening linked to S&C program.**
- Physiotherapy triage sessions available weekly before school
- **Sports Nutrition and Athlete Wellbeing sessions**
- Refereeing and Coaching qualification courses
- **End of year presentation dinner and awards**

### COACHING

Matt Chapman, the coordinator of the program has a long history of high-level coaching, including Queensland Schoolgirls Rugby 7s 2022-2025. Matt has a World Rugby Level 3 qualification. Qld Rugby Union are also providing coaching and player development support. Ballymore Stadium is part of the facilities used in this program.

### WILL THERE BE A COST TO BE IN THE PROGRAM

Yes, the program will attract a fee to be part of the program. Contact program coordinator for up-to-date information.

### HOW DO I APPLY

Complete the Rugby 7s Excellence application form. Please return completed application form with a **copy of most recent school report** to the HPE/Excellence Staffroom or email to Matt Chapman – [mxcha10@eq.edu.au](mailto:mxcha10@eq.edu.au)