Rugby 7s Specialisation

~ Frequently Asked Questions ~

WHO IS SPORT SPECIALISATION RUGBY 7s FOR?

The specialisation candidate 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 trialling for the Rugby 7s program should be aiming to play club or representative Rugby 7s, and be looking to extend themselves through regular high level training sessions. Students who are interested in playing at a social level are better served joining our Extra-Curricular program.

WHAT SESSIONS ARE INCLUDED?

The Rugby 7s squad will have sessions Monday morning before school, Wednesday afternoon during period 4, and Thursday afternoon after school. These sessions will include core skills and tactics, contact, as well as strength & conditioning.

WHAT IF I HAVE EXPERIENCE IN RUGBY LEAGUE OR TOUCH, BUT NOT IN RUGBY 7s?

There are many transferable skills in the various codes which will allow success in a code you have less experience in. It is most important that athletes have the drive and attitude to work hard at Rugby 7s.

COACHING

Matt Chapman, the coordinator of the program has a long history of high level coaching, including school and representative level teams. Matt has a World Rugby Level 3 qualification. Qld Rugby Union & Qld Academy of Sport are also providing coaching and player development support.

CAN I BE A PART OF RUGBY 7s SPECIALISATION IF I AM ALREADY IN AN EXCELLENCE PROGRAM?

Yes. It is possible. Apply as normal and a program can be designed in consultation with you Excellence Coordinator so that there are limited clashes with Excellence.

WILL THERE BE A COST TO BE IN THE PROGRAM?

Yes, the program will attract a fee to be part of the program, which will cover coaching, facilities and equipment costs, competition fees and training uniform. Contact Matt Chapman for up-to-date information.

HOW DO I APPLY

Complete the Rugby 7s Application form before the end of the year – Monday 27th November. Please return completed application forms to the HPE/Excellence Staffroom or email to Matt Chapman – [mxcha10@eq.edu.au](mailto:mxcha10@eq.edu.au)