International Rugby Academy
NEW ZEALAND LIMITED

High Performance Coaches' Course

6 – 17 February 2012
9 – 20 July 2012

Cost
$6,500.00 + GST

Venue
International Rugby Academy
Sport and Rugby Institute, Massey University, State Highway 57, Palmerston North

At IRANZ our focus is firmly on high performance. Our formula requires two courses (players and coaches) to be run in tandem so coaches can observe coaching methods and processes firsthand.

Week One will provide you with a framework to identify talent, increase your positional knowledge, analyse performance and design a strategy and game plan. This is the week our positional specialists work with players on the High Performance Players' Course. Coaches on the high performance course will have the opportunity to observe and interact with these position specific specialists during this time. We concentrate on 'remedial coaching' or 'problem solving' after the first match is played at the end of this week.

Week Two provides the opportunity to assess strengths and weaknesses of the team building up to the final match. You will also focus on the areas of coaching you wish to develop further working with players on the high performance course and with local club or school teams.

Throughout each course we will introduce highly qualified tutors and coaches to address the areas of their specific expertise. I am confident these courses will provide you with solid knowledge, different perspectives and a challenging interactive two weeks. The cosmopolitan mix of coaches we will have on each course will create an infectious and highly stimulating environment and a sharing of ideas that will benefit all. IRANZ aims to provide a service to those in rugby who wish to achieve and will provide the steps to help coaches and players on their way.

Murray Mexted
Managing Director

Course Tutors, Specialist Coaches and Position-Specific Specialists

One tutor for each position from the following (to be confirmed):

Facilitator High Performance Coaches' Course: Gary Gold

Facilitator High Performance Players' Course: Mark Anscombe

Props:	Craig Dowd
Hookers:	Gary Gold
Locks:	Blair Larsen/Mick Byrne
Flankers:	Scott Robertson & Mark Anscombe
No 8s:	Murray Mexted
Half Backs:	Jon Preston
1st 5/8s:	Aaron Mauger/Ian Foster
2nd 5/8s:	Jason O'Halloran/Aaron Mauger
Centre:	Eroni Clarke/Jason O'Halloran
Wings:	Jeff Wilson
Fullbacks:	Christian Cullen
Core Skills:	Dave Ellis
Kicking Skills:	Aaron Mauger/Mick Byrne
Passing Skills:	Dave Ellis/Mick Byrne
Leadership:	John Eales /Nick Farr Jones
Specialist Coaches:	Graham Henry/Ian Foster/Mike Cron
Sport Psychology:	Gary Hermansson/Warren Smith/Alex McKenzie
Mental Toughness:	Murray Mexted
Team Building:	Scott Pinfold
Media/Presentation Skills:	John McBeth/Keith Quinn
Fitness testing/trainer:	Scott Pinfold
Self massage/recovery:	Carolynn Margan
Nutrition:	Rachel Svenson
Cooking:	Simon Holst
Physio/Medical:	Mike Harnett/Dr Ra Durie

For further information contact
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