

RFUW Talent Identification and Development Programme 2009

Background

The RFUW continues to invest significant resources into the identification and development of talented players who participate in Women' and Girls rugby within England.

The success of the Senior England Squad and the player pathway are inextricably linked. Whilst the National squad continue to focus on RBS 6 Nations championships and the 2010 Women's Rugby World Cup (to be hosted in England) it is vital that talent identification and development programmes continue to provide opportunities for players at all age groups to fulfil their potential and that existing talented players within the game further their development. The RFUW is committed to ensuring that the success of the national team is underpinned by young talented players progressing through the player pathway.

The RFUW now operates talent development programmes at all 3 age groups (U15, U18 and Senior). The RFUW Performance Department, which includes the regionally based RFUW Club and Coach Officers (CCO's) deliver talent development programmes throughout the year and across the country. It is therefore important that the systems in place for 2009 reflect the needs, ambition of the players and provide opportunities for all to deliver the outcome required.

It is vital that communication between the CCO's, Regional Coaches and Managers is effective to ensure that the right players are attending the right events at the right times.

The information within this document indicates the pathway available for players within each age group and their status on the current performance pathway. As indicated within the diagrams, players moving into older age group for the 2009/2010 season may be advised / allowed to attend the older age group event.

The RFUW Club and Coach Officers (CCO's) working within each region will oversee the nomination and selection process and will advise players / coaches accordingly as to which HPA / event to attend.

During 2009 there will be a number of amendments to the talent identification and development programme for all age groups: In summary these include:

Overview for 2009

Seniors

- No Senior Super League.
- ETC's delivered from January to August 2009 (selected players invited from Regional Squads).
- No Super 4 trials.
- HPAs in August 2009 @ 2 venues (North and South) - Saturday and Sunday
Players selected from HPA's will progress directly into Super 4s competition.
- Change in Super 4 format (see below).

U18's

- Junior Super Cup (2 teams play 2 games over 2 weekends – March & May).
- Junior Super Cup formally known as Junior Super League.
- Regional Talent Development Group sessions delivered from March to July 2009.
- HPAs in July 2009 @ 2 venues (North and South) - Saturday and Sunday (overnight accommodation).

U15's

- Comprehensive review of the Schools of Rugby for the 2009 / 2010 season

The RFU and the RFUW are currently reviewing the operation and delivery of the Schools of Rugby programme. It is anticipated that talented U15 players will continue to be integrated within the Schools of Rugby, however at present, the RFUW is unable to confirm final details and arrangements. The RFUW will continue to identify talented U15 players from within the 2009 Regional Programme who are of an appropriate standard for inclusion into the Schools of Rugby. RFUW Club and Coach Officers (CCO's) will continue to liaise with Regional Coaches and players regarding selection and nomination. Once the process for the Schools of Rugby is finalised, this will be communicated to players / parents / coaches etc.

Senior (full details)

Elite Training Centres (ETC's) are attended by all senior non 44 Elite squad players who have taken part in RFUW Development and Super 4s games as well as selected players from the HPA's. England U20s players are also required to attend ETC's. ETC's operate at 6 locations around the Country and are delivered by the CCO's. The focus of all ETC's is high intensity, individual core skill development.

ETC's will operate from January to August 2009.

**27th January 2009, 3rd February 2009, 10th February 2009, 24th February 2009
17th March 2009**

Following the Senior Regional Programme, players will be selected and invited to attend the HPA's and ETC's. ETC's will take place on;

21st April 2009, 12th May 2009, 30th June 2009, 4th August 2009

Senior High Performance Academies (HPAs) will operate at 2 venues (North and South) over the weekend of 22nd & 23rd August 2009.

Aims and Objectives of the HPA's

- Identify players to take part in Super 4s.
- High intensity training weekend focusing on key core skill areas as identified on the RFUW England syllabus.
- Introducing players to aspects of Elite Athlete Behaviour, Strength and Conditioning and Nutrition through workshops during the weekend.

There will be no Super 4 trials in 2009. Following the HPA's, approximately 26 players from the 2 HPA venues will be selected to play in **Super 4s Round 1**. They will be joined by approx 18 players from Senior Elite England squad **who do not** take part in the England Senior tour to create 2 squads.

Super 4 Round 2 will see the England Senior tour players (x26) join the Super 4s competition. 26 England players + 44 players from Round 1 + additional players (where required) from the HPA's will be invited to attend to form 4 squads. This will then be repeated for **Super 4s Round 3** following which England Elite 44 selection will take place.

Further information regarding the selection process can be found by following this link. [Senior Player Pathway](#)

U18s (full details)

Following the Regional festival, RFUW Player Development Manager and CCO's will select the nominated players to be invited to take part in the **Junior Super Cup** (March and June) and the **HPA's** (July)

2 squads of 22 players will be invited to be involved with the Junior Super Cup. The Junior Super Cup will take place over the weekends of:

- Saturday 28th & Sunday 29th March @ Lilleshall National Sports Centre (Shropshire)
- Saturday 2nd & Sunday 3rd May @ TBC

Aim of Junior Super Cup:

- To provide high quality competition (above regional level) for identified talented players.
- To provide an opportunity for players to experience high performance competition and training environments.

Players invited to take part in the Junior Super Cup will also be invited to attend the Regional Talent Development Group sessions to be held on;

21st April 2009, 12th May 2009, 30th June 2009.

The **U18 High Performance Academies (HPA's)** will operate at 2 venues (North and South) and will take place over the weekend of **11th & 12th July 2009**. Only players selected through the Regional Programme will be invited to attend.

The U18 HPA's will be a 2 day residential weekend delivered and managed by full time RFUW staff.

Aims and Objectives of the HPA's

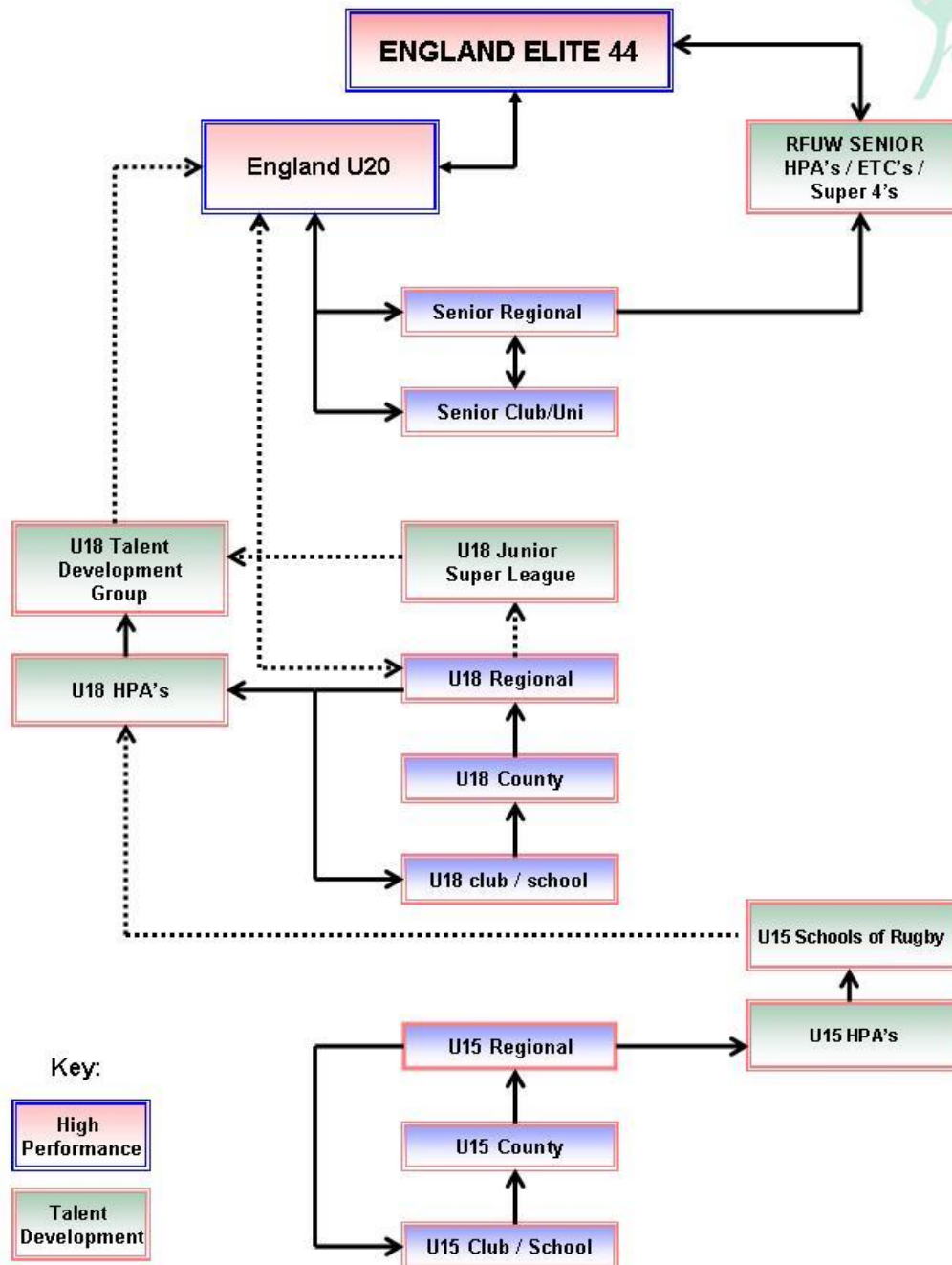
- To identify potential players for the U18 Talent Development Group 2009/2010.
- To provide high quality coaching for all players attending all events.

Following the HPA's, selected players from both venues will be invited to attend the **National Talent Development Group / HPA camp** which will be held on **27th – 29th July 2009**.

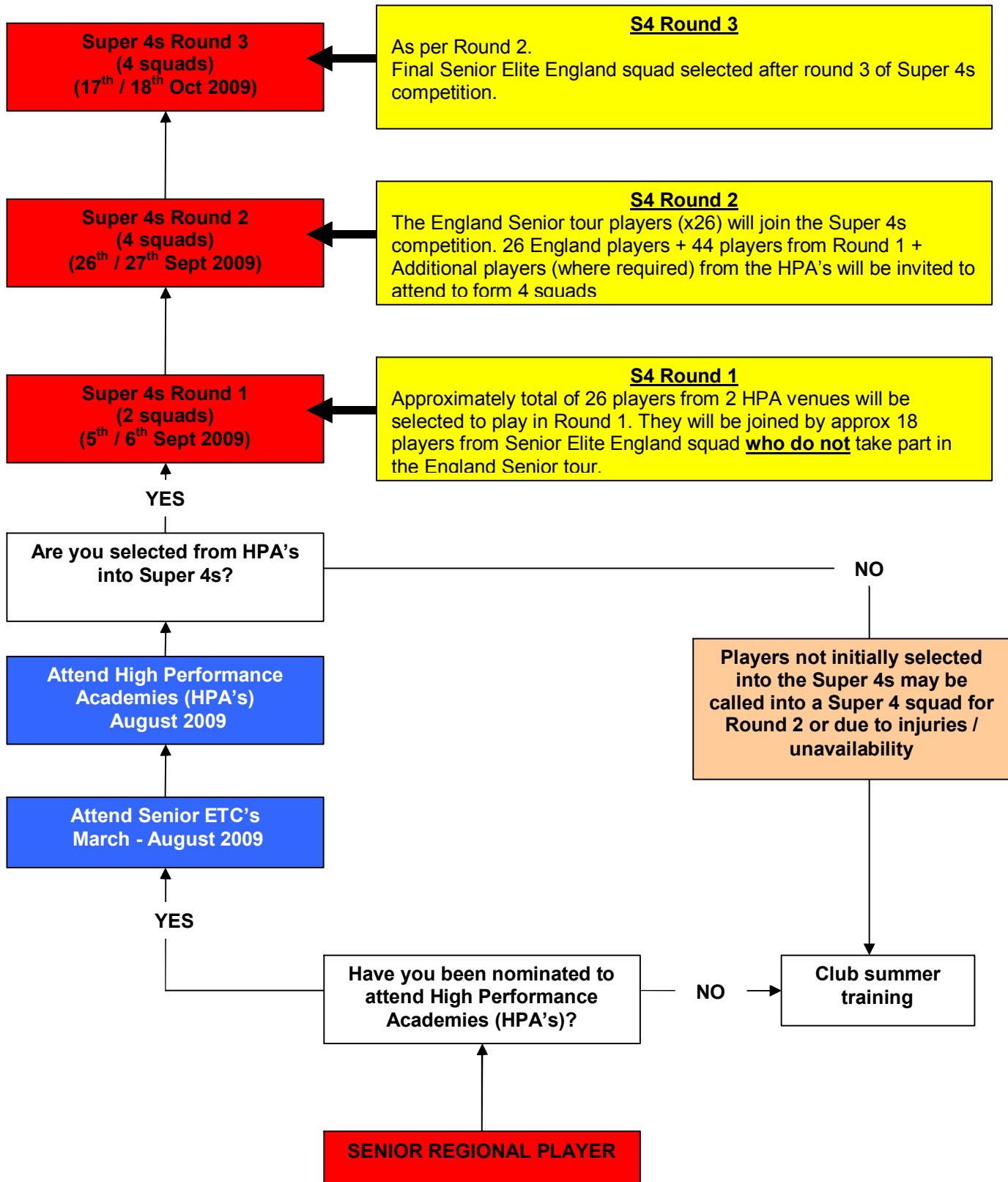
Following the National Talent Development Group / HPA camp selected players will be invited to attend a second **TDG camp** to be held on **24th – 26th August 2009**. Players selected to attend this camp will form the Talent Development Group for the 2009/2010 season.

Further information regarding the selection process can be found by following this link. [Junior Player Pathway](#).

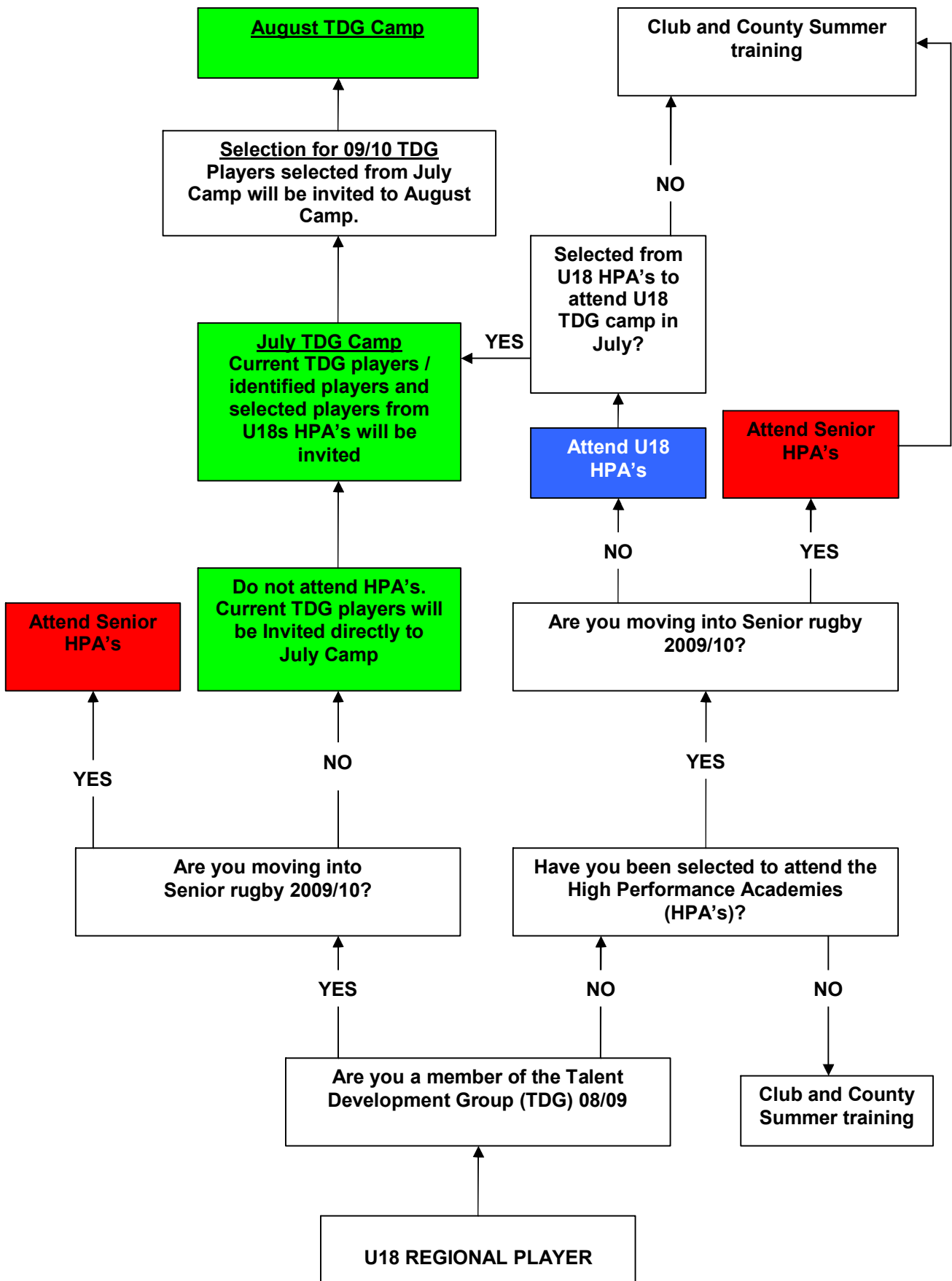
ENGLAND WOMEN'S RUGBY PERFORMANCE PATHWAY 2008/2009



Senior Player Pathway



U18 Player Pathway



HPA Nomination Process 2009

DATE	U15	U18	Senior
December 14th 2008 – March 22nd 2009			CCO's to provide Regional Coaches with the player assessment matrix. The Regional Coaches are required to complete 2 individual player assessments during the Regional Programme ideally 1 during the programme and 1 at the end.
January 11th - March 8th 2009	CCO's to provide Regional Coaches with the player assessment matrix. The Regional Coaches are required to complete 2 individual player assessments during the Regional Programme ideally 1 during the programme and 1 at the end.	CCO's to provide Regional Coaches with the player assessment matrix. The Regional Coaches are required to complete 2 individual player assessments during the Regional Programme ideally 1 during the programme and 1 at the end.	
Week Commencing: 9th March 2009 (Prior to the Regional Festival)	Lead Regional Coaches to submit completed player assessment forms to CCO's. These documents will then be used as reference by the CCO's at the Regional Festival on the 14 th March. These documents will also be used by CCO's during the Selection meeting on 16 th March 2009.	Lead Regional Coaches to submit completed player assessment forms to CCO's. These documents will then be used as reference by the CCO's at the Regional Festival on the 15 th March. These documents will also be used by CCO's during the HPA selection meeting on 16 th March 2009.	

14th & 15th March 2009	U15 Regional Festival at Lichfield RFC	U18 Regional Festival at Lichfield RFC		
Monday 16th March 2009	CCO/PDM meeting to review Regional Festival and nominate successful U15 players	CCO/PDM meeting to review Regional Festival and nominate successful U18 players for the HPA process and Junior Super Cup.		
Tuesday 17th March 2009	TBC	RFUW Office (PDSO) send out player invite letters / emails to all nominated players with information and instruction regarding Junior Super Cup and Haps		
Saturday 21st March 2009			Senior Regional Finals day	
Week Commencing 23rd March 2009 (After Regional Finals)			Lead Regional Coaches to submit completed player assessment forms to CCO's. These documents will then be used as reference by the CCO's. These documents will be used by the CCO's as reference during HPA selection meeting on 28 th March 2009.	
Saturday 28th & Sunday 29th March			JUNIOR SUPER CUP Lilleshall National Sports Centre	
Saturday 28th March 2009				CCO/PDM meeting to review Regional Festival and nominate successful Senior players for the HPA (and additional ETC's).
Week commencing 30th March 2009				RFUW Office (PDSO) send out player invite letters / emails to all nominated players with information and instruction

Week commencing 30th March 2009	TBC	Online Registration (payment) forms for players available. <i>All nominated players will be sent link to online form</i>	Online Registration (payment) forms for players available. <i>All nominated players will be sent link to online form</i>
Saturday 2nd & Sunday 3rd May		JUNIOR SUPER CUP Venue TBC	
21st April – 4th August 2009		Regional TDG Sessions lead by CCO's – 21 st April, 12 th May, 30 th June	Regional ETC Sessions lead by CCO's – 21 st April, 12 th May, 30 th June, 4 th August
12th June 2009		Final day for HPA Registration Online Registration (payment) forms for players Removed.	Final day for HPA Registration Online Registration (payment) forms for players closes.
Week commencing 22nd June			
11th & 12th July 2009		RFUW office send out final HPA information letters emails to all players	
11th & 12th July 2009		U18 HPA's at 2 venues in North and South of the Country.	
Week commencing 13th July		All players selected to attend U18 Camp informed by PDSO	RFUW office send out final HPA information letters emails to all players
27th – 29th July 2009		National U18 TDG / HPA Camp	
Week commencing 3rd August 2009		Players selected from July camp invited to August camp informed by PDSO	
22nd & 23rd August 2009			Senior HPA's at 2 venues in North and South of the Country.
Week commencing 24th August 2009			All players selected to attend S4's programme informed by PDSO
24th – 26th August 2009	National U18 TDG Camp		

<p>5th / 6th September 2009</p>	<p>TBC</p>		<p>S4's Round One - Approximately total of 26 players from 2 HPA venues will be selected to play in Round 1. They will be joined by approx 18 players from Senior Elite England squad who do not take part in the England Senior tour.</p>
<p>27th/ 28th September 2009</p>			<p>S4's Round Two – The England Senior tour players (x26) will join the Super 4s competition. 26 England players + 44 players from Round 1 + additional players (where required) from the HPA's will be invited to attend to form 4 squads</p>
<p>17th/18th October 2009</p>			<p>S4's Round Three – As per Round 2. Final Senior Elite England squad selected after round 3 of Super 4s competition.</p>

For further information please contact the Club & Coach Officer in your Region

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