

# Application Details

The minimum amount of time students can join the programme for is one term (three months). If you come for the full academic year (February to December) you will get the most out of the Rangitoto College International Rugby Programme experience.

## Team Selection

During term 1, the pre-season games and trials determine which team the students are selected for so this is the best time to start. Please note that automatic selection to the starting side is not guaranteed, it must be earned (the Kiwi way).

If it is not possible to attend in term 1, please send us the following information when applying:

- Your playing history including position(s) you play
- Weight (in kgs) and height (in cms)
- Date of birth
- Video footage of you playing (if possible) - it would be very beneficial for the Director of Sport to see video footage of your games to assess your playing ability.

## What is included?

Students who join the programme must bring their own rugby boots.

As part of the programme they are provided with:

- Rangitoto College playing jersey
- Rangitoto College rugby socks
- Rangitoto College rugby shorts
- Rugby tickets to at least one professional match in terms 1 or 2
- Training sessions as stated above



## Nicolas Robert, France

*I had the chance to go to New Zealand for one month, where I could study in a great school, Rangitoto. During my trip, I have got to know people from so many different places and got involved in many activities. I chose this destination for playing rugby, because in New Zealand it's the most popular sport so Rangitoto had a very good team. The team was incredible, we won lots of matches and succeeded in winning the tournament against Northcote at the end. It was awesome to play with the Kiwis and it was the best experience of my life, I will never forget it.*

# Rugby Programme

## In New Zealand for International Students



## Rangitoto College's Rugby Programme combines academic school study with specialist rugby coaching.

The programme is open to students aged 13-18, who are both passionate about rugby and have some experience of playing the game. To join the rugby programme, students must enrol at Rangitoto College as an international student.

Rangitoto College is a state co-educational high school located on the beautiful North Shore of Auckland, New Zealand. Our international students stay in carefully chosen homestays near the school, beaches, Albany Westfield Shopping Centre and North Shore's QBE Stadium.

Rangitoto has a culture in which excellence is encouraged, expected and celebrated, enabling us to provide a world-class educational experience for international students. Our students have the chance to participate in a wide range of extra-curricular activities, including 50 different music groups, 40 different sports and our Rugby Programme for International Students.



**Rangitoto**  
College

### Rangitoto College

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# Rugby at Rangitoto College

Rugby is New Zealand's favourite sport and one of the most important sports at Rangitoto College. We have excellent sports facilities, including five playing fields, three indoor gyms, a floodlit training surface for evening training, and a fitness centre for our top athletes.

Our Rugby Programme for International Students combines academic school study with specialist rugby coaching, providing students with the opportunity to reach their full potential both academically and physically. We aim to develop young rugby players the Kiwi way - by getting the basics done right, playing with your mates and being immersed in the Kiwi rugby culture. Our International Rugby Programme is based on the specialised coaching methods used by the All Blacks, Auckland Blues and North Harbour, and it is the best way to quickly improve your rugby game. We support students with a lot of individual attention and can accept between 6 and 15 students per year.

We strongly feel that rugby is about teamwork and respecting your mates. Not only do we want you to be a good rugby player, but we aim to develop well-rounded young men and women who will make a difference in the world. Culture and respect are an important part of the game and every student will learn to do the Rangitoto College haka (Maori ceremonial war dance) as part of their programme.



## Programme Details

### Term 1 - Pre-season (February - April)

Joining the programme in February means you can take advantage of the pre-season training sessions, play pre-season games (7 a side, 10 a side and 15 a side matches) and take part in the team trials. You will also be able to attend a Blues game in term 1.

We begin with initial testing and then do two hours of specialised training per week - one block of strength and conditioning (fitness) and one rugby class (fundamental skills).

**During pre-season, the Rangitoto College International Rugby Programme includes:**

- One strength and conditioning (fitness) training per week
- One rugby class (fundamental skills) per week - in rugby class, we play conditioning games such as modified touch rugby and modified 7s to improve skills
- Attending a professional Super XV Rugby game

### Term 2 - Rugby Season (April - July)

Terms 2 and 3 are when our interschool competition games are played.

**During the rugby season, the Rangitoto College International Rugby Programme includes:**

- One strength and conditioning (fitness) training per week
- One rugby class (fundamental skills) per week
- Two after school team trainings per week with the team you have been selected for
- A Saturday game with your team
- Attending a professional Super XV Rugby game

*Please note that due to the Auckland College Sport bylaws, new students to the school must complete a six week stand down to play in the top team (1st XV) and students aiming to play in 1st XV must take into account the six week stand down. During this time they can play in the 2nd XV as there is no stand down period for other teams.*

### Term 3 - Rugby Season (July & August)

Students who wish to join term 3 of the Rangitoto College International Rugby Programme, must have participated in the programme during term 2.

**In term 3 the Programme only runs for four weeks and includes:**

- One strength and conditioning (fitness) training per week
- One rugby class (fundamental skills) per week
- Two after school team trainings per week with the team you have been selected for
- A Saturday game with your team

*It has been really amazing for me to play here, where the level of this sport is the highest worldwide.*

**Leonardo, Italy**

*I discovered and fell in love with the sport of rugby.*

**Sophie, Germany**

