

Cronulla High School

Rugby League Excellence Program

2025

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Rationale

The Cronulla High School Rugby League Excellence Program is a new initiative that was introduced in 2024. We offer a unique opportunity to combine academic studies with training at school. Students are given specialised coaching in all aspects of Rugby League. Primarily we want to teach the students to become good people first, good players second.

The vision for the program is to give all students involved the opportunity to gain a more holistic view of Rugby League. Whilst the on field component is traditionally the primary focus for Rugby League players, we believe that we will be able to provide an extensive range of resources including education on off field processes to develop our players in to successful athletes long term.

In the past we have lost students to other schools with programs similar to this one. Those students moving has the potential to have a significant negative impact on their mental and social well-being. We want to provide those students and others the opportunity to succeed in an environment where they will feel most comfortable and do not need to sacrifice important relationships they have created, which can occur during a vital period of their lives. A career in Rugby League is going to demand enough sacrifices without these students having to leave a place where they have found and created stability.

We want to create long term success for each individual whether it be in Rugby League or any other endeavours the students selected may have. The skills and education they will develop in this program will hopefully help to establish that.

Selection Process

To be eligible for a position in the Rugby League Program, athletes must meet the criteria below:

- Students currently in Years 7-12 enrolled at Cronulla High School.
- Registered within the CSJRL
- If not registered within the CSJRL, registration details of current club/association/district must be provided and will be assessed case by case by Program Manager
- The nomination form must be endorsed by your club coach.
- *A copy of most recent school report (new students only)*

Cronulla High Schools Rugby League Program is available to year 7 - 12 students. Each year, interested students are asked to complete the application form.

The CHS Rugby League Program selection panel (School Principal, School Deputy Principal and Program Manager) will assess each applicant on their ability, performance, and potential as well as their personal attributes such as attitude, behaviour and coachability.

Suitable Cronulla High School students will be invited to take up a position in the program. There will be 24 places in the program available. The squad will be finalised in November annually for the following year.



Program Structure

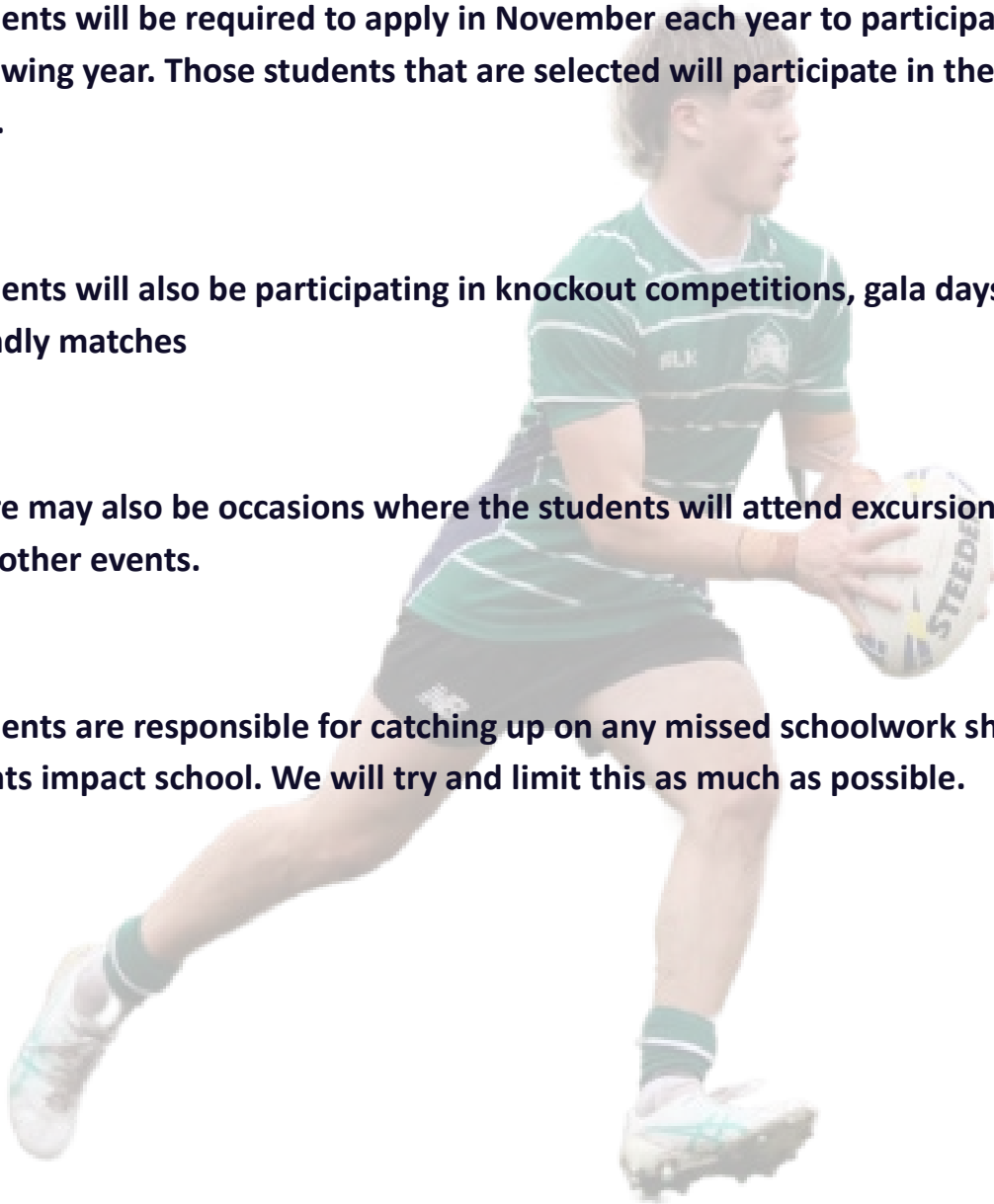
The Excellence Program will primarily run on Tuesday Mornings 7:30am-8:30am and Thursday Afternoons 12:30pm-2:30pm. Selection in this program will replace Thursday afternoon sport. This will be the opportunity for students to work on all areas of their game, on and off the field.

Students will be required to apply in November each year to participate in the following year. Those students that are selected will participate in the program all year.

Students will also be participating in knockout competitions, gala days and other friendly matches

There may also be occasions where the students will attend excursions, workshops and other events.

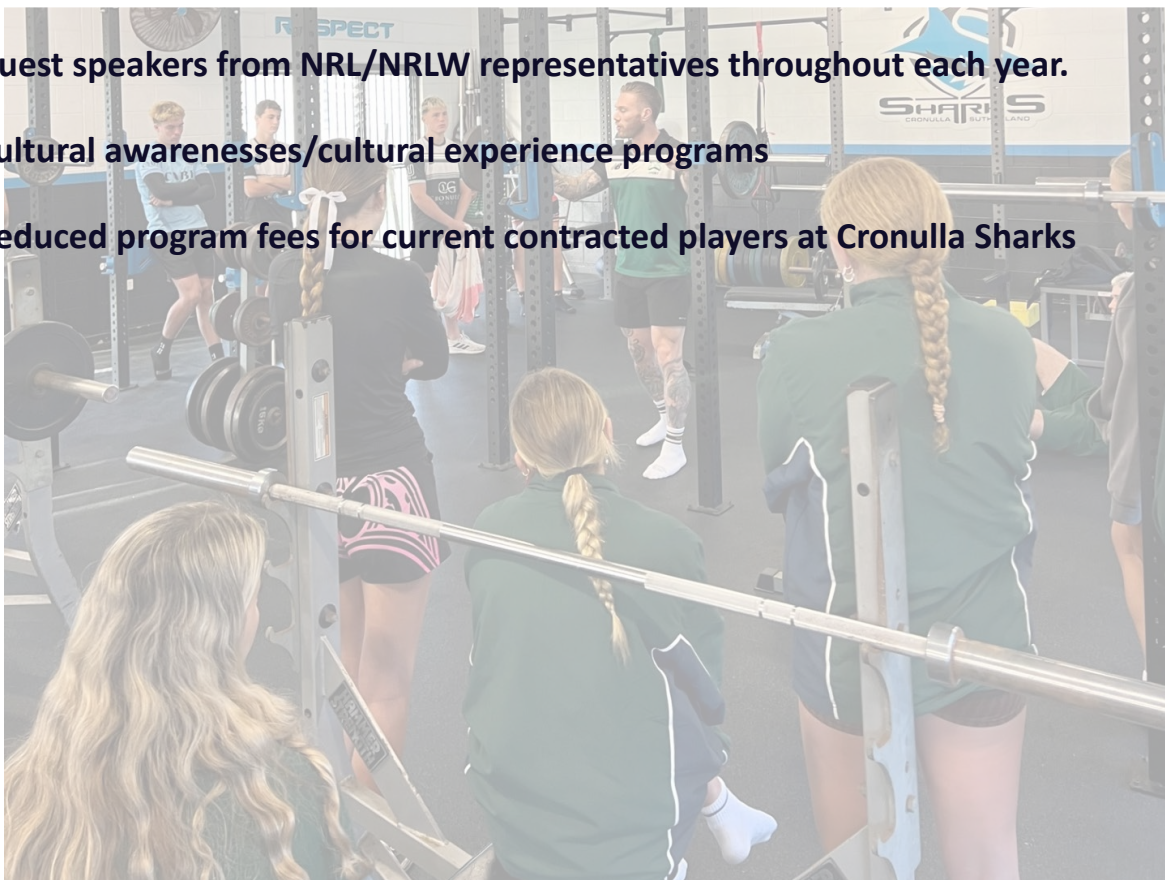
Students are responsible for catching up on any missed schoolwork should these events impact school. We will try and limit this as much as possible.



Program Benefits

In addition to regular training sessions, both physical and theoretical, athletes will have access to the following:

- Video Analysis and Skill Development
- Strength and Conditioning
- Specialised Performance and Fitness Testing
- Instructing correct techniques - Gym/Field/Contact
- Nutritional Guidance
- Physiotherapy Guidance
- Access to current Junior Representative Coaches/Pathway Managers
- Mental Health/Fitness seminars
- Guest speakers from NRL/NRLW representatives throughout each year.
- Cultural awarenesses/cultural experience programs
- Reduced program fees for current contracted players at Cronulla Sharks



Medical/Insurance

Medical

All participants of the program will be taken through a physical pre-screening process prior to commencing any physical training run during the program.

This pre-screening process will also allow students access to the gym facilities located at the back of the school and additional training facilities run within the program.

It is the students' responsibility to inform the program manager of any injuries prior to commencing any session. These will be managed accordingly.

Insurance

In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education for students in relation to school sporting activities, physical education lessons or any other school activity. The Department's public liability cover is fault-based and limited to breaches by the Department of its duty of care to students that may result in claims for compensation.

Parents/Carers are advised to assess the level and extent of their child/ward's involvement in the sport program offered by the school, school sport zone, region and state school sport Associations when deciding whether additional insurance cover is required prior to their child/ward's involvement in the program. Personal accident insurance cover is available through normal retail outlets.

Parents/Carers who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements, as considered appropriate.

Fees

There are fees associated with the program.

Each student will be required to pay annual fee of \$500.00 per player.

This cost will assist with covering the following costs:

- Training Gear Pack - (any misplaced gear will come at an additional cost to the individual)
- External coaches
- External presenters
- Competition fees

Once selection is confirmed by the end of November each year, fees are due to be paid before the next school year begins. In the case of 2024, payments will be due by the end of Term 2.



Student Expectations

- Students are expected to always follow and comply with all Cronulla High School rules and procedures.
- Students are expected to maintain attendance record in line with the Cronulla High School expectations of 85% or above.
- Students are expected to be respectful and well-mannered to all members of staff, peers, and guests at ALL times.
- Students are expected to complete all schoolwork to the best of their ability. This includes catching up on any missed schoolwork due to games and/or events.
- Students are expected to maintain a high uniform standard, this includes full school uniform, full sports uniform (including PDHPE lessons) and full Excellence Program training gear to all sessions and activities.
- Students will attend allocated sessions.

If students selected in the Excellence Program and do not uphold these expectations the Principal and Program Manager have the right to revise the students place in the program, which could lead to removal from the program.



Current Partnerships/Sponsorships

A huge thanks to all the following businesses and organisations that help support this program:

Rugby League Club Affiliations

- Cronulla Sharks – NRL/NRLW
- Cronulla Caringbah JRLFC
- De La Salle Caringbah JRLFC
- Kurnell Stingrays JRLFC

Partners and Sponsors

- Aussie - Cronulla
- BAM Constructions
- Century Customs and Freight
- CJ Signs
- Endeavour Wellness
- Gotcha4Life
- Kingsway Barber
- MattBlak Property
- Pro Image Electrical
- Realign Performance
- Reborn Athletic Hub
- Southside Physiotherapy
- Struddys Sportswear
- TL Buliding Pty Ltd
- Tynan Motors
- Underground Civil Supplies

