



## HURRICANES UNDER 17 REGIONAL CAMP

SUNDAY DECEMBER 13TH 2015; HURRICANES TRAINING BASE WELLINGTON

Session	TOPIC – <b>Players</b>	TOPIC - <b>Parents</b>
<b>11.00am</b> <b>Chris Stirling &amp; Darren Larsen</b> To Greet and Direct	Players and Parents Arrive / Morning Tea in the Team Room upstairs at the Training Base <b>Players complete %getting to know you form+ Receive Handouts</b>	
<b>11.30am</b> <b>Chris Stirling</b> Hurricanes General Manager of High Performance <b>Matt Sexton</b> NZRU High Performance, T.I.D	<b>Welcome Introduction</b> <b>‘The Way Forward’</b> What it takes to be a professional player. The pathway to being a Hurricane Q & A	
<b>12noon</b> <b>Steve Symonds</b> Hurricanes PDM	<b>Professional Development</b> Life balance / Personal/Leadership pillar Young Professional player to present Q & A	
<b>12.45 pm LUNCH</b>		
<b>1.15pm</b> <b>Gordon Noble-Campbell</b> Chairman Hurricanes Youth Council		
<b>1.30pm</b>	<b>Nutrition</b> , Karen Moore Team Room Upstairs	<b>Mental Skills</b> , Wanda Douglas Player Changing Room Downstairs
<b>2.30pm</b>	<b>Mental Skills Education</b> , Wanda Douglas Players Changing Room Downstairs	<b>Physical Preparation</b> David Wildash Team Room / Players Gym Downstairs
<b>3.30 pm Afternoon Tea</b>		
<b>4.00pm</b>	<b>Physical Preparation</b> David Wildash 40minutes Theory Change Room and 40 minutes Practical inside Gym	<b>Nutrition</b> , Karen Moore Team Room Upstairs <b>5pm Q &amp; A</b> with Chris Stirling and Darren Larsen
<b>5.30pm</b> <b>Chris Stirling</b>	<b>Wrap up and depart in the Team Room Upstairs</b>	

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## RESOURCE DELIVERABLES

### Mental Skills Deliverables

Session with **Players**:

- Give overview of the 6 pillars, explaining how they interact
- Show some video to excite them as to the power of the mind and the part it plays in optimal performance
- Show the pyramid with Character at the bottom, then Success Characteristics, then Performance Psych Skills at the top
- Give overview of each of the parts of the pyramid, giving some detail so they understand how it works
- Show some video from a top player as to the importance of the mind in elite rugby

Session with **Parents**:

- Give overview of the 6 pillars, explaining how they interact
- Show some video to show them the power of the mind and the part it plays in optimal performance
- Show the pyramid with Character at the bottom, then Success Characteristics, then Performance Psych Skills at the top
- Give overview of each of the parts of the pyramid, giving some detail so they understand how it works
- Show some video from a top player as to the importance of the mind in elite rugby
- Give them some pointers on the part that parents can play in supporting their rugby playing child . some % of and donds+

### Physical Preparation Deliverables

Session with **Players**: (40minutes inside). Lead by David Wildash

- Train to trainq Learn how to train
- Understanding physical preparedness to the demands of a game and building tolerance to weekly training and playing load
- Emphasis importance of building a foundation through a balanced program in **all** areas.
- Discuss load management especially high playing load within schools program
- Simple recovery strategies
- Reducing injury risk/Managing injuries/Return to play
- May want to provide some take home resource/info such as warm up/down, flexibility

(40 Minutes Gym) Taken by S & C Staff. Lead by Dave Wildash

- 4 10minutes stations to provide some learnings in Physical aspects of the game.
- Group split into 4 groups of 10. 2 X forwards groups and 2X Backs groups

Session with **Parents**:

- Physical preparedness. Emphasis importance of building a foundation in **all** areas. Balanced program
- Discuss load management especially high playing load within School program
- Reducing injury risk/Managing injuries/Return to play

## Nutrition Deliverables

### Session with **Players**:

- Demonstrate what sound sports nutrition looks like and increase self-awareness about potential work on they are confident they can execute.
- Drive self responsible/accountable player behaviour around nutrition habits
- Cover big rocks of:
  - Breakfast
  - Food volume & organisation, emphasise snacks
  - Fuelling & Recovery
  - Hydration
  - Dinner design
- Make practical and interactive eg a day in the life of Ritchie type food display & show them what a poor day looks like

\*Note - No body composition assessment required in Under 17 program. This can be picked up at Under 18 level

### Session with **Parents**:

- Present detail to the parents on what the boys are being taught.
- Demonstration of what typical traps and habits players of their son's ages struggle with. How these are transformed by over writing the food plan with a sports nutrition food plan, one that will keep them growing, healthy and performing.
- Key take home messages of breakfast, food volume, snacks, organised eating pattern, recovery, dinner design, big rock foods that we want players eating more of and Mum and Dad facilitating if possible, including low fat dairy, fruit, vege, wholegrain breads and cereals, nuts, beans and bang for buck protein foods and snack foods. A sleep msg/basic sleep hygiene tips is a good addition. Alcohol is worth mentioning.
- Q&A for parents to air their concerns and messages they want communicated to their sons.

### Lunchtime

- Can provide passive nutrition education, e.g. build a plate for a mate's posters on meal construction, milk msg, plate models, nutritionist feedback on plate model etc.