



# **RAPTORS PLAYERS**

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# **INDUCTION MANUAL**

# **2024**

# PARTNERS 2024.”



**KANGAROO VALLEY  
ADVENTURE COMPANY**

**FDC**

**Made personal™**

**YOUR  
ORGANISATION  
COULD BE HERE.  
TALK TO OUR TEAM**



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# Welcome Message



Welcome, we are thrilled to have you join us for a day dedicated for you to learn more about the Australian Raptors Rugby Academy.

Our expo day is designed to provide a comprehensive and engaging experience for you to participate in a variety of workshops and engage with industry experts in strength and conditioning, mental growth, nutrition, pre-and post-recovery, and professional development. Take advantage of this unique opportunity to discuss all things rugby with industry experts and gain valuable insights to enhance your game. Our goal is to provide you with the tools and knowledge to succeed both on and off the field.

In addition to the educational workshops, we encourage you to explore the display stalls of our various providers showcasing their latest products and services. Whether you are a seasoned player or just starting out, there is something for everyone to learn and enjoy.

We are excited to share this day with you and look forward to seeing the positive impact it will have on our rugby community. Thank you for being a part of the Australian Raptors Rugby Expo 2024!

Dion Miller  
Director of Events and Community Programs



# Raptors Rugby Expo 2024 Schedule

Start	Finish	GROUP 1		GROUP 2		GROUP 3		
		U14's Boys	U15's Mens	U16's Mens	U17's Mens	U14s Girls	U16's Womens	U18's Womens
09:00	09:30	DOORS OPEN						
09:30	10:00	Induction and Cultural Behaviour Workshop (All players & parents)						
10:00	10:30	AREA 1 Physical Testing	AREA 1 Physical Testing	AREA 2 Uniform Fitting and Player Photos	AREA 2 Uniform Fitting and Player Photos	AREA 3 Lecture Room Women In Rugby	AREA 3 Lecture Room Women In Rugby	AREA 3 Lecture Room Women In Rugby
10:30	11:00			AREA 7 USA Tour Briefing	AREA 3 Lecture Room Japan Tour Briefing	AREA 5 Gym Strength & Conditioning	AREA 5 Gym Strength & Conditioning	AREA 5 Gym Strength & Conditioning
11:00	11:30				AREA 3 Lecture Room Japan Tour Briefing	AREA 5 Gym Strength & Conditioning	AREA 5 Gym Strength & Conditioning	
11:30	12:00	Lunch - Please bring your lunch or Cafe on campus open 8am-2pm						
12:00	12:30	Mental Health and Wellbeing Discussion - All players and parents						
12:30	1:00pm	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting	AREA 1 Physical Testing	AREA 1 Physical Testing	AREA 2 Uniform Fitting and Player Photos	AREA 2 Uniform Fitting and Player Photos	AREA 2 Uniform Fitting and Player Photos
1:00	1:30					AREA 3 Lecture Room Japan Tour Briefing	AREA 7 Spain Tour Briefing	AREA 3 Lecture Room Japan Tour Briefing
1:30	2:00	AREA 5 Gym Strength & Conditioning	AREA 5 Gym Strength & Conditioning			AREA 2 Uniform Fitting and Player Photos	AREA 2 Uniform Fitting and Player Photos	AREA 1 Physical Testing
2:00	2:30	AREA 2 Uniform Fitting and Player Photos	AREA 2 Uniform Fitting and Player Photos	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting	AREA 1 Physical Testing	AREA 1 Physical Testing	AREA 1 Physical Testing
2:30	3:00							
3:00	3:30	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting			
3:30	4:00					AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting	AREA 4 Player Plans and Goal Setting
4:00	4:30							
4:30	5:00	EVENT PACK UP						

# Raptors Values



## Resilience

We cultivate resilience, teaching our players to face challenges with determination and authenticity, both in the world of rugby and in life.



## Empowerment

We empower our outh players by providing them with the tools and opportunities to take charge of their personal development, leadership skills, and future aspirations.



## Balance

We value a balanced approach to life, promoting the importance of physical, mental, and emotional well-being. Our goal is to develop individuals who are not only successful in rugby but also lead fulfilling lives



## Inclusivity

We celebrate diversity and embrace inclusivity, recognising that our own strength lies in the unique backgrounds, perspectives, and talents each individual brings to the family.



## Community

Promote engaging activities and encourages active participation within the community, fostering a sense of belonging and unity among players and supporters alike.

# Raptors Values



## Integrity

We uphold the highest standards of honesty and ethical conduct, fostering a culture where integrity is the bedrock of our actions both on and off the field.



## Cultural Respect

We instill a deep respect for diverse cultures, promoting understanding and appreciation as players embark on international tours, creating a global rugby community.



## Lifelong Learning

We foster a culture of continuous learning, recognising that personal development is an ongoing journey. Our players are encouraged to seek knowledge and skills that extend beyond their rugby careers



## Teamwork

We embrace the power of teamwork fostering a collaborative spirit where every player contributes to the success of the team and understands the value of collective effort.



## Excellence

We strive for excellence in every aspect, encouraging our players to continuously improve and reach their full potential, both as athletes and as individuals.

# Players Expectations



Welcome to all new and returning players of the Australian Raptors Rugby Academy! We're excited to have you with us for an amazing time of rugby. As a player with the Australian Raptors Rugby Academy, it's important to represent yourself and the Academy with integrity, both on and off the field.

Play rugby for the fun of it and your personal growth. Give your best effort to win within the rules, support your teammates, and put the team first. Make sure to honour your commitment to the team by attending all events including training throughout the program. Treat everyone with respect, avoid bullying or taking unfair advantage, and always play by the rules. If you have any issues, let your coach or manager know. Remember, good sportsmanship means cooperating with coaches, teammates, and opponents, and never undermining coaching decisions.

Enjoy being part of the Australian Raptors Rugby Academy, win gracefully, and lose with dignity. Always thank your opponents and officials after games and training. Follow the rules set by Rugby Australia and World Rugby, and always wear the Raptors uniform with pride. Be on time for all training sessions and games, and let your manager or coach know if you can't make it. Help out with equipment and respect everyone's rights and dignity, no matter their background. If you need help or are unsure about anything, just ask your team manager. Together, we will make this a great experience for you!





# Code of Conduct

## Standards and Expectations:

The code of conduct set the expected behavioural standards for being a part of the ARRA. It ensures all parties are protected from danger, discrimination and are guaranteed equality when participating in Australian Raptors Rugby Academy's programs and tours.

### Communication



- Open
- Respectful,
- Professional

### Attitude



- Behaviour
- Effort
- Positive

### Representation



- Be proud
- Do your best
- Be punctual
- Dress Code

### Commitment



- Honour
- Dedication

### Performance



- Training
- Growth
- Recovery and Injury Management

# Travel Tips

When travelling overseas as a Rugby team it is important that you keep yourself and your team mates safe. Below are some things you can do to ensure you have an enjoyable experience.



## Passport Secure

- Keep in the secure travel pouch
- Hang travel pouch around your neck,
- Do not keep passport in your pocket
- When not in use keep with main luggage in a secure pocket closed



## Travel in a Group

- Do not walk off or wander off by yourself
- Always travel in a group of more than 2 people
- Communicate where you are going if breaking away from the main group



## Phone Secure

- Keep your phone secure
- Always charge your phone
- Have credit and/or mobile coverage for emergencies



## Report any issues

- Report anything suspicious
- Communicate any health issues, allergies or injuries to the management team
- Report any incidents



## Know Important Information

- Remember your hotel name of where you are staying
- Remember the contact details of your manager
- Have your agenda/itinerary printed out and in your back pack
- Dress Code



# Player Uniform Form



**Please consider how much growth will occur prior to receiving your uniform in November. You may need to order a bigger size**

# International Tours

Our International tours include Japan, England, Ireland, Scotland, USA and Spain. National Tours are also on the horizon for the Australian Raptors Rugby Academy.



**U14's Girls**  
**Japan**

**U16's Girls**  
**Spain**

**U18's Girls**  
**Japan**

**U14's Boys**  
**Japan**

**U15's Boys**  
**Ireland/  
Scotland  
/UK**

**U16's Boys**  
**USA**

**U17's Boys**  
**Japan**





# Goal Setting

## Introduction

Setting goals is crucial for success in rugby and beyond. Using the SMART criteria helps you create clear, actionable goals that are more likely to be achieved.

What Are SMART Goals?

SMART is an acronym that stands for:

**S – Specific**

**M – Measurable**

**A – Achievable**

**R – Relevant**

**T – Time-bound**





# Goal Setting



## Specific

Question: What exactly do you want to achieve?

Example: "I want to improve my tackling skills."

## Measurable

Question: How will you know when you've achieved it?

Example: "I will track the number of successful tackles in each game and aim to increase by 20% over the next 2 months."

## Achievable

Question: Is your goal realistic?

Example: "With 3 extra practice sessions per week focused on tackling, this goal is achievable."

## Relevant

Question: Does this goal matter to you and your overall rugby aspirations?

Example: "Improving my tackling will make me a better defender and help my team succeed."

## Time-bound

Question: When do you want to achieve this goal?

Example: "I will achieve this goal within the next 2 months."

## Putting It All Together Example of a SMART Goal:

Specific: Improve my tackling skills.

Measurable: Increase the number of successful tackles by 20%.

Achievable: With 3 extra practice sessions per week.

Relevant: Enhances my defensive abilities and helps the team.

Time-bound: Achieve this in 2 months



# Develop Player Plan



**"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."**



# Health

Preparation is an essential part of high performance sport. It ensures you have the best chance to stay injury free, train consistently and be ready for the next opportunity to play.

Following some simple guidelines in nutrition, injury prevention and management, together with game day prep and recovery, will mean you will be in the best shape to maximise your athletic performance.

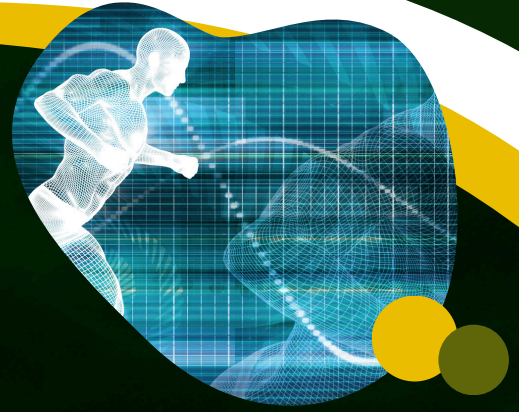
***“Luck is what happens when preparation meets opportunity”***





# Strength and Conditioning

For All Ages



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout Circuit style Repeat x 3	<b>REST</b>	Workout Circuit style Repeat x 3	<b>REST</b>	Light Workout Circuit style Repeat x 2	<b>GAME DAY</b>	<b>REST</b>
Pull-ups (TRX) 10-15 reps		Pull-ups (TRX) 10-15 reps		Pull-ups (TRX) 10-15 reps		
Pushups 10-15 reps		Pushups 10-15 reps		Pushups 10-15 reps		
Plank Go till fatigued		Plank Go till fatigued		Plank Go till fatigued		
Standing Squats 10-15 reps		Standing Squats 10-15 reps		Standing Squats 10-15 reps		
Ab Crunches Go till fatigued		Ab Crunches Go till fatigued		Ab Crunches Go till fatigued		

All exercises to be completed using body weight or TRX equipment  
 Complete the workout in a circuit style to reduce time wastage  
 Repetition speed should be on a 2/2 count.

# Strength and Conditioning

For Ages 16,17,18



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout Circuit style Repeat x 3	<b>REST</b>	Workout Circuit style Repeat x 3	<b>REST</b>	Light Workout Circuit style Repeat x 2	<b>GAME DAY</b>	<b>REST</b>
Squats 12-15 reps		Squats 12-15 reps		Squats 12-15 reps		
Bench press (Chest Press if dumbbells) 12-15 reps		Bench press (Chest Press if dumbbells) 12-15 reps		Bench press (Chest Press if dumbbells) 12-15 reps		
Plank Go till fatigued		Plank Go till fatigued		Plank Go till fatigued		
Pulldowns (Bentover Row if dumbbells ) 12-15 reps		Pulldowns (Bentover Row if dumbbells ) 12-15 reps		Pulldowns (Bentover Row if dumbbells ) 12-15 reps		
Crunches Go till fatigued		Crunches Go till fatigued		Crunches Go till fatigued		
Shoulder Press 12-15 reps		Shoulder Press 12-15 reps		Shoulder Press 12-15 reps		

Once 15 repetitions are performed comfortably for the first rotation, it is time to increase the weight.

Complete the workout in a circuit style to reduce time wastage

Lifting speed should be on a 2/2 count.



# Injury Prevention”

## **PRE-SEASON**

Athletes that complete a full pre-season are less likely to be injured. Fitter, stronger athletes are able to maintain higher levels of performance and less likely to sustain soft tissue or overuse injuries. Sudden increases in loads should be avoided during pre-season as the body adapts. Increases in both volume and intensity must be planned and gradual - with rest, recovery and sleep also made a priority.

## **SLEEP**

You are 1.7 times more likely to be injured if you regularly have less than 7 hours of sleep. A lack of good quality sleep in adolescents has been shown to increase the risk of injury

## **HYDRATION**

Being dehydrated slows the process of repairing and building bigger muscles. This impairs recovery and in turn increases your chances of injury.



# Injury Prevention”

## **INJURY PREVENTION PROGRAMS**

Programs that include the Nordic Hamstring Exercise, reduce hamstring injuries by up to 51%. PEP (Prevent Injury and Enhance Performance) programs reduce the risk of anterior cruciate ligament (ACL) injuries - particularly in sports that involve cutting, jumping and pivoting movements. Female athletes who are at a greater risk, can reduce that risk by 50%

## **POSITION SPECIFIC PREPARATION**

Injury prevention programs should target areas most vulnerable to injury. U20's elite rugby statistics show most injuries are in the lower limb. Forwards are most vulnerable in the shoulder, head/face and knee. Backs most injured areas are the ankle, shoulder and hamstring. Of all skills, correct tackle technique is an essential skill to prevent injury in rugby union. The tackle contributes to the most injuries in rugby union.



# Injury Management

*Correct injury management significantly reduces the time to return to sport. Injury management starts immediately after injury.*

## Immediate Injury Management = P E A C E

**P**rotect the injury by minimising aggravating movement until you get your injury assessed. Rest should be limited with prolonged rest can affect tissue healing.

**E**levate the injured area (ankle, knee or hand) to help limit the swelling.

**A**nti-inflammatory medications such as Voltaren Rapid or Ibuprofen are used to reduce pain and inflammation. Do not use with concussion or soft tissue injury (muscle strain or ligament injury) as it may increase the swelling and reduce the quality of healing. Use when recommended by a medical professional.

**C**ompress the injured area with a compression garment (tight skins or tubigrip), a bandage or stretch tape.

**E**ducate yourself as soon as possible by seeing a Sports & Exercise Physiotherapist to find out what you can do to accelerate your rehabilitation. Establish objective goals to achieve before returning to training.



# Injury Management

## What To Avoid In The Acute Stages = NO HARM

- H**eat will encourage blood flow to the injured area. Avoid hot baths, showers or hot packs
- A**lcohol will increase bleeding in the injured tissue and inhibit healing.
- R**unning. Limit exercise or activities that may cause more damage in the first 3 days.
- M**assage increases blood flow to the injured area and may increase swelling and bleeding, delaying healing.

**ICING YOUR INJURY**  
Ice can be used for pain relief after an injury.



# Injury Management

*Starting rehabilitation 2 days after injury rather than waiting 9 days, shortened return to sport by 3 weeks without any significant increase in the risk of reinjury.*

*(Bayer et al., 2017).*

## Active Rehabilitation

Rehab Plan = Player + Physio + Coaching Staff.

### Load the tissues safely - and early.

- Mobilisation, safe exercise and loading tissues early improves joint function, tissue repair and limits muscle wasting.

### Build strength, capacity (endurance) and power activities.

- Increase volume, load and intensity in rehabilitation.

### Progress to including modified fitness activities.

- include appropriate fitness (cardiovascular) activities.
- swim, pool walk, deep water run, Alter-G treadmill, bike, grinder.

### Return to modified training - no contact

- include controlled skills & drills, can be taped or braced.

### Training - controlled contact progress skills.

### Full training - including all skills, contact and uncontrolled play.

### Return to play.



# Recovery”

## HYDROTHERAPY

Complete straight after game and the next day. The most common forms of water immersion are:

- **Cold water immersion** - Temperatures of 10 to 15°C for 14 to 15 minutes
- **Contrast water therapy** - Alternating hot:cold water for 14 to 15 minutes e.g. 1 minute hot and 1minute cold x 7 repetitions.

## SLEEP

The most important recovery tool, physically and mentally. Strategies to maximise quality and quantity of sleep include:

- bedroom: should be cool, dark and quiet.
- eye masks and ear plugs can be useful, especially during travel
- routine: go to bed at the same time each night where possible + wake up at the same time
- electronics: avoid watching television, using the computer and watching the clock in bed
- caffeine: avoid caffeinated products (coke, coffee) 4 to 5 hours prior to sleep
- hydration: do not drink a lot just prior to bed - your sleep may be interrupted to go to the bathroom
- napping: should be less than 1 hour and not too close to bedtime as it may interfere with sleep





# Recovery”

## ACTIVE RECOVERY

By increasing blood flow in the working muscles, active recovery helps clear the lactate and waste products produced during sport. Can complete the day after competition.

- low intensity cycling or jogging
- deep water jogging
- swimming

## MASSAGE

This is an effective method for reducing muscle soreness and feeling fatigued.

- **Sports Massage** - with a Massage Therapist or Physiotherapist
- **Self Massage** - to areas such as feet, quads and calves
- **Roll and Trigger** - using a roller or a trigger ball

## COMPRESSION

Lower body tights help remove swelling and support circulation through compression - in turn helping remove inflammatory material post exercise and in turn reducing muscle soreness.

- Post-Game - worn straight after cold water immersion (ice bath) and/or contrast shower.
- Travel - worn during long periods of travel.
- Days Post Game

## STRETCHING

Although there is insufficient research to support stretching as an effective method to reduce muscle soreness and fatigue, it is effective in maintaining joint range and flexibility. Ways to preventing injury by improving flexibility and control include Pilates & Yoga



# Nutrition

## ENERGY

Young athletes have very high energy requirements. It is important to make sure that you have multiple serves of quality carbohydrates throughout the day. Key food groups that contain carbohydrates are:

### **Cereals and Grains:**

Wholegrain bread, cereals, rolled oats, pasta, brown rice, quinoa, wraps and bread rolls

**Dairy:** Plain yoghurt, milks and cheeses

**Fruit:** Fresh or frozen fruit.

## PROTEIN

Protein is important in the diet to optimise growth and development as well as ensuring adequate recovery post games. Food groups that contain protein include:

Food groups that contain protein include:

**Meat and Fish:** Aim for lean meats where possible.

**Dairy:** Plain yoghurt, milks and cheeses

**Legumes, eggs, nuts and seeds:** Great snack to have and can be added to yoghurts or salads to increase protein.

## STRONG BONES

At this age is crucial that you are consuming adequate amounts of dairy. To build bone strength and reduce risk of fractures.

Teenagers should be aiming for somewhere between 2.5-3.5 serves of dairy each day. Examples of how to get dairy into your diet:

- Smoothies
- Yoghurt
- Milk and Cereal
- Cheese and Biscuits
- Cheese on a sandwich



# Nutrition

## IMMUNITY

Build good habits by encouraging regular consumption of fruits and vegetables. No one likes getting sick... ensuring adequate consumption of fruits and vegetables especially during winter, can help protect against illness.

How can you sneak them in?

- Mix with other foods
- Have as snacks
- Use in baking
- Cut smaller

Fruits and vegetables also enable you to unlock energy and protein from other foods you eat.

## HYDRATION

Hydration is very important for performance. Getting into the habit of drinking fluid regularly can help develop good skills in staying hydrated throughout their sporting career.

**Sports Drinks:** Are not essential for performance. You may use some sort of sports drink on very hot days or if you are exercising >90mins, however half of the drink would be more than enough. There are other options such as Hydralyte or other electrolyte replacements.



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# Game Day Nutrition

## 2 - 3 HOURS BEFORE YOU PLAY

**GOAL:** A Standard Meal that contains a source of Carbohydrate + Protein

Ensure your fluid intake remains high during the game

- Wrap or sandwich with chicken and salad
- Bowl of muesli with yoghurt and berries
- Sushi
- Chicken stir-fry with rice, noodles or quinoa

## 30-60 MINS BEFORE YOU PLAY

**TOP UP =** Carbohydrates to fuel or the game.

This should be simple carbs and easy to digest.

- Pretzels
- Dried and/or Fresh fruit
- Peanut butter on rice cakes
- Toast with Vegemite
- Pikelets with honey or jam



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# Recovery Nutrition

## The 4 - R's

### REPAIR WITH PROTEIN

**WHY?** Muscle repair starts with protein intake.

- Essential to have a protein source within 60 mins of finishing your game
- Aim for 3-4 "Hits" of protein over the following 24 hour period

### REFUEL WITH CARBS

**WHY?** Replenish Glycogen stores and provide your body with fuel to repair muscle tissue.

- Essential to replace quality carbohydrates that were used during the game.
- Have at least 3 doses over the following 24 hour period.

### REHYDRATE WITH FLUIDS

**WHY?** Your body is 70% water and will more effectively recover when hydrated

- Rehydrate ASAP. Aim for 1.5 x body weight lost in the game OR roughly 1-2L depending on how much you sweat
- Hydralyte may be helpful over the following 24 hours

### REST

**WHY?** Sleep is when your body does majority of its recovery

- Aim to get a good night sleep of at least 8 hours the night after a game
- Follow tips outlines in the prior information

# Acknowledgements



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

**University of  
Wollongong**



**Symmetry  
Sports**



**The Sports  
Physio Clinic**



**AXS 2 Sales  
and Marketing**



**Kangaroo  
Valley  
Adventure  
Camp**



**Noella Green**



**ISC Uniforms**



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