

Education and Pathway

Education

Rugby League provides young elite athletes with an abundance of opportunities on the field. However, it is just as important for these players to pursue education or vocational careers off the field.

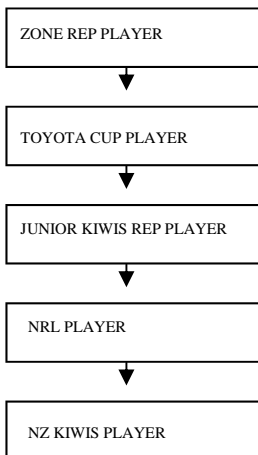
The Toyota Cup NYC competition offers incentives and initiatives for players to have a opportunity to pursue further education outside of football.

The Toyota Cup has set out guidelines to ensure players have time to attend educational courses - these are included as non mandated training hours which highlights that players are not eligible to train between the hours of 8.00am and 5.00pm Monday to Friday. Clubs must allow for a 9 hour block where players will not be permitted to train.

Each club is required to have a officer that will be responsible for the welfare and education for both the NRL and Toyota Cup squads.

Pathway

This pathway highlights progression that a young elite rugby league player may take in order to achieve higher honours.



Training and Nutrition

Nutrition—The Right Foods:

A good amount of carbohydrates for energy such as: Breakfast Cereals, Bread, Pasta, Rice, Potatoes and Fruit (apples & bananas). Moderate amounts of protein to build, maintain and repair muscles such as: Lean red meat (not too much fat) chicken & fish, nuts & beans



Game Day Foods - Eat a carbohydrate rich meal and drink plenty of fluids in the 24 hours before the game.

Day of the game - Have your last meal 3 – 4 hours before the game (e.g cereal and toast, pasta and tomato sauce), and a light snack 2 hours before the game (e.g. banana, roll and sports drink). Practice eating this meal before heavy training to

work out what works best for you—don't experiment on game day.

Training:

Aerobic Fitness—Build base fitness early through jogging, gradual hill climbs, and long distance interval training with increased demand over time.

Muscle and Strength—Using weights outside of team training sessions is a players responsibility and a must for any player to reach their potential and compete on the field.

Agility, Speed and Power—Be specific in how you develop this area. Your sessions should include short sprints, change of direction and angle, leg drive into and through the tackle. Focus on sprint distances of 10 to 40 metres.

Drugs and Alcohol: As a youthful rugby league player, at some stage you may be faced with the prospect of drugs and alcohol usage. At a time where there is increasing pressure on athletes to steer clear of drugs and alcohol, there is an abundance of resources and interventions to ensure your decisions aren't influenced by either drugs or alcohol. If you are unsure of a substance you may be taking visit www.drugfreesport.org.nz and for alcohol related instances visit www.alac.org.nz/sports.aspx

Player Managers & Agents

Do you need a manager?

Many players retain the services of an agent or manager to advise them on how to negotiate with clubs and determine the terms of a playing contract. Before signing a contract it is not necessary to have an agent . The playing fee may be minimal if this is your first contract you may be comfortable with having the contract initially checked by a Solicitor which in the end may be a cheaper alternative.

If you elect to use the services of a player agent, you may be faced with the difficult decision of deciding which agent to use. Before making that decision, you should be satisfied that you have answered the following questions:

Is the agent accredited?

The credentials of the agent can be checked by telephoning the NRL Sydney, Australia (02)9339 8500

Who else does the agent manage?

By itself, this fact may not have any relevance in determining whether an agent is satisfactory or not. However, the number of years the agent has been operating and the amount of client an agent has may be an indication.

What fee or percentage does the agent charge?

The agent may charge a fee for services provided, or there may be a percentage taken from your contracts that the agent negotiates on your behalf. You will need to know these amounts so you can compare one agent to another.

For more information on player agents or managers contact New Zealand Rugby League .

What services does the agent offer?

Agents will be available to negotiate a contract on your behalf, but other services they provide will be important in your decision. You should be aware that legal and financial advice is available and this will incur some cost.

Goal Setting

Goal setting can be a useful tool for you to use to set a direction for your rugby league career. It can be a powerful tool in motivating yourself or your peers. Setting goals for yourself, whether they are short term or long term may be the key for your success.

Write them down! Statistics show that 80% of people who set goals and write them down have a high success rate of achieving.

These goals can be listed as S.M.A.R.T goals:

S Specific

WHAT are you going to do

HOW are you going to do it

WHY is this important to you

M Measurable

If you can't measure it you can't manage it.

SET TARGETS

A Attainable

Set realistic goals that can be achieved

R Realistic

In this case means "Do-able" Set the bar high enough for a satisfying achievement

T Timely

Setting a timeframe to reach your individual goals

Weekly Monthly Yearly

The Rugby League Pledge

" I am committed to growing rugby league in New Zealand. I will do my best to improve the image of our game. I am committed to only positive behaviour on our fields and sidelines. The safety of all who participate in our game is my first priority. I will respect the traditions of our game. I will play hard and I will play fair in any role that I have, and I will always act with honour both on and off the field."

INTEGRITY - Integrity in everything we do

RESPECT - Earning and giving respect

LEADERSHIP - Leadership from the top down, will make us winners from the ground up

COURAGE - We will have the courage to think differently

PASSION - Nothing great gets accomplished without passion

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More than just a game

A GUIDE FOR YOUNG ELITE RUGBY LEAGUE PLAYERS

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