



North Harbour Rugby Key information for Youth Rugby 2023

North Harbour Youth Rugby Start dates

The North Harbour Boys Youth tackle grades will commence **Saturday the 29th of April (1A)**. The North Harbour Rugby Girls Youth tackle grades will commence **Monday 8th** and **Tuesday 9th May (TBC)**. NHR would like to align the majority of youth grades finals days, therefore, this may impact grade start dates (except 1A).

All key dates for the 2023 season can be found on the following link <https://www.harbourrugby.co.nz/youth>. When you follow the link, scroll down to the “key dates” tab.

North Harbour Schools Weigh-in window

Our weighing window will be completed from **Tuesday 28th February – Thursday 6th April**, all data collection will be done online through your given school google sheet. Please contact Jacob@harbourrugby.co.nz if you have any questions around this, would like to add staff to your given sheet, or would like to book weigh ins in.

Teacher in Charge of Rugby pre-season Workshop

Purpose is to better understand the 2023 offerings, potential new initiatives to be wary of, key dates, answer queries/questions, etc.

This will be held on **Monday 27th February** at the referee’s lounge in North Harbour Stadium, 4pm start.

Youth Developing Rugby Coaches Course

Harbour Coaches here is the first Coach Development opportunity for 2023. The New Zealand Developing Rugby Coaches Course is targeted at Youth Coaches. It is also suited to Harbour coaches that have previously attended the Foundation Coaches course (also known as the Coaching for Teenage Rugby Players).

The course covers; Principles of Attack/Defence, Coaching Attributes, Role of the Coach, Set Piece Attack, Phase Attack, Counterattack, Scrum, Lineout, Kick starts, Breakdown, Defence, and how we best measure success in our coaching.

It will run over 3 days, **Friday 24th March** 5.30 pm -8.30pm, **Saturday 25th** 9.30am - 4pm, **Sunday 26th** 9.30am - 4pm @ Harbour Sport. At the conclusion of the course coaches that seek accreditation will be asked to keep a training diary, complete a Laws test and World Rugby material on-line.

This is extremely popular course and will be limited to between 15-20 coaches.

Please contact Jacob Corbett for further details Jacob@harbourrugby.co.nz

Coach registration process

In 2023, the coach registration process will be shaped differently to previous years. All coaches must firstly register online. In the online registration process, there will be an online learning module piece. Once coaches have completed this, they will now be confirmed to coach in 2023 (*previously had to attend a course or webinar*). If coaches wish, they can also attend an online webinar and/or a practical session. This therefore means NHR's practical sessions will look different to previous years. NHR will facilitate several "coaching modules" which will act as a coaching development opportunity for our youth and senior coaches. Coaches can attend as many of these as they wish. These dates are in the Youth Key dates on our website.

'You Make the Call' – Officiating Sports Events

As well as NZR affiliated NH Rugby Referees and Associate Referees, a course is available for senior secondary students who can gain 10 Level 3 Credits for 'Carry out pre-event preparation and apply the rules of a sport while officiating sports events. Students keep a logbook of their activities relevant to match official preparation and training, refereeing at 3 Primary or Intermediate School Ripa, Rip Rugby or Tackle Festival days satisfies the practical component of the Unit, as would officiating in a range of other sports.

More information: contact North Harbour Referee Manager, Ryan Nixon at Ryan@harbourrugby.co.nz or your sports Department or Gateway co-ordinator at your secondary school.

North Harbour Rugby Rip Rugby Program

Harbour Rugby's purpose is to "Improve Lives, Through Rugby", to fulfil our strategy of Maximise Engagement and Grow Participation through quality community lead experiences. Guided by our strategy and purpose, we are working hard for Rugby to remain relevant by, creating appeal and delivering more choices through our non-contact version of rugby – Rip Rugby. Rip Rugby is a game we utilise to provide more 'Active' experiences and playing opportunities within rugby, highlighting the fun, social, pick up and give it ago, no pressure, development environment.

In 2022, we hosted the very first Winter Tournament Week Rip Rugby Carnival at East Coast Bays Rugby Club. In 2023, we will be hosting another WTW Rip Rugby Carnival at ECB RFC. This will be Tuesday 29th August. We will have U15 Girls, U15 Boys, U18 Girls, and U18 Boys grades on offer.

Below are a few of the benefits to your school introducing/growing Rip Rugby:

- Recruitment of new players to rugby in a non-contact environment first
- Stimulate interest in new and existing players for the upcoming 2023 season
- Reintroduce players who have been lost to the game in previous years
- For some – a first starting point for a rugby program in your school

In 2023, NHR will also offer the following weekly (Saturday) Rip Rugby Grades.

Girls	Boys
U15 Rip Rugby (Club/School)	U15 Rip Rugby (Club/School)
U18 Rip Rugby (Club / School)	U18 Rip Rugby (Club / School)

Women & Girls Activator

After such a successful year for Women's Rugby, North Harbour is dedicated to growing the Women's game and encourage you to get as many girls along to our winter rugby season. We are offering Activations at your school, free of charge, no registrations required, to all students, to introduce them to Rugby and help build confidence leading up to these offerings. We can do this as after school "give it a go" days, in schoolhouse Rip tournaments, lunchtime activations, 4-6x Rip Rugby or Tackle development modules, or anything you envision, we can deliver!

If you want to take up these opportunities for your students, please get in touch with Danielle Harrison danielle@harbourrugby.co.nz

Term 1 Engagements / Activations

If your school would like North Harbour Rugby's assistance to engage your students back with rugby, grow interest or provide a meaningful first experience for the year, we are here to help. It could be "give it a go" days or specific rugby skill work. We would be more than happy to discuss what could work for your school's participants and how we can help. Please contact Jacob@harbourrugby.co.nz to discuss opportunities further.

Coach Development

To go alongside the Youth DRC course, we are available to assist/support and develop coaches if there is a desire for it. This could be based around term 1 activations with players, separate term 1 engagement in preparation for the season, during season 1 on 1, etc. Please contact Jacob@harbourrugby.co.nz to discuss opportunities for your coaches further.

Player Development

In 2023, North Harbour Rugby will once again be facilitating our emerging players programs. These will be as follows; U16 Boys (Open Registration), U18 Girls (Open Registration), U18 Boys (Invitation). These 3 programs will be hosted in the Term 2 Holidays. The dates for these events will be released once the NPC/FPC draws are public (they will be in the key dates form). Please contact Jacob@harbourrugby.co.nz if you have any questions or queries on this.

North Harbour Rugby offers the Scrum Factory. If your coaches and players would like to grow their confidence and understanding around the scrum. Please contact Jacob@harbourrugby.co.nz to book in one of our specialist scrum coaches.

Open C Grade in 2023

North Harbour Rugby and the NHSSC are currently investigating the design of the Open C grade for 2023. With this grade's participation declining, the question has been asked how we could re-design to re-engage participants. This gives us an opportunity to offer a senior grade for our 'active' youth participants. Participants that are motivated by playing with their friends, small time commitments, less pressurised environments and having fun. We could meet these needs by offering a grade that requires less players to participate (10 a-side/12 a-side), shorter game length, uncontested scrums, rolling subs, etc. An understanding of the grade design will be provided at the TIC workshop in February.

