



**OAKLANDS COLLEGE  
RUGBY**

# OAKLANDS RUGBY DEVELOPMENT PROGRAMME

## Programme Outline

*"I have thoroughly enjoyed my time here at Oaklands College as part of the Rugby Programme. The course has allowed me to continue to improve as a player as well as study academic modules focussing on sport*

*The training and fixtures have been tough, but I have certainly benefitted from the experience. I am currently applying to University to continue studying sport and would like to eventually find employment in this area."*

*Pat Reed,  
BTEC National Diploma Student*

## Did You Know?

The college team's fixture list includes games against some of the top rugby colleges and schools in England, including those who have links with other Premiership Rugby Clubs.

The team also enters a number of high profile 10-a-side and 7-a-side tournaments, which has seen them achieve a growing reputation as a strong team.

Oaklands College (in conjunction with Premiership Club, Saracens RFC) are delighted to be able to offer this outstanding sports course. It combines academic and sporting development for 16 - 19 year old rugby players.

The programme provides young players, serious about their sport, the opportunity to combine regular rugby training with their academic studies.

This is a fantastic opportunity for students with a passion for rugby and sport to improve as players, learn about the game and develop their knowledge and understanding of Sport.

On the course learners will study a range of modules including:

- Sports Psychology
- Sports Coaching
- Sports Injuries
- Training & Fitness
- Exercise Physiology
- Sports Nutrition
- Elite Athlete's Lifestyle

Students will be based at The Smallford Campus, in the picturesque city of St. Albans, for their academic studies and then at the college and the fantastic facilities at Saracens Training Centre for their training.



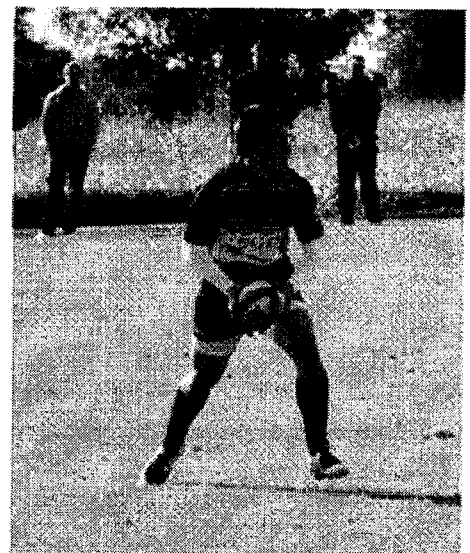
## Who will be Coaching & Teaching me?

Players will be managed by the club's academy staff, who will supervise their individual conditioning, technical, tactical and competitive programmes.

Each players' competitive programme will be worked out individually and will consist of a mix of Oaklands Rugby Academy games, junior club games, representative games and possibly some Saracens 2nd XV games.

The conditioning programme will consist of strength & power training, core stability, endurance and anaerobic development as well as speed and agility.

Teaching will be lead by Oaklands College Staff and Academy Staff who are also qualified teachers.



**UNLOCK YOUR POTENTIAL**

In conjunction with...



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## Am I right for the course?

Entry onto the course is highly competitive, so only those with a real commitment to their rugby and their academic studies need apply!

The programme offers a **BTEC National Diploma or Certificate in Sport, Performance and Excellence** – ideal for any aspiring player, or anyone with an interest in a career in the sports industry.

The level of academic study is appropriate to each individual student, providing learners with courses at either entry level or BTEC courses equivalent to two or three A Levels. Students can leave the college with up to 360 UCAS points for University, allowing entry to many of the top sports universities in the country.

## What are the course requirements?

Entry requirements are as follows:

- Selection through a rugby trial run by Saracens.
- Five GCSE Cs and above for the BTEC National **Diploma** course.
- Four GCSE Cs and above for the BTEC National **Certificate** course.
- Four GCSE Ds and above for First Diploma in Sport.

## How will I be assessed?

The course will be assessed through 6-9 modules each year (depending on your level of course).

Each module will be assessed through various coursework assignments which will evaluate your knowledge and understanding of the subject area.

## What can I do after the course?

Previous students have been accepted at universities such as Loughborough, Durham, Bath, Brunel, Hartpury, Nottingham and Hertfordshire to continue their sports studies and rugby careers.

There have also been *elite* players who have passed through the course and now have professional playing contracts with Saracens.

Other students pursued opportunities which took them directly into the world of work - some within the sports industry.

## How can I find out more?

There are open evenings at the College on **Wed 19th November** and **Wed 28th January at 6.00pm** - to book your place email [dave.hesketh@oaklands.ac.uk](mailto:dave.hesketh@oaklands.ac.uk)

If you have any specific questions or are interested in applying to the Oaklands College Rugby Programme and you are currently in Year 11 or 16-17 years old, please email or write to Dave Hesketh, Sports Department, Oaklands College - Smallford Campus, Hatfield Road, St Albans. AL4 0JA.



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A lot of the modules will give you the opportunity to practice skills used in the sports industry, particularly in the elite arena.

Additional opportunities such as the RFU Level 1 Coaching Qualification, Refereeing Qualifications and voluntary community work, will provide you with tangible qualifications which are recognised in the work environment.