



# Gold Coast & District Rugby Union Limited

## REPRESENTATIVE PATHWAY

### 1. **Background:**

1.1 Gold Coast District Rugby Union (GCDRU) provides a representative pathway to enable players the opportunity to participate around the five pillars of player development which focuses on *Performance, Tactical, Technical, Physical, Positional Specific and Core Skill Development*. The program that GCDRU utilises as its representative pathway is the GCDRU “Cyclones”.

### 2. **Cyclones:**

2.1 The current Cyclone representative pathways are:

- Juniors
  - Under 12 (development),
  - Under 13,
  - Under 14,
  - Under 16, and
  - Under 17.
- Sevens
  - Women
    - Under 15,
    - Under 17, and
    - Open (To be established in 2019).
  - Men
    - Under 15 (To be established in 2019),
    - Under 17 (To be established in 2019), and
    - Open (To be established in 2019).
- Colts
- Women (To be established in 2019)
- Senior

2.2 The GCDRU player Pathway is attached at enclosure 1.

### 3. **Program:**

3.1 The Cyclones program is designed to provide continuous development through structured education and support in Rugby Union. The program provides the opportunity for players within the Gold Coast Region to compete as a team in:

- South Queensland competitions,
- Queensland Regional competitions,
- Queensland State Championships, and
- International Tours/Tournaments.

3.2 The programs elements as part of the education process are, (but not limited to):

- Core Skill Development,
- Position Specific Development,
- Nutrition,
- Strength and Conditioning elementary through to position specific with the goal to enhance performance,
- Sport injury management, and
- Mental toughness and agility.

#### 4. **Coaches:**

4.1 Whilst the Representative Pathway develops players it is just as critical that Coaches are developed through education, participation and development programs. The GCDRU will through assistance from Rugby Australia programs and education will supplement the experience for Coaches through mentoring, specialist coaching, seminars and practical opportunities.

#### 5. **Summary:**

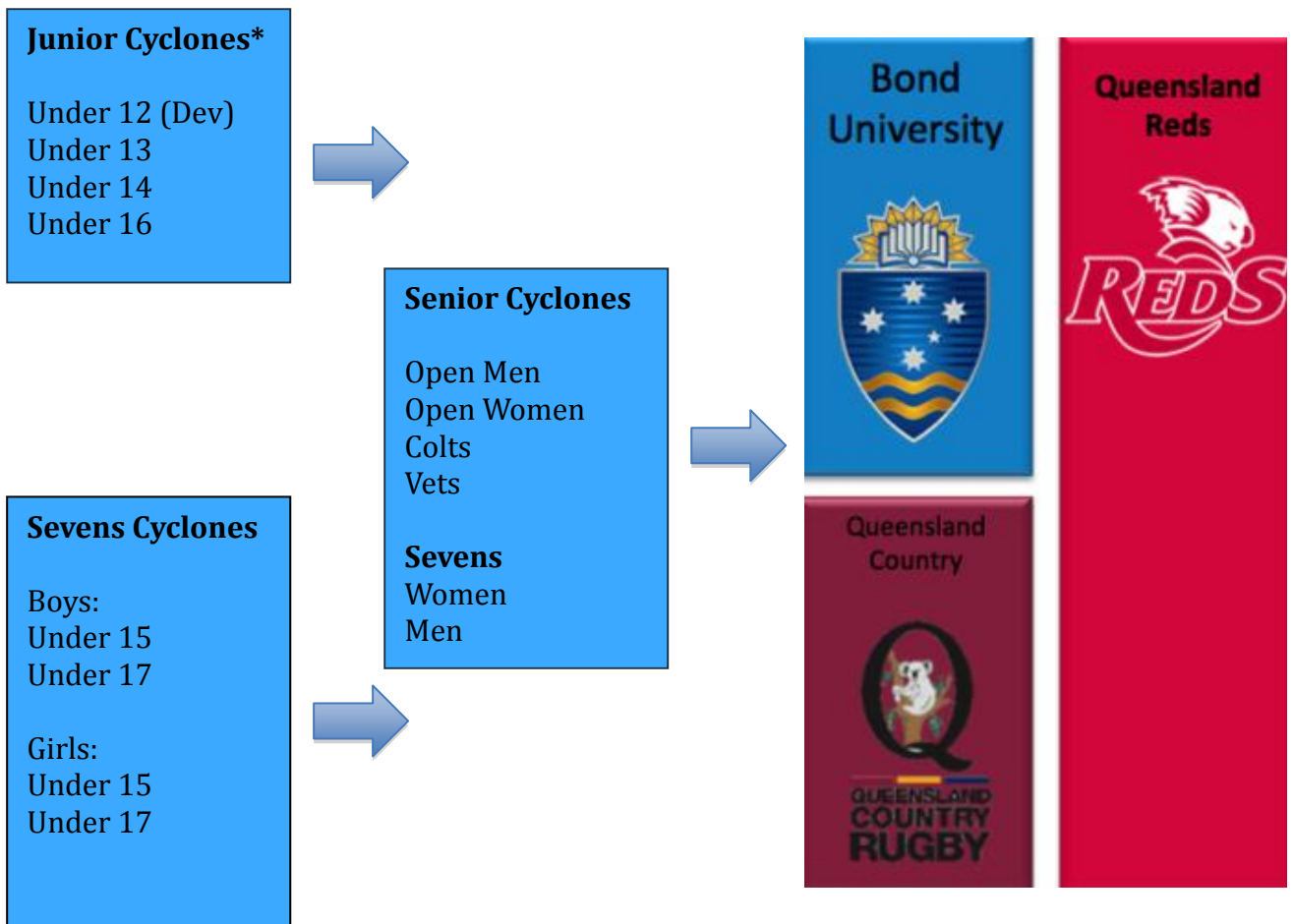
5.1 The GCDRU "Cyclones" program whilst designed around development of players and coaches, the key element is all involved have the greatest experience possible enhancing their Rugby involvement.



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Enclosure 1 to Representative Pathway  
Dated April 2018

## GCDRU Player Pathway



\* Under 15/17 participate in the Junior Gold Cup Competition