



Our Belief  
Our Vision  
Our Tradition

Hunter Valley Grammar School 1XV

Player Briefing 2019

# HVGS 1<sup>st</sup> XV 2019

Values:

- ⇒ Passion: for the game
- ⇒ Integrity: underpinning our actions
- ⇒ Discipline: of purpose
- ⇒ Respect: for the game and each other (the opposition)
- ⇒ Teamwork: uniting us on and off the field



# HVGS 1XV Player Briefing 2019

Program 2019

7s:

- City Zone 15 May
- HVGS Rugby Festival 1 August
  - ◆ State 27 August
  - ◆ Dubai 2 December to 9 December

# HVGS 1XV Player Briefing 2019

Program

15 Aside

- ◇ Trial v Farrer 1<sup>st</sup> XV 3 April
- ◆ 2 May Hawthorne Shield
- ◆ 4 June Waratah Cup
- ◆ 11 June Waratah Cup Regional Finals
- ◆ 27 June CCGS
- ◆ Home and Away Series v Merewether High
- ◆ Country Rugby Series Closing date 1 March

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## Representative Program

- ◆ 30 April HRIS Trials: nominations only
- ◆ 9 May AICES Trials
- ◆ AICES Rugby Camp
- ◆ 28 June NSW Trials; NSW and Combined States Teams
- ◆ Australian Schools Champions 9-14 July
- ◆ Australian Schools NZ Tour September/October
- ◆ Barbarians v Tonga

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## Documents

- ◆ Permission to Play: Parent Portal
- ◆ Commitment to the 15 Pillars: Parent Portal
- ◆ Attire note
- ◆ <http://my.hvgs.nsw.edu.au/myhvgs-parent-dashboard.html>

# HVGS 1<sup>st</sup> XV Player Briefing 2019

## Captains

- ◆ 1<sup>st</sup> XV playing group
- ◆ HVGS Captain of Rugby

## 1<sup>st</sup> XV Awards

- ◆ MVP
- ◆ Rookie
- ◆ B and F
- ◆ Most Improved
- ◆ Players' Player

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## Non Negotiables

- ◆ Always for the good of the team: NO DHs
- ◆ Strive to improve, even by the slightest margin
- ◆ Use triggers to get into your “blue head” (calm/focused)
- ◆ Devolved leadership:
  - ✓ Role modelling
  - ✓ Profile



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Finally.....

- ✓ Respect in the jersey; leave the jersey in a better place
- ✓ You must have self belief

Gym sessions???

# 1<sup>st</sup> XV Player Briefing 2019

Training:

Must commit to get better and be ready for the challenge

- # Wk 1 communication
- # Wk 2 individual skills and decision making
- # Wk 3 individual skills; the tackle
- # Wk 4 individual skills; the off load
- # Wk 5 the tackle contest and the breakdown
- # Wk 6 Unit and phase play
- # Wk 7 unit and phase play
- # Wk 8 team shapes
- # Wk 9 game preparation
- # Wk 10 team shapes; game preparation
- # Holiday session

Our Belief, Our Vision, Our Tradition

# Macquarie Bank HVGS1XV Player Briefing 2017



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