



Wow, what a year. We completed 9 successful courses which is a 50% increase on our inaugural year and estimate a similar increase in 2004. A disappointing result for kiwis in the World Cup highlights how important elite high performance is. It is clear for me that the winner of the 2007 World Cup will be the country who most astutely identifies their future stars over the next two years and gives them the best possible development opportunity. I see the RFU have announced that they will spend a minimum of 100,000 pounds on high performance in the next four years. This sends a strong message to all other major rugby playing nations that to keep up they must call on all their most qualified technical and physical support available. I see strong growth in the market place for a specialised outside provider like ourselves. We aspire to lift the bar in respect to quality resources at an elite level, and there is no substitute for proven knowledge and the implementation of that knowledge.

We are delighted to announce the following lineup of coaches and position specific specialists for 2004:

Laurie Mains, John Boe, Dave Ellis, Sean Fitzpatrick, Richard Loe, Bull Allen, Ian Jones, Mark Shaw, Graham Mourie, Murray Mexted, Jamie Joseph, Nick Farr-Jones, Dave Loveridge, Grant Fox, Dave Rennie, David Campese, Jeff Wilson and Allan Hewson. We are also expecting another two high profile Australian positional coaches to join our line up this year.

Jason Rutledge and Ben Nolan make Highlanders 2004.

Great to see Jason and Ben named in the Highlanders Super12 squad for the 2004 season. After suffering a nasty archilles tear while playing for the IRANZ team, it was great to see Jason in such fine form for Southland in the NPC.

We saw Ben get on the field a few times this year for Otago during their NPC campaign and he obviously did enough to impress the selectors.

We wish them both the very best in their first season of Super12 rugby.



Jason Rutledge under the watchful eyes of Sean Fitzpatrick and Richard Loe during his time with IRANZ

IRANZ coaches doing well.

Kent Adams from the MacKenzie RFC, who came to one of our first Practical Coaching Courses, has coached his team to win the South Canterbury/North Otago combined senior competition, the first time in 50 years. Kent also coached the South Canterbury U18 team that made the final of the South Island U18 tournament. 12 teams play in the tournament and they made the final against Canterbury. Kent has also recently been named the assistant coach for the South Canterbury NPC side for 2004.

MacKenzie RFC also sent two other coaches to our PCC course this year (Peter Divan and Greg Anderson). The Senior B team they coach made the final of their competition - only the 3rd time in history they've made the final in that grade. It was MacKenzie RFC's 50th Jubilee, so it was a great result all round.

Steve Botha, from South Africa has also had great success with his school team ending up 4th in South Africa and his club side finishing 2nd in their league. Steve was at one of our first High Performance Coaches courses.

Steve Hautarini - Norths Premier Coach and a former teammate of Murray, steered his side to win the Swindale Shield for the 1st time

Guy Lennox has been promoted from coaching Wanganui Marist to provincial level and we wish him further success

Congratulations to Gary Merioti who convincingly won the Horowhenua Premier Club competition and with his team scoring an average of over 50 points per match.

From England we see that both Jim Mallinder and Phil Davies Heineken Cup teams perform with distinction

Customised Courses

Korean Sevens Team

The Korean Sevens team attended IRANZ recently for a customised course, just prior to playing in the IRB World Sevens Tournament at Westpac Trust Stadium in Wellington. Course tutors included John McKittrick, Scott Pierce, Murray Mexted, Dave Ellis and Wayne Taylor. They were slightly concerned when the team arrived with their interpreter—none of them able to speak English! However, we quickly found a very good interpreter who lived locally and saved the day.

Other concerns were the Korean's aerobic levels after testing, but we are delighted to say that the camp was successful in so much as the Korean team certainly established a structure which became more solid as the tournament went on and their confidence grew. Tries against New Zealand and Samoa were a new experience and they achieved victories over Niue and Papua New Guinea in the quarter final. In the semi final they were very competitive against the highly rated Argentina scoring 19 points.



Training action with the Korean 7's team



Scott Pierce works on a players balance in defence



John McKittrick communicates to players and coaches through an interpreter

Karaka Rugby Football Club, Auckland, New Zealand

The Karaka Rugby Football Club is bringing their premier squad to IRANZ for a pre-season camp in March this year. They will be with us for three days learning from the highly respected Dave Rennie. Assisting Dave will be our skills specialist Dave Ellis, fitness trainer Wayne Taylor along with Ian Jones and Alan Muir. They will play a match against College Old Boys on Saturday 13 March at the adidas Institute of Rugby.

The King's School, Sydney, Australia

In late June The King's School from Sydney are bringing their Under 16a squad to IRANZ. They will be playing two matches against Palmerston North Boys' High School and Fielding High School while they are at the adidas Institute of Rugby. They have an impressive line up of IRANZ coaches and position specific specialists who will be working with them during their seven day customised camp, including Dave Rennie, Dave Ellis, Bull Allen, Ian Jones, Murray Mexted, Jeff Wilson, Wayne Taylor and Gary Hermansson. Their last two days in New Zealand will be spent at River Valley Lodge in Taihape, an outdoor pursuits centre that offers activities such as bungy jumping, white water rafting, abseiling and horse trekking.

Bishop's Stortford College, England

Bishop's Stortford College will be the first school group from England to attend IRANZ on a customised course. They are sending a development squad of 22 players, with many of the boys coming from their Under 17 and Under 18 age group. Bob Kisby, Director of PE and Master in Charge of Rugby commented that the college has a long term affinity with New Zealand. The England and British Lion player Ben Clarke, a former pupil at the College spent a year learning his rugby in New Zealand before starting his illustrious career. One of their boys, Jake Guastella, attended a course at IRANZ last year and learnt a huge amount. The 1st XV team, which toured Argentina and Uruguay last October, was subsequently unbeaten. Two more pupils from the College, Josh Harris and Edward Walker, will be attending our High Performance Players' Course in July this year. With the same line up of coaches as The King's School from Sydney we know it will be a once-in-a-lifetime experience for these players and coaches, and a fantastic opportunity to learn from the wealth of knowledge on hand.

Practical Coaches Course Feb 2004

Our first Practical Coaches course for the year was a great success with coaches coming from as far a field as the United States, Australia and Korea. Local coaches travelled from the top of the north to the bottom of the south to also attend this course.

Dave Rennie did a great job as facilitator, his ability to add 'real world' coaching experience at all levels is invaluable and he was well received by the course participants. Other presenters were Wayne Taylor (periodisation and planning), Dave Ellis (skills), Rachel Svenson (nutrition), John McKittrick (tackling and defence), Richard Loe (scrum and tight five), Ian Jones (lineout and kick offs), Murray Mexted (mental toughness and loose forwards). Dave Rennie also presented back attack/counter, team preparation, defence and finished with covering analysis on the Analysports system.

The course ran in conjunction with the International 7's tournament at Westpac Trust Stadium and the coaches travelled in each evening to catch the action.



Ian Jones and Richard Loe talk on the finer points of lineout play



Ian Jones and Richard Loe combine again with Max Guptil to demonstrate the lifting techniques in a lineout



It's all action in an IRANZ course and Dave Rennie puts the coaches through their paces here



IRANZ PCC Feb 2004

(back) Steve Thompson, Mark Berghan, Richard Loe, Mike Sisam, Fred Paoli, Ian Jones, Karlo Terekia, David Assesnheim, Dave Rennie, Max Guptil, Jae Won (interpreter), Kim Myung-Joo.
(front) Rhys Archibald, Skip Heffernan, Peter Nathan, Sid Tatana, Tony Robinson, Phillip Rumppler

Below are the requirements our coaches look for in a Prop. Do you measure up?

Set Plays

Scrum:

- Set a solid platform, dominate
- Promote correct side
- Communicate to my team mates (analyse, talk, improve)

Lineouts:

- Support jumpers, protect our ball. Defend aggressively – carry out moves

Kick offs:

- Move quickly, support jumpers, set platform (our ball)

2ND Phase

- Move quickly, physical pressure, set platform (our ball. Destroy (their ball)

Mobility:

- Get there quickly (1st 10 Metres impt) before opposition

Body Position:

- Blow to win our ball or destroy opposition
- Aim past the ball

Tackles:

- Put opposition on ground or tie ball up in maul
- Cover fringes if late. Runners (know calls) if required

Penalties/Free Kicks

- Get into position quickly – Face up/Front up
- Our ball: Understand the moves. Implement them accurately
- Their ball: Guts of defensive line. Go Forward. Tackle.

What my Unit Does!

- Provides go forward pressure
- Wins Quality 1st phase ball. Denies them quality 1st phase ball
- Is the guts of our ruck and maul ability
- Scrum, Lineout, kick offs, rucks & mauls, defenders (tackle count)
- Runners: I am physically assertive

Who can help me do my job better?

- Scrum mates (locks, loosies)
- Team mates
- Backs – Set ball up well
- Loosies – win loose ball for us to blow into, half back communicates clearly & simply

How do I measure my performance?

- Doing the basics (perfectly), work rate, mobility
- Fill in my performance charts – reach performance goals
- Communicate successfully (discuss with team mates, coaches, mentors)
- Team sacrifices I make



IRANZ Players feature in 2003 NPC



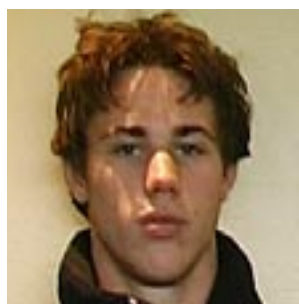
Richard Apanui (Southland)



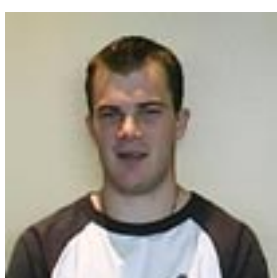
Rudi Wulf (North Harbour)



Brendon Bartley (Wanganui)



Craig Clare (Manawatu)



Hayden Roche (Manawatu)



Jason Rutledge (Southland)



Jason Eaton (Manawatu)

New Website up and running.

The IRANZ Website has gone through a major upgrade. Brett Bailey, Stacey Barnes and David Haigh of Firstlight Online has done a great job, there is far more information about the IRANZ courses and coaching staff, along with photos and news on what is coming up in 2004. Go to www.internationalrugbyacademy.com and check it out, who knows you may feature in one of the photos.

Late News.

Late information has come to hand that Tim Boys, who attended the July High Performance course in 2003 has performed very well for the Otago seven-a-side team in recent matches. We look to hear more on Tim in the future as we follow his progress.

Great to see Rudi Wulf (from our first High Performance course in 2002) feature in the New Zealand 7's team that won the recent Wellington leg of the international 7's circuit. Rudi was also the player of the tournament in the national 7's tournament, where he played for the successful North Harbour side coached by John McKittrick.

Dates for 2004 Courses

Practical Coaching Course, Wellington

Friday 6 to Sunday 8 February (same weekend as IRB World Sevens)

Registration 9am on Friday, departing by 5pm on Sunday

Practical Coaching Course, Institute of Rugby, Palmerston North

Friday 5 to Sunday 7 March (same weekend as IRB World Sevens)

Registration 9am on Friday, departing by 5pm on Sunday

Students' Course, Institute of Rugby, Palmerston North

Monday 19 to Sunday 25 April

Registration 9am on Monday, departing 4pm on Sunday

High Performance Players' Course, Institute of Rugby, Palmerston North

Sunday 30 May to Friday 18 June

High Performance Coaches' Course, Institute of Rugby, Palmerston North

Monday 7 to Friday 18 June

High Performance Players' Course, Institute of Rugby, Palmerston North

Sunday 4 to Friday 23 July

High Performance Coaches' Course, Institute of Rugby, Palmerston North

Monday 12 to Friday 23 July

Students' Course, Institute of Rugby, Palmerston North

Sunday 15 to Saturday 21 August

Registration 9am on Sunday, departing 4pm on Saturday

Scholarship Programme

We are delighted that the scholarship programme is starting to gain momentum. It is a valuable opportunity for us to discover potential talent who would otherwise not have access to this level of tuition. Last year scholarships were provided by:

Philips NZ Ltd

NZRU

Prime Minister's Scholarship, SPARC

Club 20, Dunedin

Mana Community Grants Foundation

The Square Trust, Palmerston North

Quinns Post

Totara Lodge

Trust House, Masterton

Invercargill Licensing Trust

Harbourside Group Holdings Ltd, Porirua

Acknowledgements

Thanks to our commercial alliance partners

PHILIPS



We'd also like to acknowledge the support of the following companies:

Breakthru Technologies

Powa Products

New Zealand Academy of Sport

Frucor

Analyware

Silicon Coach

Firstlight Online