



International Rugby Academy



IRANZ NEWS

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Newsletter of the International Rugby Academy

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QUOTES OF THE MONTH

“The will to win, the desire to succeed, the urge to reach your full potential ... these are the keys that will unlock the door to personal excellence.”

“It’s not what happens to us that matters, it’s how we respond that counts.”

SPONSORS



AIR NEW ZEALAND



Murray’s Message

The most satisfying feature at IRANZ since our last newsletter has been the emergence of large numbers of our graduates playing significant roles in New Zealand’s domestic competition, the Air New Zealand Cup. Every match I commentate I am delighted to see between 4 and 10 players on the field who I know plenty about and who are totally new to this level of competition.

The July High Performance Course was a big success from all view-points and of major value was the interaction of Southern Hemisphere and Northern Hemisphere schools of rugby. Sharing diversity of knowledge is a valuable opportunity and with participants of serious credibility like **Kingsley Jones**, Head Coach of Sale Sharks in the Premiership in England and **Dick Muir**, Head Coach of Natal Sharks Super 14 team in South Africa, there was tremendously stimulating debate. I felt privileged to be listening and observing as this course evolved.

The RWC beckons and I write this introduction the day of my departure for France, where I will be doing commentary work for ITV as Sky lost the bid for NZ hosting rights. To be involved as a commentator for the first time in the RWC is an experience I look forward to as I retired as a player the year before the first Rugby World Cup. Little did I know it was going to be such a big deal and I remember saying to Buck Shelford when he enquired if I was going to play in 1987, “It’s all yours Buck – do the business” and he did! It will be terrific to see first-hand some of our graduates appearing in national colours in various teams during this tournament. I think the All Black team is the best side in the competition but that doesn’t mean to say they are going to win!!

May the team that plays the best rugby win RWC 07.

Au Revoir

Murray

Murray Mexted



Murray discusses the finer points of loose forward play with new IRANZ specialist coach Ian Foster at our July High Performance Course



High Performance Coaches Course participant Dick Muir, Head Coach of Natal Sharks Super14 gets feedback from IRANZ course tutor Eddie Jones

IRANZ Inaugural Development Course

We are now taking applications for the inaugural IRANZ Development Courses from players aged 18 and over and club, school and age-grade coaches. The courses will run in tandem at the Sport and Rugby Institute in Palmerston North from 11-18 December 2007.

The focus of this course will be on club rugby and the skills required by players and coaches to achieve success in this environment. Our positional specialists will again be on hand to work with the course participants on the technical, tactical, mental and physical roles and responsibilities of each position. Rugby specific conditioning, individual and team skills, mental toughness, nutrition and leadership in the rugby community will all be important parts of the programme.

There are two fully paid NZRU scholarships available to these two courses – one for a New Zealand player and one for a New Zealand coach. For application details and more information on these courses please contact us on admin@iran.co.nz.

Dinosaur Dave in the USA

Our Skills Specialist Dave Ellis has recently returned from the United States where he was working with the USA Eagles RWC team. Dave took the opportunity to catch up with several IRANZ graduates who are playing for the Eagles, coached by IRANZ facilitator Peter Thorburn.

IRANZ High Performance Coaches' Course graduate **Bill Le Clerc** is also a key part of the coaching team for the Eagles, working as their scrum coach.

The US Rugby Football Foundation continues to support the growth and development of rugby in the USA by providing two scholarships annually for young US players to attend our Advanced Players' Course. This year's recipients were **Shaun (Grizzly) Pittman** and **Hamish Roberts**.



IRANZ graduates in the USA Eagles Team - Inaki Basauri, Louie Stanfil, Peter Thorburn (coach), Dave Ellis (IRANZ Skills Specialist), Bill Le Clerc (scrum coach) and Mike Petrie

IRANZ Player Profile

James King – Adidas High Performance Scholarship Recipient 2007



James was nominated for the Adidas scholarship by the North Harbour Academy and he attended the IRANZ High Performance Players' Course in June/July 2007. A lock for the North Shore Premiers and a member of the North Harbour Academy, James has a promising future. Since completing the IRANZ course James has played for the Barbarians against the All Blacks where he shaped up against Ali Williams at lineout time. He has also made his debut for North Harbour in the Air New Zealand Cup Competition. Definitely a player to watch for the future.

James says "Working on the mental side of the game was something new. I hadn't really thought about visualisation and things like that before. In our first game we tried it out and it worked well. We talked about it as a team on the course and recognised that mental toughness is a major part of the game that we hadn't dealt with before attending this course. Rugby players tend to work as hard as they can on the physical skills but don't go into the mental side of things at all."

Previous adidas scholarship recipients have also been achieving on the New Zealand rugby stage with **Antony Boric** (June 2004 High Performance graduate) being selected as a member of the 2006 Junior All Blacks.

The adidas scholarship recipient from our June 2005 High Performance Course **Fetu'u Vainikolo** has been a stand-out performer in the Air New Zealand Cup for Northland, and a lethal try-scoring winger in the Northland club competition for Wellsford. Fetu'u now holds the New Zealand club try-scoring record with 37 this season, at an average of 3 per game. As far as anyone can tell, there has never before been an individual who has managed more than 30 tries in a premier club championship season.



James King



Fetu'u Vainikolo

IRANZ Staff Profile - Chris Boyd

Chris Boyd, IRANZ Course Facilitator

Chris has been heavily involved in IRANZ this year, facilitating both the February High Performance Players' Course and acting as the Course Facilitator for the Advanced Coaches' Courses in April and August. He has had extensive coaching experience over the last 18 years, including three years as Wellington Lions Coach. He has also taken up a new position as Coaching Services Advisor for the New Zealand Academy of Sport, which involves working with high performance coaches across many different sports codes including rugby.

Chris has received outstanding feedback from all our course participants, both players and coaches, and we are very fortunate to have Chris working alongside our impressive line-up of former and current international specialist coaches.



Chris with Coaches Course participant Dick Muir and IRANZ positional coaches Eroni Clarke and Jon Preston

New IRANZ tutors

We were delighted to welcome to the IRANZ coaching team several new specialist and position specific tutors on our recent July and August courses:

Ex All Blacks **Jon Preston**, **Graeme Bachop** and **Ant Strachan**, ex Waikato fullback/wing **Andrew Strawbridge** and ex-Wallaby **Roger Gould** all joined us as position-specific coaches. We are also very pleased to welcome Waikato Chiefs and Junior All Black coach **Ian Foster** to the IRANZ team.



Roger Gould works with the fullbacks on the July 2007 High Performance Course - Greg Kwedar (USA) and James Love (Bahrain)

New IRANZ Partners

Mettle Sports Gauge Assessments

When people are on their mettle, they have inner belief, courage and strength and are ready to do their best to achieve their goals.

The Mettle Sports Gauge (MSG) is a diagnostic tool created to identify and measure behavioural qualities within individual players. It focuses on critical leadership elements, measures existing capabilities and recommends pathways for individual improved performance. It also enables coaches and administrators to better understand the motivations, drivers and behavioural characteristics of individual players.

IRANZ specialist coach John Eales has been actively involved with the programme and IRANZ has been working with Mettle Group for the last two years with players on our High Performance Courses. With the development of their latest technology, Mettle Group is at the leading edge in their industry. We see this type of assessment being of great benefit to players and coaches in the rugby environment.



*Craig Burden says
"I've just moved from wing to hooker, so learning the basics from such high profile players has really been a huge advantage. There is no better way to learn than from the best."*

Motion Analysis Screening Systems

Ten players on our recent High Performance Course completed a Motion Analysis Assessment on movement, technique and performance. The Motion Analysis team comprise a podiatrist and an exercise physiologist/sports scientist who utilise high-tech hardware and software to analyse the posture, gait and technique of players and provide recommendations to help improve performance and reduce potential for injury. This type of biomechanical profiling can be of great assistance to players, especially those who may be prone to recurrent injury. We will continue to offer this service to players on our High Performance Courses. **Craig Burden** (pictured) from the Natal Sharks Academy was one of the players who completed a Motion Analysis assessment to assist in his transition from wing to hooker. This was of great benefit as he was able to analyse in detail his lineout throwing technique.

August Scholarships

Rugby News, in association with Radio Sport, provided two scholarships for our Advanced Coaches' and Players' Courses in August. The coaches' scholarship award went to **Simon Forrest** from University RFC in Christchurch. The players' award went to **Latu Talaki** from Fraser Tech RFC in the Waikato.



Two of the scholarship recipients from the front row club – props Michael Kainga and Latu Talaki

The **Air New Zealand Scholarships** for our August Advanced Players' Course were hotly contested with a record number of applications. The successful applicants were:

- **Josh Hall**, Tauranga Boys College
- **Aaron Kelly**, Hato Paora College
- **Heremaia McKenzie**, Abundant Life School, Kaitaia
- **Liam Marama**, Lincoln High School
- **Julian Savea**, Rongotai College
- **Jason Turuwhenua**, Waunuiomata High School



AIR NEW ZEALAND

Our grateful thanks go to Air New Zealand who provided ten scholarships throughout 2007. Their support in developing talented young rugby players is appreciated.

NZRU scholarships for the Advanced Players' Course went to **Michael Kainga** from Taita College and **Nathan Lamb** from Taihape College. **Dave Dillon** (Hamilton) and **Joe Payton** (Tauranga) were the successful NZRU Scholarship Recipients on the Advanced Coaches Course. The **NZ Rugby Foundation Players' Scholarship** was awarded to **Axel Young** from Reefton Area School.



Air NZ Scholarship Recipient Julian Savea received the Coaches' Award for the player they would most like in their professional team environment



IRANZ High Performance Coaches Team with the position-specific specialists and IRANZ staff

United Nations

The July 2007 High Performance Coaches' Course provided an extremely competitive learning environment with coaches originating from 9 different countries. Represented were South Africa, Australia, Italy, England, Ireland, Wales, Japan, New Zealand and for the first time ever Brazil with Mario Domingues the Head Coach of their U18 National side in attendance.

Course participant RFU National Academy Coach, Mark Mapletoft commented *"Sharing the expertise of coaches at the cutting-edge of international rugby has been fascinating. The willingness to share at this course has really taken me aback."*