



**The program  
is endorsed by:**

Queensland Academy  
of Sport Coach  
Reg Taylor

Rugby 7s  
Pathways Manager  
Lachlan Parkinson



**Canterbury**

# Rugby 7s Academy

COACHING | REFEREEING | PLAYER DEVELOPMENT | MENTORS

## Rugby 7s is a Year 9 and 10 elective subject at Canterbury

“The Canterbury Rugby 7s Academy has been created to provide our students with the opportunity to develop their physical, technical and mental skills through the integration of practical and theoretic components of Rugby 7s. The aim of the Academy is to help our students achieve their goals on and off the field by providing a holistic approach to preparing for and playing the game of Rugby 7s.”

**Mr Sione Fukofuka**  
Director of Rugby,  
Touch and Sevens





### Coaching (QRU/Rugby AU)

Smart Rugby  
Foundation Level 1

### Refereeing (QRU)

Referee Ready  
Level 1 (optional)

### Player Development

Skills, Technical knowledge  
Speakers, Guest coaches

### Subject

#### Practical

Coach and referee  
accreditations  
Technical development  
Game strategy  
Nutrition  
Recovery  
Strength and conditioning

#### Theory

Coach and referee  
accreditations  
Technical development  
Game strategy  
Nutrition  
Recovery  
Strength and conditioning

### Participation

#### Competitions (Playing/Refereeing/ Coaching)

TAS Rugby  
QRU school competitions  
School invitational  
Pacific District  
South Coast

Canterbury recognises  
each individual's passion  
and career aspirations so  
that no matter what it is -  
sports, arts or academics -  
you always feel supported.

### Alysia Lefau-Fakaosilea Canterbury Ambassador

Australian 7s,  
Griffith University AON,  
Canterbury Alumnus

### Marioulla Belessis Player Development, Mentor and Coach

Australian Youth Comms,  
University of Queensland AON

*Playing Rugby 7s has challenged  
me physically and mentally. It has  
taken me to amazing countries  
and allowed me to experience  
a culture with like-minded people  
I now call life-long friends.*

### Charlotte Caslick Sevens Ambassador

*I love Sevens because it  
continually challenges me  
mentally and physically while  
also providing me so many  
off field opportunities.*

### Lachlan Parkinson Rugby 7s Pathways Manager

Australian Wallabies  
and Queensland Reds

*Rugby 7s is the fastest growing  
sport in Australia, with pathways  
now established and the Olympics  
as the ultimate goal. It is exciting to  
see Canterbury providing students  
with the opportunity to learn the  
game on and off the field.*

### Liam McNamara Player Development, Mentor and Coach

Australian 7s, Queensland  
Reds, Brisbane City,  
Sunnybank Premier Grade