

# GIRLS & BOYS ELITE RUGBY PROGRAMME

Ealing Trailfinders Rugby Player Development  
Partnership at The Henley College

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# ELITE RUGBY PROGRAMME FOR GIRLS & BOYS

**The Henley College and Ealing Trailfinders Elite Rugby Programme is for gifted and talented male and female players aged 16-18 who have the ambition to play at the highest level.**



Athletes on the programme will be provided with the support they need to both flourish on the rugby pitch and excel in the classroom while studying either A Levels or BTEC vocational subjects.

At the end of the two years at The Henley College the most talented and dedicated young players will progress on to the Ealing Academy via Brunel University, or take part in their apprenticeship scheme, with opportunities for students to be awarded scholarships to continue their full time training alongside a degree. We also have extensive links across the Men's & Women's games, both in the UK and overseas, to support those students who seek alternative routes.

## MALE & FEMALE STUDENTS ON THE PROGRAMME WILL GET ACCESS TO:

- 12-16 hours of contact time each week with our rugby staff
- 1 to 1 skills sessions with our Academy Coaches
- Quality training and playing facilities including grass and artificial pitches, as well as our brand new Strength and Conditioning Gym
- Full Strength and Conditioning testing
- and programming to support your physical development
- Full time medical staff on site to support prehab, rehab and pitchside support through the week
- Video analysis of every session and game using our Video Analysis software
- Performance workshops and support around

Nutrition, Recovery, Sleep and Preparation to Play

- Psychology support for Goal Setting, Imagery, Self-Talk and Managing Anxiety
- Pastoral support and guidance
- A direct pathway into the Brunel University Scholar Programme and representative Rugby at the highest level



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## ACADEMIC & RUGBY PROGRAMME

Students must choose to study either A Levels or a BTEC vocational subject while on the programme. A number of our students would typically choose one of our BTEC Sports courses, however there is a wide range of subjects on offer across the College.

Visit [www.henleycol.ac.uk/courses](http://www.henleycol.ac.uk/courses) to choose which academic programme you'd like to study.

The Rugby Programme runs alongside students' academic studies with a typical week consisting of timetabled lessons and study time, and 12-15 hours of Rugby contact time, plus additional academy sessions at Ealing and local clubs.

## COACHES

We are delighted to be able to offer our students exceptional coaching from highly experienced and talented members of the professional rugby community. The Girls' Elite Programme will be coached by former England player Kim Oliver, and the Boys' Programme is managed by Tom Redfern, who played professionally for three years overseas.

## SCHOLARSHIPS

Ealing Trailfinders have provided a significant scholarship fund for both male and female players, to help with living and study costs.



## ACCOMMODATION

Accommodation is available for students who aren't from the local area.

## ENTRY REQUIREMENTS & SELECTION

Firstly choose the academic course(s) you want to study and apply via [henleycol.ac.uk/applyonline](http://henleycol.ac.uk/applyonline). You will be interviewed and given an offer dependent on your GCSE grades.

While applying for the academic programme please register your interest in the Rugby Programme with Head Coach, Tom Redfern via [tred@henleycol.ac.uk](mailto:tred@henleycol.ac.uk). The College will run assessment days and visits to clubs to assess your abilities as a Rugby player.



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For further information,  
please contact Admissions via  
**[admissions@henleycol.ac.uk](mailto:admissions@henleycol.ac.uk)**  
or Head Coach  
Tom Redfern via  
**[tred@henleycol.ac.uk](mailto:tred@henleycol.ac.uk)**

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