



EST. 1916

SCOTS COLLEGE  
RUGBY

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# Scots College Rugby Handbook

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**2025**



“To unlock the full potential of every player,  
fostering growth on and off the field”

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# Rugby at Scots

## Vision |

To unlock the full potential of every player, fostering growth on and off the field

## Values |

**Commitment** – To show dedication in everything we do, on and off the field.

**Team First** – We do the best thing for the team.

**Guts and Grit** – We are resilient and tough, moment after moment.

**Connected** – Knowing our sister/brother next to us. Lifting those around us.

**Integrity** – We do the right thing when no one is looking.

Our rugby programme is headed up by Dominic Bird, who has an impressive career that has included stints with the Crusaders, Chiefs, and Hurricanes, as well as the All Blacks. In fact, at 2.06m tall, Dominic is well known as the tallest ever All Black!

The focus of the rugby programme at Scots is to provide a positive and enjoyable rugby experience at every level. All students from Year 5 and upwards are welcome to give rugby a go. We use rugby as a tool to inspire our players to have a strong work ethic and help build rounded young men and women.

Coaching is delivered through a mix of experienced qualified coaches and parent volunteers. We offer strength and conditioning and rehabilitation services.

Rugby is played both in the weekend and, at times, during the week, depending on the grade. This includes the highly anticipated school “traditionals” throughout the season. Trainings are usually held after school, with more senior teams also training in the mornings.



# Club Overview and Preseason Information

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## Rugby Club Committee

Graeme Yule – Rugby Chair  
Dominic Bird – Director of Rugby  
Mel Belford  
Hamish Edwards  
Tim Cosgrove  
Kath St Amand  
Phil Townley  
Nick Focas  
Peter McFarlane

## Rugby Classroom

N2 has been designated as the official Rugby Club classroom, where team reviews and meetings will take place. One wall of this classroom will serve as the “mind space” of the Rugby Club—an area dedicated to showcasing our culture, values, and key themes. This space will also display our calls and plays, helping to maximise our rugby learning and reinforce our strategies.

## Preseason Training

Preseason training is a crucial part of the growth and development of all athletes, and it's vital that we make the most of this opportunity. Training sessions will take place as per the Training schedule which will be emailed out or located outside the sports office. These sessions are open to all players and will focus on fitness and game-based skills. Please utilise Kieran Craddock's Strength and Conditioning webinars and the Elite Rugby (BPM) app to maximise your child's potential.

## Weigh-In and Team Information

The 2025 weigh-in will take place on Friday 21 March, during interval and lunchtime in the gym. At the same time, we will collect information on the desired teams for the upcoming season.

**Amazing Race followed by Info presentation** – There will be some general club info for parents at the end of the Amazing race. This is a fun Event for the whole club where players will compete during the morning and finish with a social BBQ for all. We want to use this as a chance to connect as well as answer any questions parents may have about the season ahead.

# Codes

The Scots rugby programme offers a variety of opportunities throughout the year, including Summer and Winter codes.

## Summer

**Rugby 7s:** Played during Term 4, with teams for Senior Boys (U18), Senior Girls (U18), Junior Boys (U15), and Junior Girls (U15). Thursday 27 November - Friday 28 November (U15s), Saturday 29 & Sunday 30 November (open competition).

**Touch Rugby: Junior Boys, Junior Girls, and Year 7/8 Boys/Girls/Mixed.** Terms 1 & 4.

Game Day: Wednesday from 3:45pm at Wakefield Park, Wellington. Dates: 19 Feb – 26 March and 29 October – 3 December. Training will be dependent on outcome of touch team selections and organised by coaches.

Additional Year 7/8 teams will also compete in Thursday sport and interschool fixtures. This is a separate registration to the after school competition.

**Touch Rugby: Senior Years 9-13, playing in senior girls and boys competition.** Terms 1 & 4.

Game Day: Tuesday at Fraser Park, Lower Hutt between 4-6pm  
Dates: Trials are held in Terms 1 and 4 for players who wish to be part of the top A sides.

## Winter

**Boys' Rugby 15s:** 1st XV, 2nd XV, U85s, U15s, U65s, U55s, and Year 7/8 teams.

**Girls' Rugby 15s:** U18s, U15s, and Year 7/8 teams.

Rugby 7's and 15's are based on age and weight grades, whereas touch is organised by gender and year level at school. For age grades, players must be either Under 18 or Under 15 as at the 1st April of that given year.

Team selection process: Preseason matches will be played and considered trial games. Coaches will watch and evaluate performance and effort. Preseason training will be considered trial time too with attitude and commitment playing a big part.



# Coaching Staff

Girls	1st XV	2nd XV/ U85s	U15s	U65s	U55s	Year 7/8s Rugby	Girls Touch	Jnr Boys touch	Snr Boys touch	Mixed touch	Year 7/8s touch
Lolina Tuioti	Junior Fatialofa	Peter McFarlane	Rob Turuwhenua	Emerson Nikora	Bernie Upton	Andrew Castle	Edwin Jacob	Issac Adams	Issac Adams	Combined Boys and Girls	Mabli Evans
Sua Makisi	Dom Bird	Al Hamilton	Farrand Turner		Sloane McPhee	Sam Rasch TBC	Lolina Tuioti				Jim McDonald
	Fusi Feaunati	Pesa Morrison	Issac Adams			Steve Sila					Mike Mcknight
	Steve Sila (Manager)	Mitch Edwards TBC	Nick Focas & Phill Townley TBC								Emerson Nikora

Snr Boys 7s	Jnr Boys 7s	Girls 7s
Ambrose Curtis	Ambrose Curtis	Lua Lokotui
Tunga Mativa	Tunga Mativa	Lolina Tuioti

# Registration & Fees

Registrations for sports are opened at various times throughout the year, leading up to the start of each code. Touch registrations for Term 1 are open from early Jan and close within the first few days of school, and rugby registrations for Term 2 will be available early in Term 1. We encourage you to register as soon as possible through the school website. [www.sporty.co.nz/scots/sports-on-offer/sports-on-offer](http://www.sporty.co.nz/scots/sports-on-offer/sports-on-offer)  
If you have any questions, please contact the DOR Registrations for Term 4 touch and 7s will be available later in the year.

Dispensations may be granted for players wishing to play up or down a grade. This process involves a few steps to ensure player safety, but it can be addressed on a case-by-case basis. If you believe this applies to you, please contact the DOR. There are a limited number of dispensations able to be granted.

*Plus GST and payable per season or split by term*

<b>1st XV</b>	\$550	<b>Term 2:</b> \$275   <b>Term 3:</b> \$275
<b>Years 11-13</b>	\$200	<b>Term 2:</b> \$100   <b>Term 3:</b> \$100
<b>Years 9 - 10</b>	\$190	<b>Term 2:</b> \$95   <b>Term 3:</b> \$95
<b>Years 7&amp;8</b>	\$150	<b>Term 2:</b> \$75   <b>Term 3:</b> \$75
<b>Girls Rugby</b>	\$100	
<b>Rugby 7s</b>	\$100	
<b>Touch</b>	\$40-60	
<b>Year 7/8 Thursday sport touch</b>	\$56	<b>Term 2:</b> \$28   <b>Term 3:</b> \$28
<b>Quad 2025</b>	\$500-700	
<b>NZIS</b>	\$400-\$800	
<b>Condors</b>	\$400-600	

Fees for the 2025 season are included in the subscription and are subject to change. The fees will be invoiced to school accounts in two instalments: 50% in Term 2 and 50% in Term 3. If you withdraw during the season, you will be invoiced for the full season's fees.

Subscription costs cover: playing strips, coaching resources (including coaches and equipment), administration, preseason training, strength and conditioning, and competition registration fees.

Additional Costs: Sports exchanges and tournaments are not included in the subscription fees. These costs will be charged to accounts if players are selected to participate.



# Key Dates

## Physio Services & Injury Management

Further information to follow closer to the events

Event	Date	Location
Player Weigh Ins and Team Expressions of interest	Friday 21 March, interval & lunch	Gym
Amazing Race followed by family info Presentation	Saturday 22 March	Scots Rugby Field
1st XV Preseason Game	Saturday 29 March	Wairarapa
Preseason/Trial games for all	Saturday 12 April	TBC
Napier Boys High School - Billeting	Tuesday 20 May	TBA
Rugby Community Dinner	Wednesday 4 June	Hall
Grading games start	Saturday 3 May	TBC
ISNZ tournament Hosting: Christ's College & St Andrew's College (co-host).	Proposed Sunday 24 – Wednesday 26 August 2025	Scots College

\*More dates to be included in rugby calendar.

\*Reminder that there is rugby player on the last weekend of July holidays. All players are expected to attend these matches and Thursday training prior. Please consider all sporting commitments prior to booking holidays.

We remain committed to prioritising player welfare and will continue to follow the school's protocol when managing injuries and head knocks.

If a player is injured during a game or training, we strongly encourage follow-up with a physiotherapist. Players can either arrange their own physiotherapist or visit Habit Health Physiotherapy, which provides on-site clinics at the college every Tuesday from 9am to 12pm during the school term.

Habit Health Physiotherapy offers a discounted rate for students, including ACC-related treatments, and is a "user pays" service. Parents/caregivers will receive an invoice directly from Habit Health. For students in Years 1 to 8, a parent or caregiver must attend the appointment with their child.

To book an appointment, please download the attached form and email it to [scots.college@habit.health](mailto:scots.college@habit.health). For the safety and well-being of our players, written medical clearance from the physiotherapist or doctor is required before returning to training or playing. This should be sent directly to the DOR.

We have a clear process for managing head knocks and concussions in line with ACC's Sports Smart and Rugby Smart guidelines. Please get in touch with Dom if you have any questions.

If a player shows any red flag concussion symptoms, they will be referred to a doctor for a full medical assessment. In the case of a head knock or concussion (whether suspected or diagnosed), the player will follow the necessary protocols, including stand-down periods and a gradual return to play. Parents will be notified immediately.

A player will not be allowed to return to training or play until written medical clearance from a doctor is provided to the DOR.

### Game Side Medical/Injury

Each team will have a designated first aider, appointed by the DOR, who will be responsible for making on-the-day decisions regarding a player's return to the field after an injury during a game. The appointed first aider(s) will be introduced to the players beforehand. Additional injury support on the sideline is encouraged to assist the first aider as needed.

# Wellbeing & Community Support



## **Player Welfare**

All coaches will complete Rugby Smart training, which is designed to educate and equip both coaches and referees with the skills to use safe and effective techniques. This not only helps keep players on the field longer but also enhances their enjoyment of the game and encourages continued participation. The training also focuses on concussion recognition and procedures to prioritise player welfare.

Player safety will be a key focus in all training sessions, with an emphasis on practicing correct technique across all areas of the game.

## **Supporters Club/After-Match Committee**

We're seeking volunteers from each team to serve as Supporters Club Leaders. These leaders will play a key role in organizing after-match events and BBQs, especially for home games with multiple teams. Additionally, this group will assist the DOR in planning a special 'Club Day' event.

We encourage everyone to get involved and support our club activities. Strengthening our sense of community is a priority, and we'd love to see all members join the Scots College Rugby Club Facebook page. Sharing photos and videos there will help showcase the energy and spirit of our vibrant rugby family.

## **Billeting for Napier Boys High School – May 20th 2025**

On the night of May 20th, we will need hosts for our visiting players. While most of the billeting will be taken care of by the 1st XV players, we may still need additional hosts from the wider community. If you're open to hosting, please express your interest by emailing the DOR.

# Fundraising

# Uniforms

We're raising funds to support various teams, tournaments, equipment, development experiences and to help offset personal subscriptions, fixture fees, and travel costs. These efforts ensure that all players have the opportunity to participate fully, regardless of financial barriers.

If you have any suggestions for potential sponsorships or fundraising initiatives that could benefit the club, we'd love to hear from you. Please get in touch with the DOR to share your ideas.

## Current fundraisers organised for the year

- Rugby Gala Dinner, Date TBC
- Back of Jersey Sponsorship – 1st XV. We have had good interest and are really pleased with support for the back of jersey sponsorship.
- Samosa boxes



## Individual 1st XV Jersey Sponsorship

1. Sponsorship of the Scots College Rugby Club for 2025/26 (24 Months)
2. Sponsorship value of \$1,000 per annum + GST. Payable in lump sum or on monthly invoice.

All funds raised through Jersey Sponsorship go directly towards supporting our 1st XV players, enabling them to compete both locally and nationally. Sponsorships are now available for those interested in securing a specific number. Any remaining sponsorships will also be offered during the Rugby Gala Dinner. For more information, please contact the DOR.

- Jerseys will be supplied for each team.
- The Pride top will be the warm up top for all teams and is compulsory.
- Socks and shorts can be purchased at the uniform shop
- A Scots College Rugby Club tracksuit will be supplied to all players in 2025.



# Amalgamation

Due to the number of rugby players, it is often necessary to form amalgamated teams between Wellington South high schools. This approach ensures players are placed in the grade best suited to their development and weight, allowing for a more tailored experience.

Scots College has seen success with this model in recent seasons, including U55kg and U65kg boys' teams merging with Rongotai and St. Pats Town, as well as forming a girls' team in collaboration with St. Catherine's and Wellington East Girls.

Amalgamated teams can be highly effective when supported by a fair and structured framework. Here's what makes this approach successful for our players:

## **Maintaining Connections to Scots Rugby Club**

All players from partner schools will have the opportunity to train with the Scots Rugby Club throughout the season, under the guidance of the Director of Rugby. This ensures their continued connection to the club and fosters a strong sense of belonging.

Results for all teams with Scots players will be shared on the Scots Rugby social media pages. Player recognition will take place throughout the season, with awards such as Player of the Day (with a Hell Pizza voucher) and end-of-year awards for Scots players from each team.

## **A Scots Rugby Supporters Club/After-Match Committee**

Volunteers from the parent community will be sought

## **Early Introduction to the School Mix**

Before the season starts, all players who are likely to be part of a mixed school team will be informed of the grade and school they will be playing with.

## **Use of Heja App for all Team Players and Parents**

This app breaks down communication barriers, making it easy for players and parents to connect with one another.

Contact details will be shared as soon as possible, along with important information about training days, team coordination, uniforms, rugby registrations, and team communication platforms.

## **Player Introductions and Socialisation Pre/Start of season**

There will be a full introduction of Scots players to the team at Rongotai/St. Pats, including a meet-and-greet during the first training session with our DOR, for both players and parents. Team building and culture development will be guided by the coaches and supported by parents, with oversight from our DOR.

## **Coaching and Team Management Approach**

Fairness is key to our approach. The DOR will ensure each team is supported by coaches and managers who prioritise the interests of the entire team. In previous seasons, Scots has provided coaching and team management for mixed school teams, and we will continue to do so where needed, ensuring the well-being of players and the integrity of mixed teams remain central to all decision-making.

## **Team Equity**

Ensuring equity across teams is crucial, the DOR will collaborate with our partner schools to manage this effectively. Key steps to promote equity include:

- Holding practices at each school whenever possible
- Implementing a hybrid playing kit, with teams alternating wearing each school's jersey
- Playing on home fields

# BPM/Elite Rugby App & Individual Performance Plan

## BPM/Elite Rugby App

We're excited to introduce the BPM app to our rugby club! This app is designed to provide players and coaches with a wealth of resources to support development and performance:

- **Position-Specific Gym Programmes:** Tailored gym programs designed for each player's position to enhance their performance. Kieran Craddock will work to integrate these programs into our Strength & Conditioning sessions at Scots for maximum benefit.
- **Meal Plan & Calorie Counter:** A comprehensive meal plan with a calorie counter, shopping lists, and recipes to help players maintain optimal nutrition.
- **Technical Rugby Learning Videos:** Instructional videos from experienced professionals, covering all aspects of the game to support skill development and technical insights.
- **Coaching Drills:** A variety of drills designed to help coaches upskill players, fostering continuous improvement.

This app will be an invaluable tool in growing and upskilling all members of our rugby community. All players are required to download the app, as coaches will use it to enhance team learning and development.

## Individual Performance Plan (IPP)

The Scots College Rugby Club's Individual Performance Plan (IPP) is a personalised development framework designed to address each player's unique needs and goals, moving beyond a "one-size-fits-all" approach. Key components of the IPP include:

- **Personal Goal Plan:** Players set and commit to individual objectives, with clear, actionable steps to track progress.
- **Strength & Conditioning Plan:** Customized plans based on each player's position, focusing on strength, power, speed, agility, injury prevention, and recovery.
- **Nutritional Plan:** Tailored dietary strategies using the BPM app to optimize performance, recovery, and hydration.
- **Skills Plan:** A focus on both position-specific and general rugby skills, covering everything from foundational techniques to advanced strategies.

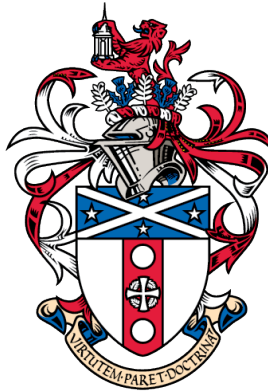
The IPP provides a holistic, structured, and individualized pathway for player development. The depth and complexity of the plan will be tailored based on the player's age, team, and developmental stage, ensuring it meets their specific needs. The implementation will be gauged on the age and grade of the player.

# Code of Conduct

All members of Sport at Scots College must:

- Co-operate with teammates, coaches, officials and opponents and treat all of them with respect.
- Strive for excellence, have fun, and develop skills.
- Know the rules of the game and play by both the letter and the spirit of the rules.
- Realise that officials are there to interpret the rules and accept their decisions with dignity.
- Never behave in such a manner that would reflect badly on, or disgrace the team, and/or the College.
- Never use coarse language or insult opponents, coaches or spectators.
- Be in attendance at the required times – attendance is essential unless a prior arrangement has been made with the coach.
- Always participate according to the values of good sportsmanship.
- Always wear the correct College, practice and playing uniform.
- Show modesty in victory and grace in defeat.
- The key to a successful team is communication; if you are unable to attend a training or game you must let your coach know with sufficient notice.





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# SCOTS COLLEGE RUGBY