

Rugby Development Programme



Course Overview

The Rugby Development Programme is an elite Rugby Academy in association with Wakefield Trinity RLFC for aspiring rugby players (male and female) that runs alongside your education.

Our unique approach to it alongside a top team of staff gives you the opportunity to develop as a player while studying on a course at Wakefield College.

The programme consists of a professionally designed bespoke Rugby League training programme involving coaching including Strength & Conditioning sessions, recovery and performance analysis sessions, revolving around weekly fixtures in the RFL National Category 3 League and Cup. We are recognised by the RFL as an accredited Development Academy for both males and females due to our level of success and progression into professional and elite level rugby.

As an RFL Development Academy we are also uniquely working with the RFL to create a pathway for aspiring referees. There is the opportunity to get qualified, up skill and supported as you begin your journey to become a Rugby League match official.

Your week will be balanced between your coursework, classes and RDP coaching sessions. Fixtures in the RFL national leagues and cups are on Wednesdays alongside regional tournaments and 9s festivals. As a player in the RDP, you must be studying on a full-time course at Wakefield College.

We are key partners with Wakefield Trinity which allows RDP students extra opportunities to train with the scholarship/reserve team and even the first team. There is also the chance to gain industry experience within the club and how it runs.

Tutors are industry experts that pass on their knowledge and experience. We have a former body building World Champion (UIBBN & INBF), former athletes and tutors with international coaching experience and guest coaches from professional clubs and current professional players.

What You Will Study

The courses available alongside the Rugby Development Programme are all sports courses ranging from Level 1 Sport to Level 3 Sport including Sport & Exercise Science.

You will study modules such as Coaching and Leadership, Anatomy, Biomechanics, Nutrition, Psychology, Massage, Performance Analysis plus much more.

START DATE

September

DURATION

1 year

STUDY MODE

Full-time

LOCATION

Wakefield College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email **courseinfo@heartofyorkshire.ac.uk**.

To learn more about Wakefield College, our facilities and how we can support you please visit our website **www.heartofyorkshire.ac.uk**.

Quick Links



**How to
Apply**



**Student
Support**



**Virtual
Tours**

You will also receive a rugby education designed by our Rugby and pro club coaches on developing skills, squad practices, how to break teams down and how to win.

Entry Requirements

The Rugby Development Programme is open to students aged 16-19 (male and female). Selection is through rugby trials during the spring and summer period. RDP players should be currently playing to a high standard relative to their age (scholarship/top grassroots). You must of course meet the entry criteria for your full-time course as well.

Further Study

Students can progress onto university at Wakefield College University Centre (and carry on their Rugby Development) or other UK universities to study a course of their choice. There are opportunities to travel to Australia and possibly Canada as the game grows and learn to coach and referee with RFL qualifications.