Welcome to your constituent body (CB) School of Rugby (SoR) Player Diary. The fact that you have one of these is testament to the fact that you have been identified as an athlete with the potential requisite skills and attributes to succeed in rugby at the highest level in years to come.

In April of 2006 the RFU Council agreed to the formation of the CB SoR. This decision came on the back of feedback and concerns from age group coaches and Academy staff that the skill levels amongst our next generation(s) of players were not good enough to keep England at the very top of International Rugby.

The RFU Council stated that, “CB SoR will be established to replace existing CB Development Squads and England Player Development Centres (EPDCs) and will have responsibility for delivering a core rugby curriculum. The CB SoR will be based on geographical districts at U13, U14, U15 & U16 age levels and will be supported by Regional Academy staff and CB accredited personnel”.

The objective is to develop and deliver generations of well tutored and skilled rugby players, some of whom will go on to play international rugby and become full-time professional players; some of whom will play in the Community Game, driving up coaching standards and skill levels throughout the sport in our country.

CB SoR are about elitism and elite rugby. Only the top 15-25 players in each age group, who demonstrate the potential to go on and play at the highest level will be selected in each county for the programme each year.

The programme focuses on skill development, not match preparation. The core curriculum has been developed by the National Academy coaches and consists of nine sessions scheduled by your county and the academy staff over the season. In addition, there will also be athlete and parental workshops to provide you with additional information in order that you may become the best that you can be.

Congratulations on your selection this year. If you have any questions please remember that your coaches and academy staff are there to assist you. Make use of them as a resource. Enjoy the information contained within this handbook but also be sure to use this as a guide to record your training and as a journal for all matters relating to rugby for you.

Good luck and take hold of the opportunity!

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I. PLAYER INFORMATION

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Any relevant medical information (allergies, injuries, etc)

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2. INTRODUCTION - WHAT IS THE SOR?
### 3. THE ENGLAND PLAYER PATHWAY

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<td>18/16</td>
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<td>CB Schools of Rugby</td>
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**England Squad**
- England Saxons
- England U20
- England U18

### 4. PLAYERS CODE OF CONDUCT

- Work towards the attainment of my full potential in my sport
- Work effectively in my studies and/or occupation
- Occupy my time gainfully outside my sport to a degree and in a manner expected of me by the county and the academy
- Comply with the training requirements of my sport as laid down by the coaches and to accept and respond in a positive manner to their constructive criticism
- Maintain personal habits of healthy conductive to sporting excellence
- Abide by the spirit, as well as to the letter of the rules of my sport
- Behave and dress in a dignified manner when representing the county and/or academy both on and off the field
- Neither possess nor use prohibited drugs nor participate in any other practice prohibited by the game.
In return for your commitment to the CB SoR you can expect:

- The highest quality coaching
- The highest quality medical and conditioning advice
- An opportunity to work with specialist coaches and other elite players
- Quality facilities and equipment
- A well organised and progressive development system
- Clear and supportive two-way communications
- Constructive feedback and advice
- An opportunity to fulfil your rugby potential
- To enjoy yourself.

All players selected into the CB SoR have been recommended by their coaches or teachers as being players with above average playing potential. But what is it going to take for you to be successful?

One of the world's leading sports psychologists, Thomas Tutko, after years of study and research of thousands of athletes, considers successful athletes to be high in most of the following qualities.

**Drive:** Desires to win or be successful, aspires to accomplish difficult tasks set and maintains high goals for themselves, responds to competition, desires to attain athletic excellence.

**Aggressiveness:** Believes one must be aggressive to win, release aggression easily, enjoys confrontation and argument, does not allow others to push him around.

**Determination:** Willing to practice long and hard, works on skills until exhausted, often works out willingly by themselves, perseveres, even in the face of adversity; is patient and unrelenting in work habits, doesn't give up quickly on a problem.

**Responsibility:** Accepts responsibility for their actions, accepts blame and criticism even when not deserved, analyses own mistakes, willing to endure much physical and mental pain, wants to play when injured.

**Leadership:** Enjoys the role of leader and may assume it spontaneously, believes others see him/her as a leader, attempts to control this environment and to influence or direct other people, expresses opinions forcefully.

**Emotional Control:** Tends to be emotionally stable and realistic about their sport, is not easily upset, rarely allows feelings to show or to affect their performance, is not easily depressed or frustrated by bad calls or mistakes.

**Self Confidence:** Has unfaltering confidence in him/herself and the capacity to deal with things, is confident of their own powers and abilities, handles unexpected situations well, makes decisions confidently, speaks up for their beliefs to coach and players.
**Mental Toughness:** Accepts strong criticism without feeling hurt, does not become easily upset when losing or playing badly, can bounce back quickly from adversity, can take rough coaching, does not need excessive encouragement from the coach.

**Conscientiousness:** Likes to do things as correctly as possible, tends to be exacting in character, does not attempt to bend rule and regulation to suit own needs, places the good of the team above his/her own personal well-being.

**Trust:** Accepts people at face value, believes what the coach and team mates say, and does not look for ulterior motives behind their words or actions, is free of jealous tendencies, tends to get along well with team mates.

In addition to the above mental traits, there are other qualities which international players possess in varying quantities:

- **Physical Potential:** Speed, strength, power and agility
- **Good Core Skills:** Able to do the basics right – all the time!
- **Game Awareness/Understanding:** Ability to read the game, has vision to see space and when to use it, aware of support runners and the role of being one, makes the right decisions, knowledge of the laws and how to use them.
7. FUELLING UP FOR RUGBY

Off Season:

1. **Check list for off/pre-season diet:**
   - Make an early decision (in conjunction with your coach/fitness consultant) as to whether you would benefit from weight loss, weight gain or loss of body fat prior to the next season.
   - Seek assistance from a qualified sports dietician planning an individual dietary regime to reach these goals – include practical shopping and cooking tips if appropriate.
   - Ensure sufficient daily energy (kilojoules, carbohydrates and protein intake) to facilitate quality training, assist recovery, delay fatigue and reduce susceptibility to illness.
   - Maintain adequate fluid intake – particularly in the warmer off/pre-season weather.
   - Meals and snacks should be planned to suit individual training routes.

2. **Avoid weight and body fat gain**
   Carrying extra body fat will disadvantage any player. An over-fat athlete will have a decreased power to weight ratio, decreased endurance, strength, speed and agility.

   The main causes of overweight are:
   - Consuming excess total kilojoules – particularly in the latter part of the day.
   - Consuming excess fat, or alcohol and fat combined.
   - Skipping meals – especially breakfast and lunch.
   - Bingeing between meals or late at night.

   The most effective way to lose weight or body fat is to:
   - Aim for no more than 0.5-1kg loss in body weight per week – a loss of lean muscle tissue may occur if weight loss is more rapid than this is.
   - Spread food intake over 5-6 small meals per day rather than 2-3 large ones.
   - Eat enough to ensure adequate energy for training and adequate carbohydrate to maintain glycogen stores and satisfy your appetite.
   - Decrease consumption of fats, excess refined sugars and alcohol – which provide the highest kilojoules content for the lowest nutrient value.
• Spread protein intake over the whole day – not all in one or two meals.

**During the season:**

**Tips for match preparation and recovery:**

• Fuel up on carbohydrates two to three days prior to each match. Try to spread your food and drinks over five to six meals a day

• Reduce fat and protein intake therefore leaving more room for carbohydrates

• Increase fluid intake – especially water, sports drinks, cordial (sugar free) and juices. As muscles store glycogen they also store water

• Avoid unnecessary extras such as high fat snack and take-away foods

• Avoid alcohol during at least the 24-48 hours before a match

• Eat a high carbohydrate meal the night before a match, e.g.

  1. Pasta with a tomato based or low fat sauce with a small amount of lean meat, chicken, fish or seafood added if desired

  2. Stir fry or asian meal with lots of rice or noodles

  3. Small serve of a very lean meat, chicken or fish with plenty of potatoes and vegetables/salads

  4. Add bread, a fruit based dessert and plenty of fluids

• Players who find it difficult to consume food on match days should try to include a supper of toast, pancakes, a reduced fat milk or “carbo-loading” drink the night before

• Eat a suitable pre-match meal approximately four to five hours before the match

• Easily digestible, low fibre carbohydrates and fluids are all that are normally required to comfortably satisfy hunger. Small snacks of fruit, bread or carbohydrates and meal replacement drinks may be consumed up to two hours before play begins.

**Examples of suitable pre-match meals:**

1. Cereal and low fat milk and fruit

2. Bread/Toast/Muffins/Crumpets and jam, honey, bananas, spaghetti

3. Pancakes with honey, jam or syrup

4. Pasta or rice with low fat topping

5. Large fruit salad and yoghurt

6. Liquid meal replacement

• Drink water and/or sports drinks/carbo-loading drinks regularly and “prime” your stomach with one to two cups of fluid during the warm-ups. Ensure that your urine is dilute (clear) prior to the match

• Replace carbohydrates and fluid stores immediately with appropriate drinks and food. Good examples include sports drinks, cordials, non-cola soft drinks, fruits such as watermelon and pineapple, or a honey sandwich.

**Shopping and Cooking Tips**

**Tip 1: Plan time to shop well**

• Organise regular shopping trips – if there is no food in the house, you are unlikely to prepare healthy meals

• Stock your pantry and freezer with foods that have a long shelf life

• Plan to shop for perishable items once or twice a week e.g. fruit and vegetables

• Shop from a list so that you spend time and money efficiently – keep a checklist of items you are out of on the fridge or pantry door

• When you are writing your shopping lists, think of meals that you are likely to make in the following week to make sure all the ingredients will be at home

• Read the labels – especially look for a low fat content e.g. grams of fat per 100 grams – choose items that are 100% fat free (or the lower the better)

• Don’t shop when you are hungry – you are more likely to be tempted by unnecessary items.

**Sample shopping list – stocking up on good nutrition**

**Long life storage in cupboard or pantry**

• Milk powder (skim)

• Breakfast cereals, rolled oats

• All varieties of pasta, vermicelli, noodles (Asian shops have a huge variety of noodles)

• Rice – try different types, especially brown or wholegrain – also most packet rice meals are low in fat
• Low fat crisp breads, crackers rice cakes, popcorn
• Taco shells (not corn chips, they are high in fat), poppodums (for the microwave), breadsticks
• Dried beans / lentils e.g. soup mix
• Canned beans and soups
• Canned fish and seafood (in water or brine)
• Pasta sauces in jars, salsa or taco sauce
• Jars of curry paste, minced garlic, chilli, ginger, pesto
• Canned vegetables – e.g. corn, tomatoes, mushrooms
• Canned fruit – in water or its own juice is best
• Tomato paste/puree (non-added salt available)
• Spread – honey/peanut butter/ jam/marmite
• Dried fruit/raw nuts
• Suitable snack bars e.g. breakfast bars/ muesli bars/ popcorn bars/ fruit bars
• Herbs, spices and condiments e.g. mustard, chutney, low oil salad dressings
• Bottles of sauce or marinade to add flavour e.g. sweet chilli sauce, satay, soy, oyster, plum
• Bottle of good oil e.g. olive, canola or pure and simple spray
• Sports Drinks.

Freezer Storage
• Bread, rolls, pita bread, muffins, crumpets, pikelets, pizza bases
• Pre-cooked rice, fresh pasta
• Frozen vegetables single types or mixed
• Reduced fat milk
• Ice cream, frozen yoghurt, gelatine
• Meat, poultry and fish.

Short Storage Perishables
• Breads of all types
• Reduced fat milk and yoghurts
• Fresh fruit and fruit and juices
• Fresh vegetables
• Meat, poultry and fish
• Eggs
• Reduced fat cheese, cottage, ricotta cheese, light Philadelphia cheese
• Fresh pasta noodles and sauce.

Tip 2: Quick and healthy cooking ideas

Grills and barbecues with veggies or salads
• Choose lean trimmed meats, poultry, fish or seafood – and use minimal or no oil to cook – try “pure and simple” or an olive oil spray instead
• Marinate to improve flavour with herbs, spices, garlic, honey, wine etc (or a bought marinade)
• Try ready-made kebabs for a change from a “poultry shop” or butcher – under the grill or BBQ
• Keep to a smaller serve of the protein and increase carbohydrate intake with a large serving of potato (e.g. oven or microwave baked in their jackets, cut into wedges and cook on the BBQ using a small amount of oil spray), corn, rice, or noodles
• Frozen vegetables are fine – as long as you don’t over cook them – look for the mixed vegetables
• Make sure you include enough carbohydrates when serving salad by including some of the following either hot or cold e.g. canned corn, pasta, noodles, potato, bean or rice salad with low fat dressing – otherwise you need to add bread to the meal
• Include lots of colourful vegetables to provide good source of vitamins and minerals – dark greens, orange and red types.

Pastas and Casseroles
• Make a sauce using a commercial pasta sauce, tinned or pureed tomatoes (add your own herbs and spices), or sometimes a can of soup is a useful start. You may use some of the “chicken tonight” or Uncle Ben’s jars that aren’t the creamy type. A couple of table spoons of canned/bottled curry paste makes a good start also
• Add some protein in the form of chopped meat or chicken e.g. low fat mince, sliced turkey or trimmed bacon, chicken pieces – you may need to cook the meat or chicken first
- Add some sliced or chopped veggies – fresh, frozen or canned.
- Serve over cooked pasta or as a filling for big jacket potatoes – remember to look for the variety of filling fresh pastas such as tortellini and ravioli.
- Or serve as a chunky casserole with cooked rice, or noodles.

**Stir Fries**
- Chunks of meat, poultry or seafood in a wok or frying pan using little or no oil. Use ginger/garlic etc to flavour or perhaps a curry paste or spice mix.
- Add vegetables cut into bite size pieces or frozen stir-fry combinations.
- Add a commercial flavour sachet or sauce, or your own combination of herbs and spices.
- Add rice or noodles that have been cooked and drained or serve with rice on the side – try different types of rice, e.g. brown, fragrant (the cooking instructions are on the pack and all may be cooked in the microwave). Many fresh noodles may be added just before serving.

**Other Ideas**
- **Home made pizza**
  Use thick bread dough pizza base or Lebanese/pita breads spread with tomato paste, pizza or pasta sauce. Use low fat toppings such as lean meat, chicken, turkey, seafood or beans and veggies – perhaps pineapple also.
  Sprinkle grated low fat cheese lightly over the top and bake or grill e.g. low fat mozzarella.

- **Home made nachos**
  Use home made corn chips (pita bread cut in triangles and cook them in the oven, with no oil, for 5-10 minutes) Use re-fried beans and lean meat. Cook with onion, garlic, chilli and any other vegetables put mixture over corn chips, top with a small amount of grated low fat natural yoghurt.

- **Noodle Omelette**
  Mix up a couple of eggs and low fat milk.
  Add in herbs and some cooked noodles or rice.
  Cook in pan, using canola or olive oil spray to coat pan.

- Top with some finely cut vegetables (onion, mushroom, capsicum and tomatoes) and low fat cheese.

- **Hearty soup**
  Use soup stock or tinned soup, add lots of vegetables (fresh, frozen, tinned) include potato/corn/legumes, add in noodle, pasta or rice and perhaps some cooked lean meat or chicken.

**Further tips:**
- Look for low fat recipe books – especially those catering specifically to athletes.
- Plan a “cook-a-thon” every now and then, on a day off or a weekend.
- Cook up bulk pasta sauces, healthy lasagne, curries, casseroles and freeze them to use when you are too busy to cook.
- Check food labels for 10g of fat per serve or less.
- If you are using frozen or other prepared meals, add in extra vegetables (fresh, frozen or tinned). If there aren’t many ‘carbs’ in the meal, add in potato/corn/legumes and have some bread.
- Try leaving the fatty spreads off breads/muffins/crumpets etc and use low fat spreads like chutneys, mustard, or nothing at all. Otherwise use a thin spread of the high fat option.
- Try using a small amount of water/wine/sherry for stir-fry’s or frying vegetables/strips or lean meat/lean mince (would not work well with steaks).
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Optimal performance requires that you maintain, as much as possible, a constant temperature. Core body temperature is a balance between metabolic processes that produce heat (including exercise) and physiological processes responsible for heat loss.

Environmental conditions that impair the ability to lose heat during exercise will result in an increase in body core temperature. This will lead to early fatigue, poor performance and may constitute a significant health risk.

If you are not prepared to deal with heat, you may find yourself performing poorly, and/or experiencing symptoms ranging from fainting and muscle cramps to heat exhaustion and heat stroke.

- Take a water bottle to every training session and try to minimise the amount of direct sun exposed by taking water breaks in the shade
- Wear appropriate clothing i.e. loose fitting, where possible, with a fabric that is light coloured and allows sweat and air to pass through. Don't forget the sun protection policy – “hat and sunscreen”
- Drink plenty of fluids before, during and after competition; remember that water is the best hydrator – half a litre (two cups) is recommended 30 minutes prior to competition
- During competition, drink 100-150mls (one to two cups) every 15 minutes. Thirst is not a reliable indicator for need for fluid as the thirst mechanism kicks in after a person is already dehydrated
- After competition, drink liberally avoiding alcoholic or caffeine beverages.

Do not train in the heat if you are currently sick or were recently ill.

You need to plan recovery from your training as well as from your matches. There are four key components to consider when planning recovery: rest, nutrition, physical strategies and psychological strategies.

**Rest**

Most physical training programmes focus on providing the necessary workload to improve your performance, but few prescribe activities or techniques for the recovery phase following each workload. Working with your coach, explore how the following techniques can be integrated into your programme:
• Passive Rest – such as doing nothing, sleeping, meditating, visualising, or listening to music

• Active Rest – such as doing light aerobic (walking, jogging, cycling, swimming) at less than 65% effort, or cross training. Following a hard day of competition, a short, light aerobic workout prior to showering will enhance your recovery and ability to compete the next day.

**Physical and Psychological**

- Utilise hydro-therapies such as whirlpool, baths, saunas and showers to stimulate increased blood flow as well as to provide a relaxed state
- Have a regular massage to enhance blood flow and to become better in tune with your stressed muscles
- Maintain a daily/regular stretching routine to improve your flexibility
- Practice breathing exercises, meditation and muscles relaxation techniques to aid in improving your emotional and psychological state.

**Relaxation**

Relaxation calms you, removes tension and helps you to focus and control your actions and responses during practice and competition. There are many pre-match relaxation strategies and techniques. To improve your ability to effectively manage your emotions during competition, try practising these strategies.

- Find a quite area
- Assume a comfortable position with your eyes closed
- Focus on your breathing; place your hands on your chest, feel the air entering your lungs
- Concentrate on breathing to the bottom of your lungs by expanding your stomach as you breathe in
- Allow the feeling of relaxation and looseness to flow through your body as though you are sinking into a chair
- Breathe in through your mouth or nose, whichever is more comfortable, exhale through the other
- Develop a slow, deep, rhythmic breathing pattern. You should be able to eventually reproduce this relaxation response in game situations as necessary.

**Imagery**

Imagery can be used to aid in concentration and problem solving, or to mentally rehearse a skill or task in the mind’s eye (visualisation). Mental rehearsal allows you to run through an entire routine or performance in real time. Top downhill skiers, for example, will visualise their race down the entire length of the course. Their mental rehearsal will include the line to take for each curve, the feel of the snow and the changes in gradients. Such a rehearsal will take exactly the time of the descent in the race. Develop your own mental rehearsal routine.

Here are some tips to get started:

- Close your eyes and take five deep breaths
- Remember a competition or time when you performed flawlessly
- Re-create the scene and watch yourself as you perform
- Become aware of your surroundings; see who is there, who your opponents are; hear the sounds; and smell the smells

**Nutrition**

Renew your energy stores by eating well-balanced meals, avoiding long gaps between meals, and including protein and carbohydrate food in each meal.

Work towards carbohydrates replacement within one hour post exercise through consuming high carbohydrate drinks and foods.

- Pre-hydration: drinking 1000ml up to three hours before competing
- During session/event/game: drinking 100ml – 15mls every 15 minutes
- Post hydration: drinking to quench thirst and more – NO coffee, tea or alcohol.

- Focus on your breathing; place your hands on your chest, feel the air entering your lungs
- Concentrate on breathing to the bottom of your lungs by expanding your stomach as you breathe in
- Allow the feeling of relaxation and looseness to flow through your body as though you are sinking into a chair
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Here are some tips to get started:

- Close your eyes and take five deep breaths
- Remember a competition or time when you performed flawlessly
- Re-create the scene and watch yourself as you perform
- Become aware of your surroundings; see who is there, who your opponents are; hear the sounds; and smell the smells
• Now move back into yourself and see how it feels to perform at this level where you can do no wrong

• Focus on each sensation, each aspect of this excellent performance

• Appreciate the pleasure and confidence you experience when you perform at this level. Always imagine a successful conclusion.

Remember these feelings of optimal performance. Schedule imagery practice regularly and systematically into your training sessions and know that you can call them up the next time you compete.

9. INJURY MANAGEMENT

Name

Date

Type of injury

How injury occurred

Immediate Care

Doctor’s comments

Physio’s comments

Approximate time for rehabilitation

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www.rfu.com/community
Rehabilitation Programme

Week 1

Week 2

Week 3

Week 4

Rehabilitation Exercises

Exercise 1

Exercise 2

Exercise 3

Exercise 4
### 10. DAILY / MONTHLY TRAINING PLAN:

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