



# Mid-Cheshire College Rugby Union Academy



## What is the Rugby Union Academy?

Commencing in September 2009 as a partnership between Mid-Cheshire College and Northwich Rugby Union Football Club, the Rugby Academy Programme will offer talented rugby union players the chance to combine rugby union with academic studies.

Academy players will have the opportunity to study for nationally recognised qualifications whilst benefiting from expert rugby union coaching. All coaches at the academy hold RFU coaching badges.

Academy players will have the opportunity to represent Mid-Cheshire College in competitive matches. They also have the opportunity to be selected for Northwich RUFC's Youth Team.



## Who is the programme for?

The Rugby Academy is run in conjunction with your chosen academic course. The Programme is for those players who have a proven ability to play Rugby (Union or League) at school, district or county level.

## What are the benefits for Development Programme Students?

- Individual and team coaching by RFU licensed coaches
- Performance analysis
- Individual fitness programme
- Individual player assessment
- Organised fixtures against local, national and international opposition
- Nationally recognised qualifications that provide an opportunity to progress to employment or further study

## What does the programme include?

Students will study a course from the sport programme which covers the following levels:

- NVQ Sport and Recreation Level 1
- NVQ Level 2 Instructing Exercise and Fitness
- First Diploma in Sport
- National Diploma in Sport and Exercise Science
- New Horizons Sports and Fitness Therapy Techniques and Advanced Fitness Instructing
- Foundation Degree Sports Coaching and Physical Education
- Coaching, Officiating and First Aid Awards

For more information please contact Mid-Cheshire College on 01606 74444 or log on to [www.midchesh.ac.uk](http://www.midchesh.ac.uk) to apply online

