



# HAWKE'S BAY RUGBY GLOBAL ACADEMY



**2020**



**LIVE THE DREAM  
LIVE THE DREAM  
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# HAWKE'S BAY RUGBY

As throughout New Zealand, Rugby Union is the most popular sport in the Bay. The Hawke's Bay Magpies play in New Zealand's annual professional domestic Rugby Union competition, the Mitre 10 Cup.

The team represents the Hawke's Bay region in provincial representative rugby, and draws its players from the constituent clubs who are affiliated to the Provincial Union. The team play their home matches at McLean Park in Napier.

Players representing Hawke's Bay are also eligible to play for the Hurricanes in the annual transnational Super Rugby competition. Hawke's Bay has produced a number of notable All Blacks, including Cyril Brownlie, Maurice Brownlie, Mark Donaldson, and more recently, Bryn Evans, Greg Somerville, Hikawera Elliot, Zac Guildford, Israel Dagg and current All Blacks Brad Weber and Brodie Retallick.

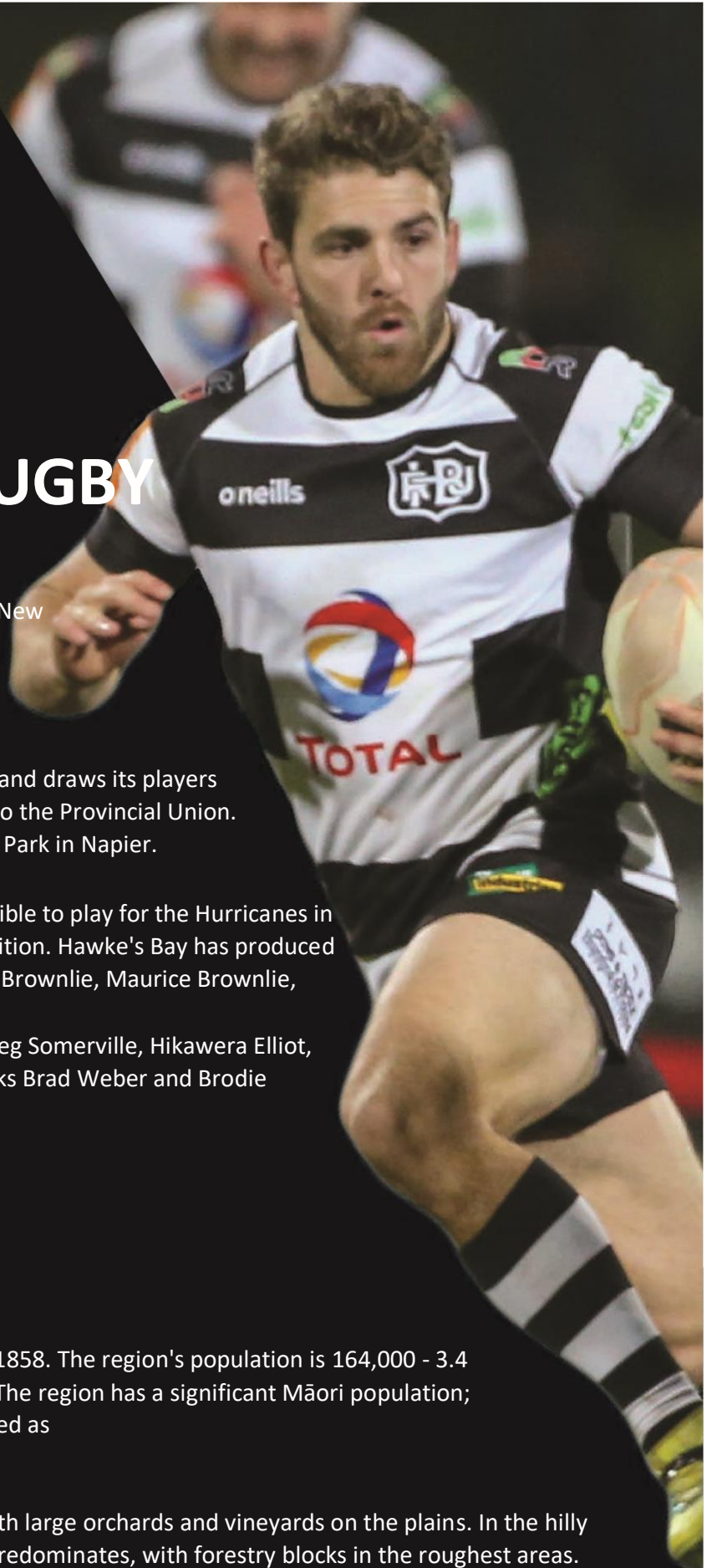
## THE REGION

### Te Matau-a-Māui

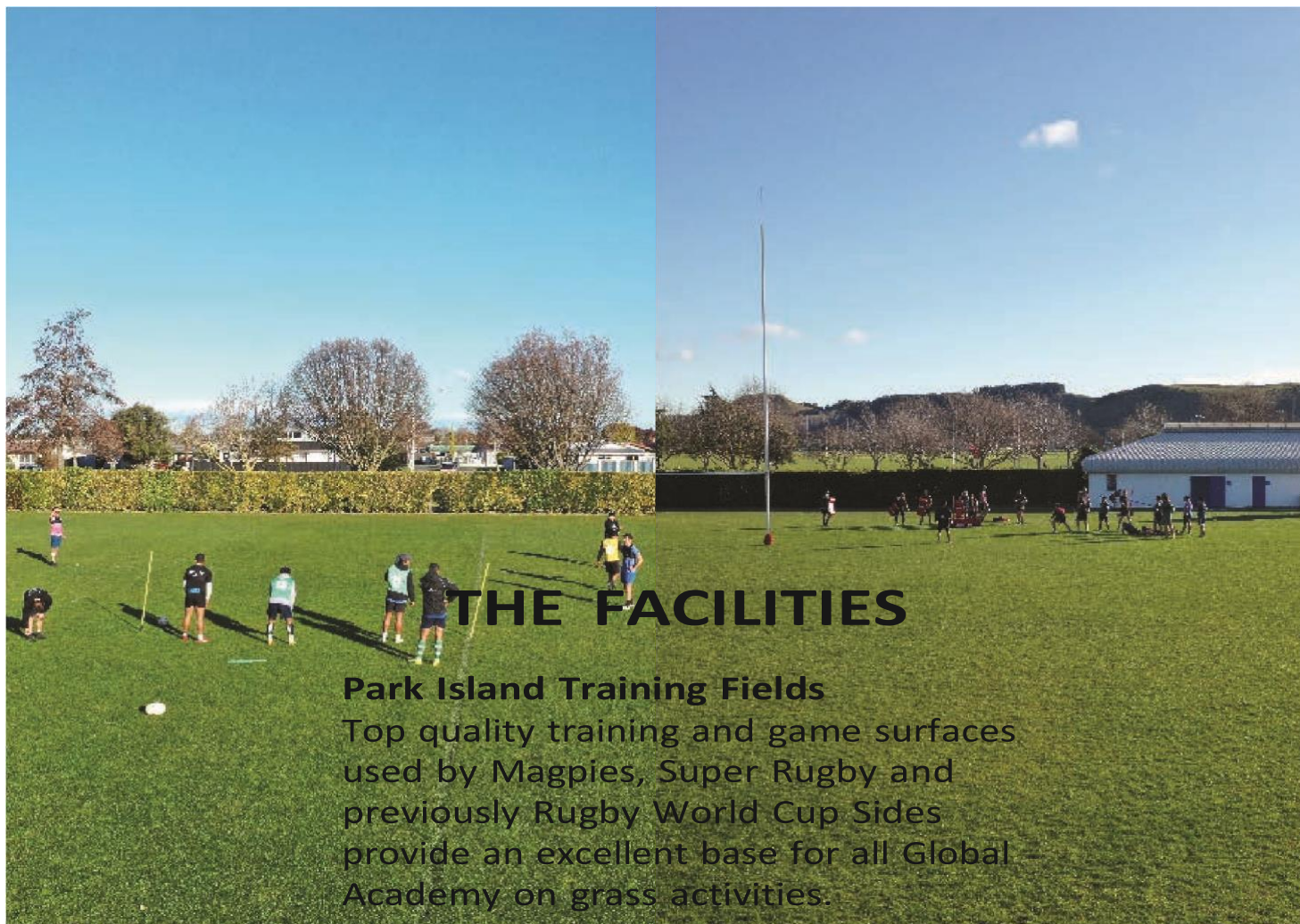
Hawke's Bay Province was founded in 1858. The region's population is 164,000 - 3.4 percent of New Zealand's population. The region has a significant Māori population; 24.3 percent of the population identified as of Māori ethnicity.

The region is renowned for its horticulture, with large orchards and vineyards on the plains. In the hilly parts of the region sheep and cattle farming predominates, with forestry blocks in the roughest areas.

Hawke's Bay is one of the most seismically active regions in New Zealand and has experienced many large and often damaging earthquakes. More than 50 damaging earthquakes have rocked the region since the 1800s.







## THE FACILITIES

### **Park Island Training Fields**

Top quality training and game surfaces used by Magpies, Super Rugby and previously Rugby World Cup Sides provide an excellent base for all Global Academy on grass activities.



### **HBRU Community Training Centre**

Brand new state of the art gymnasium and indoor training facilities are purpose built for rugby and high-performance sports. Used by the Magpies and HBRU Academy our gym is one of the best training facilities in New Zealand.



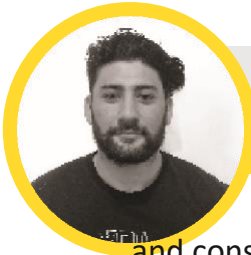
# HAWKES BAY RUGBY

## UNION STAFF



**Ellery Wilson**

**Global Academy Manager / Rugby Development Manager** Ellery has been with the Rugby Union for 4 years, his primary role involves developing rugby from a junior level up to club rugby. He is also managing the Global Academy and played for the Magpies for 4 years.



**Tianua Poto**

**Rugby Development Officer**

Tianua has been a regular player for Premier side Clive for over five years, and consistently been the best First Five for the Hawkes Bay Development for more than four seasons. Tianua brings a wealth of knowledge to the game, with expertise in all things kicking.



**Jayden Pinfold**

**Academy Strength & Conditioning Coach**

Jayden has spent 6 years studying a bachelor in physical Education and Nutrition at Otago University. He previously worked as an assistant researcher for New Zealand Rugby Union. He has been working at HBRU with a strong focus with women and academy players.



**Jason Shoemark**

**Academy Manager**

Jason has played professional rugby since 1999 representing Northland, Otago & Hawkes Bay. At Super Rugby level he played for the Blues & Highlanders including four seasons with Exeter Chiefs in England. His role with HBRU is to identify future talent and nurture players to reach their full potential through providing specialist high performance coaching.



## **Krysten Cottrell**

Rugby Development Officer

Krysten aka Duffy plays for the New Zealand Black ferns and has been touring with the team in France, Australia and the USA. She has been working at HBRU for over three years implementing ideas to grow women's rugby.



## **Mark Ozich**

Magpies Coach

Mark is a qualified school teacher with 10+ years of rugby coaching experience. Mark first joined the Magpies coaching staff in 2017 as the assistant coach, in 2018 he was appointed head coach.



## **Josh Symes**

Magpies Coach

Josh has a wide and varied coaching portfolio that includes a significant amount of success from a College First XV level, Cub rugby, Heartland and is the Magpies forwards coach.

**NEWZSTUDY & RUGBY**

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# SCHEDULE JANUARY 2020

TUESDAY 7	Gym		Games Day
WEDNESDAY 8	Gym	Catch and Pass Mechanics	Catch Pass
THURSDAY 9	Gym	Tackle Mechanics	Tackle
FRIDAY 10	Gym	Games	Games
SATURDAY 11	Te Mata Peak		
SUNDAY 12	Free Day		
MONDAY 13	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 14	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 15	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 16	Postion Specific Gym and Field Training		
FRIDAY 17	Testing Day - Speed and Bronco followed by games		
SATURDAY 18	Trekking + Falls +Splash Planet		
SUNDAY 19	Free Day		
MONDAY 20	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 21	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 22	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 23	Game v St Johns		
FRIDAY 24	Gym	Fun	Games
SATURDAY 25	Free Day		
SUNDAY 26	Hamilton 7s - Overnight Stay		
MONDAY 27	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 28	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 29	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 30	Postion Specific Gym and Field Training		
FRIDAY 31	Gym	Fun	Games

# SCHEDULE FEBRUARY 2020

SATURDAY 1			
SUNDAY 2	Free Day		
MONDAY 3	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 4	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 5	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 6	Postion Specific Gym and Field Training		
FRIDAY 7	Gym	Fun	Games
SATURDAY 8	Chiefsv Crusaders in Hamilton		
SUNDAY 9	Free Day		
MONDAY 10	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 11	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 12	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 13	Postion Specific Gym and Field Training		
FRIDAY 14	Gym	Fun	Games Day
SATURDAY 15	Hurricanes v Sharks in Wellington		
SUNDAY 16	AAA	Free Day	
MONDAY 17	Gym	Forwards - Scrums   Backs - Catch	Run Catch Pass
TUESDAY 18	Gym	Forwards - Lineouts   Backs -Pass Mechanics	Tackle
WEDNESDAY 19	Gym	Ball Carry & Tackle	Ball Carry and Breakdown
THURSDAY 20	Game v Te Aute		
FRIDAY 21	Gym	Fun	Games
SATURDAY 22	Free Day		
SUNDAY 23	Free Day		