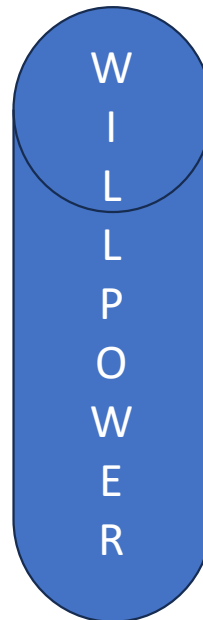
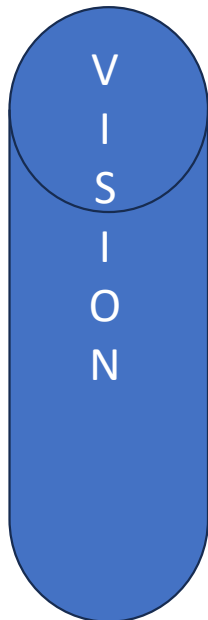




High Performance Youth Development Program



- Nowadays Rugby has become a very physical sport, even more so in the seven-a-side format where a high level of rugby skills is needed to accompany the player's complete development. For this Tomas Capurro has designed a HIGH-PERFORMANCE program for the u16 & u18
- In order for this program to be carried out, Tomas has divided it into three fundamental pillars



VISION

- We want our teams to be more and more competitive.
- To make a leap in quality in the level of play.
- To be recognized throughout the country as one of the strongest Verband



WILLPOWER!

- We must want to fulfill our VISION.
- We must support all our players to achieve their goals and also of our VISION.
- We must do different things to get different results.
- Invite coaches from different clubs to join us in training (they also can learn new things and at the end better coaches will guarantee better players in their clubs and is also still part of our VISION)



COMMITMENT

- We must commit all clubs to send their best players and follow the program (these players become more efficient in their clubs and the Rugby in our region will become more competitive in the clubs as well, which is part of our VISION.
- We must be truly committed to wanting to try to do new and different things and at the same time trust them.
- We must always guarantee the best training space and the best materials for it.



How we are going to organize all this?



- We will train 2 to 3 hours per month for 10 months of the year (September to June) to arrive well prepared to the LVM. As our pool of players is growing and we now have the girls in our program, we might divide the training sessions: boys before lunch, girls after, both on Sunday. They come together during lunch time and get to know each other. The LVM tournament is the same weekend at the same location for boys and girls!
- All trainings sessions will be divided into a physical part, another part of specific skills of the sport and finally into the general movement of the team's game. Also if necessary, video analysis is carried out in some practices.
- All players will receive a gym training plan that will vary every month (in the near future it would also be ideal to receive a specific nutritional plan for rugby players)
- Have several matches before the LVM. Either by creating our own tournament and inviting different unions to participate in it a month before the LVM, and use it as a preparation for the tournament.
- Create a safe and trustworthy space where players can always come to us.
- After each training session, eat together so that the players get to know each other outside of the rugby and continue to share moments together.

Our timeline until Summer 2027

- 6 first trainings are scheduled:
Boys (U16/U18): 9.30 till 11.00 am / Girls (U15/U18): 1.00 till 2.30 pm
13.09.26; 11.10.26 (only boys); 18.10.26 (only girls); 15.11.26
27.03.27; 05.04.27; 13.05.27
- Preparation tournaments with other LV as we did last season are:
06.12.26 & 31.01.27 (both to be confirmed)
- Participation to Jugendcamp von Rugby Deutschland in Heidelberg for max. 6 U16m athletes → 30.10-01.11.26
- Finally, Deutsche Meisterschaft tournament (LVM): 12.-13.06.2027, location to be announced

