



Ignatius Park College



RUGBY UNION EXTENSION PROGRAM

Our **VISION**

The Rugby Union Extension Program at Ignatius Park College (IPC) aims to develop outstanding athletes and exceptional young men through a high performance environment grounded in the values of Integrity, Pride and Commitment.



Integrity | Pride | Commitment

PROGRAM

Our



The Rugby Union Extension Program is part of IPC's Physical Education Curriculum Extension. It will be offered to students in Years 9 and 10 in 2026 with plans to expand the program in subsequent years. It provides a structured pathway for student-athletes to grow technically, tactically, physically and socially through the sport of Rugby Union.

Entry into the program is by application only. Selection is based on a combination of rugby ability, academic performance, and exemplary behaviour across all areas of school life.

Year 7 and 8 students in 2026 are introduced to rugby through the standard PE curriculum and may trial for full program enrolment in Year 9 and 10. Students in Years 11 and 12 continue their rugby development through co-curricular opportunities.



Our

HEAD COACH

Shane Laskey



Shane holds a Level 2 Australia Rugby Union (ARU) accreditation. He is a well respected figure on the local rugby scene with an extensive coaching experience in both male and female rugby at all levels, from junior development to senior A grade. Shane has high-level representative coaching experience, having led the Queensland Country Under 18's team in 2024 and 2025. He also coached local Townsville and North Queensland representative teams over the last 5 years.



Integrity | Pride | Commitment

Our

PROGRAM STRUCTURE

Theory units in the Rugby Extension Program will align directly with the Australian Curriculum for Health and Physical Education.

Practical sessions are underpinned by the pillars of:

Skill Development – progressive mastery of core rugby skills.

Tactical Understanding – game sense, strategy, and positional play.

Strength & Conditioning – age-appropriate physical preparation.

Leadership & Character – teamwork, respect, discipline, and humility.

Wellbeing & Balance – nutrition, recovery, and balancing sport with study.



YEAR 9 - CONSOLIDATION

Skills: Passing (both sides), tackle technique, breakdown safety, catch-pass under pressure, evasion skills. Kicking (punt, grubber, chip), ruck contest, maul introduction, tackle progression.

Tactics: Basic attack/defense principles (depth, support, line speed). Simple set plays, attacking shapes, defensive systems (drift/umbrella).

Conditioning: Movement competency (running mechanics, bodyweight strength, coordination drills). Core strength, body control, intro to resistance training (technique focus)

Leadership: teammates, respect for referees and opponents. Responsibility for training effort and preparation.

Competition Goal: Confidence to compete in school fixtures with safety and skill. Apply skills under pressure in competitive settings.

YEAR 10 - DEVELOPMENT

Skills: Advanced passing, lineout throwing/lifting, scrummaging technique (unit skills), decision making under fatigue.

Tactics: Phase play, set-piece strategy, counter attack options.

Conditioning: Structured gym program (intro to periodisation, strength foundations).

Leadership: Mentoring younger players, accountability in training habits

Competition Goal: Perform consistently at interschool level; exposure to representative trials



Integrity | Pride | Commitment

Competitions

Students in the program may be selected to represent IPC in:

- Queensland Schools Rugby Competitions
- Townsville Secondary School Rugby Gala Days
- Ballymore Cup
- Annual Domestic development tours (eg. Innisfail, Rockhampton)
- International tours* (subject to availability)
- Northern School Region Representative trials for Queensland Secondary School Sport Championships

Cost of the program

Annual fee: \$100 (covers training attire)

Students must provide their own boots and protective gear

Additional costs for competitions and tours will be communicated in advance.

2027 Trials

Term 4, 2026 at IPC:

November– Trials for Year 9 and 10 students (2027).

Selection criteria include:

- Academic engagement and behaviour
- Performance in training and trials
- Leadership and role modelling
- Coachability and responsiveness to feedback

Participation in the program is a privilege. Students must uphold high standards to retain their place.

