

NORTHS

COLTS

SEASON

2022



PRESEASON STARTS
TUESDAY 30TH NOVEMBER
6.00PM

ABOUT THE CLUB

Norths has a long history of providing competitive rugby for Men, Colts & Women in the Queensland Premier Rugby competition. First Established in 1928, Norths is situated on Shaw Road, Wavell Heights, in one of the fastest growing catchments in SE Queensland. The club prides itself and its players on being active members of the community.

The Club has five Senior, one Ladies, three Colts & thirty five Junior teams, competing across the Brisbane Rugby landscape. Norths is one of the only clubs with three IRB approved full size rugby fields with lights, a heavy lifting 300sqm players gymnasium and newly built medical room.

It's not all rugby, we have a three hundred plus sit down clubhouse with licenced bar and canteen, all elevated overlooking the main oval.



ABOUT THE COLTS PROGRAM

Norths Colts program caters for ambitious and social players with a club wide approach. We aspire to develop players who are the smartest and hardest working players, by facilitating a training environment that incorporates a high level of strength and conditioning training, high intensity field sessions and education around the use of video review and preview of both individual and team performances.

We hold players to a high level of accountability on and off the field in order to develop future leaders within our club. Our developmental philosophy in 2021 saw no fewer than 9 Colts eligible players take the field in 1st Grade throughout the season.

Our vision is to prepare Colts players to Be ready to play at the next level, either 1st Grade, QLD U19 & 20's level.

- Dan Ritchie (Head Coach)



COLTS PROGRAM HIGH PERFORMANCE TEAM

DAN RITCHIE – HEAD COACH (Mob. 0401 487 961)

World Rugby/Rugby Australia Level 3 Coach

World Rugby Coach Educator

Graduate Certificate High Performance Sport Leadership (ACU)

Coaching Experience:

2021 – Norths Colts 1 Head Coach,

2021 – QLD U19 White Asst Coach

2019-2020: Wests 2nd Grade Coach

2018-2019: Brisbane City U19 Asst Coach & Manager

2017-2019: Brisbane State High School Director of Rugby

2015-2016: AIC 1 Asst Coach



BEN CAMERON – COACH (Mob. 0403 023 364)

World Rugby/Rugby Australia Level 3 Coach

International Rugby Academy NZ Emerging Coach and Advanced Coach

Graduate Certificate in Performance Analysis (ACU)

Australian Strength & Conditioning Level 1

Coaching Experience:

2021 - Norths Premier Colts - Coach

2020 - Sunnybank Premier Mens 7's - Coach

2019 - Sunnybank Premier Mens - Technical Adviser

2016 - 2018 - Sunnybank Premier Colts - Coach

2019 - 2021 Queensland II Under 18 Schoolboys - Head Coach

2015 - 2017 Queensland II Schoolboys - Under 18 Assistant Coach

2014 - 2021 Met East Under 18 Schoolboys - Head Coach



DEXTER LECKIE - STRENGTH & CONDITIONING

Bachelor Sport & Exercise Science

Masters High-Performance Sport

Level 2 ASCA

Experience:

Strength and conditioning coach QLD Reds (Super Rugby),

Brisbane City (NRC), QLD Reds academy 2018, 2019

S& C Coach Norths Rugby Sydney (Shute Shield) 2020

S&C Coach St Laurence's College 2019, 2020 (preseason), 2021



PRESEASON CONDITIONING & NUTRITION TIPS

Warm Up (each exercise x 10m)

Mobility	- Walking Lunges - Single Leg Deadlifts - Hamstring Sweeps
Run Prep	- A Skips - Single Leg Decelerations - Butt Flicks - Cariocas

Run 1: 60m Shuttles (set a timer phone or stop watch)

Set	Run 60m up & back (120m total) Repeat 8-10 times leaving on the 40 second mark for each rep Make distance longer or shorter as needed
Rest	2 min rest between sets
Repeat Set 3 Times	

Run 2: 80m Shuttles (set a timer phone or stop watch)

Set	Run 70 or 80m in 15 seconds Have 15 second rest Run back in 15 seconds Repeat 8-10 times Make distance longer or shorter as needed
Rest	2 min rest between sets
Repeat Set 3 Times	

Ideal Intake Per Day	Off Season	Pre Season	In Season
Carbohydrate	3 – 3.5 grams/kg bodyweight	3 – 4 grams/kg bodyweight	4 - 5 grams/kg bodyweight
Protein	2.5 grams/kg bodyweight	2.5 grams/kg bodyweight	2.5 grams/kg bodyweight
Fat	0.5 grams/kg bodyweight	0.5 grams/kg bodyweight	0.5 grams/kg bodyweight