



Cook Islands Rugby Union

COACH & STRENGTH & CONDITIONING TRAINER PATHWAYS : 2020 - 2023

UNION STRATEGY for UNION ISSUES

ISSUES	STRATEGY SOLUTIONS
<p>COACH and STRENGTH & CONDITIONING Trainer RECRUITMENT/Target: College PE Students and Players 20 - 40 year olds (Male & Female).</p>	<ul style="list-style-type: none">• Target College PE Students(NCEA) and current or ex-players.• Recruitment: integrate into the 2020 Rarotonga Club & Rising Stars Schools/College Championships - Competition Rules (T&E).....regulate into both these 2021 Competition Rules.• Educator to visit the Schools/Colleges with RDOs to encourage junior coach / S&C trainer development.• Educator to visit the Clubs to encourage Coach / S& C Trainer development.• Continue with educator /mentor programme with existing personnel.• World Educator to visit in February (or July) window for Rugby 7s & then Rugby 15s (alternate years).• Aim to build local-based CI capacity to provide for the National teams at all levels.

CIRU COACH / S&C TRAINER PATHWAYS

- ▶ Rising Stars - Primary Schools Quick Rip 7s (U11 & 13) ##WR Coach / S&C Trainer - Level 1

TARGET: College & Senior 20 - 40 yrs

- ▶ Rising Stars - College 7s & 10s (U14, U16 & U18s)
WR Coach / S&C Trainer - Level 1

MIX College / Senior
20 - 40 yrs

- ▶ **SATURDAY Club competitions 15s & 7s (U11, U13, U16, U19 & Snr Opens)**

Educators to MENTOR
Snr & Coll. students

- ▶ Constitution 7s / Corporate 7s / U16 College 7s / RARO International 7s

Educators to MENTOR
Snr & Coll. students

- ▶ REGIONAL: U13 Aims Games, U15 Condors, U18 World School 7s, Oceania 7s & Oceania - RWCQ 15s Competitions / Tournaments. WR - Level 2 qualification.

Educators to MENTOR
Snr & Coll. students

SENIORS to attend
REG. Tournaments