

# GAMEON

## RUGBY

Game On Rugby is a short-term programme designed to help improve your English language and Rugby skills at the same time.

Take part in an English Language programme in the morning and in the afternoon, join your team mates with high performance rugby training.



### PLAY RUGBY AT OUR PLACE...

Meet Kiwi rugby players from schools and regional teams. Many All Blacks have come from Hawke's Bay including Taine Randall, and current All Blacks Israel Dagg, Brodie Retallick and Ben Franks.

The region is also the home of many other international representatives including Karne Hesketh, a member of the Cherry Blossoms – the national Japanese team – a former student of Napier Boys High School.

### ... STUDY IN A PLACE LIKE NO OTHER

This is your unique opportunity to experience Hawke's Bay and all that the region has to offer.

Hawke's Bay is fresh and green with a lifestyle that is hard to match. Aside from your study and Rugby programme, you will have the chance to experience local tourist activities and be taken on excursions throughout the region.



### WHAT YOU NEED TO KNOW

#### Where will you study?

Depending on your age, you will have the option of studying at one of Hawke's Bay high schools or at a Category 1 English Language provider.

For your training in the afternoon you will be based at the home of the Hawke's Bay Rugby Union – MacLean Park in Napier.

#### Where will I stay?

Depending on where you study either homestay accommodation or boarding.

Homestay allows you to live with a local Hawke's Bay family and experience our Kiwi culture. Boarding gives

you the opportunity to live with a group of peers.

You will be immersed in to the English language having the opportunity to develop your English skills as well as making friends.

#### Personalised English Language programme

Your English language programme will include learning Rugby specific English words so that you can be as prepared as possible in the afternoons.

#### How long is the programme?

We offer 2 or 4 week programmes

#### What you need:

Minimum group size 10



**LEARNING HAWKE'S BAY.nz**

For more information about this unique programme, contact:  
[info@learninghawkesbay.nz](mailto:info@learninghawkesbay.nz)  
[jp.learninghawkesbay.nz](http://jp.learninghawkesbay.nz)

## PROGRAMME SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK 1	SESSION 1	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	Rest/ Recover
	SESSION 2	Meet at McLean Park introduce HBRFU Staff HB Tour	Meet at Magpies Gym Introduce to S & C staff – H & S talk Weights Assessment –Testing Nutrition Workshop	Fitness Testing (speed & Yoyo) IPP Session	Gym (Circuit) Mental Skills Workshop	Skills Assessment (Run/Catch/Pass) Pool Recovery Session	
WEEK 2	SESSION 1	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	Rest/ Recover
	SESSION 2	Gym Upper Body Session	Skills Assessment (tackle/cleanout)	Gym Lower Body Session	Anaerobic Games	Day at Outfoxed	
WEEK 3	SESSION 1	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	Rest/ Recover
	SESSION 2	Gym power/speed Anaerobic Games	Mental Skills Workshop Skills	Gym upper body	Team training	Game v NBHS	
WEEK 4	SESSION 1	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	English Tuition 9 – 12	Rest/ Recover
	SESSION 2	Game debrief Gym Lower Body	Skills/Training	Gym Upper Body	Team training	Game v HBHS Function	

KEY: S & C – Strength & Condition | H & S – Health & Safety.

## HAWKE'S BAY RUGBY FOOTBALL UNION

Hawke's Bay Rugby Union (HBRU) is a progressive, provincial rugby union based on the east coast of the North Island. One of the oldest and proudest Rugby Unions in New Zealand. An organization with a rich and proud history stretching back over 130 years. HBRU and its flagship team, the Hawke's Bay Magpies competes in the ITM Cup Premiership – the top provincial rugby championship in New Zealand.

We currently have 3 All Blacks (Brodie Retallick, Israel Dagg and Ben Franks) and 2 Maori All Blacks (Ash Dixon and Brendon Edmonds) in our playing squad.

The programme above will be delivered by Hawke's Bay at their grounds at McLean Park, Napier.



## TERTIARY PROGRAMME CONTRIBUTORS

### EIT (Eastern Institute of Technology)

EIT is one of New Zealand's top-rated institutes of technology offering programmes ranging from certificate through to post-graduate level. EIT's programmes have a practical focus, underpinned by academic theory. This balance of practice and theory provides students with the right qualifications, skills and industry experience to help them achieve.

In 2016, more than 10,000 students studied at EIT, including 800 international students from 40 different countries.

EIT staff members are committed to providing students with a high level of support. Small class sizes allow for EIT's highly experienced and qualified staff to provide individualised attention, in order to guide students to achieve academic success.

### New Horizon College of English

Come and join our happy, multi-national study environment for students wanting to improve their English language and be treated as an individual in a small friendly school.

Our teachers are all highly qualified and skilled to create a feeling of confidence and relaxation during the lessons and we have a great monthly activity programme. We provide a central city location near the beach, with recreational facilities and a comfortable student lounge.

Free 1 to 1 sessions with a teacher are provided twice a week after school. Live with one of our caring homestays a short walk, bicycle or bus ride from school and take advantage of a total kiwi experience.

## SECONDARY PROGRAMME CONTRIBUTORS

- Hastings Girls High School (Girls)
- Havelock North High School (Co-ed)
- Iona College (Girls)
- Lindisfarne College (Boys)
- Napier Boys High School (Boys)
- Napier Girls High School (Girls)
- Sacred Heart College (Girls)
- Tamatea High School (Co-ed)
- Taradale High School (Co-ed)
- William Colenso College (Co-ed)
- Woodford House (Girls)