



**EASTERN COUNTIES**

**U17s 2011**

## Contents

- Introduction
- Coaching Staff Contact Details
- Training and Match Programme
- Nutrition
- Examples of Foods
- Recovery
- Hydration
- Conditioning

## **Introduction**

Welcome everyone! We hope you are looking forward to exciting times which lie ahead for the remainder of this season and the start of next season.

The U17 squad trains and plays together, to prepare for the U18 grading matches that are used for London Division selection at the start of next season.

Players selected for London Division then play in a tournament against The North, The Midlands and The South-West. From this tournament an England team is selected. The England team currently plays Ireland U18s in a capped match.

Players must be 16 before and on 1<sup>st</sup> September 1994.

It is a testament to your qualities as a rugby player and to your potential that you that you are being considered for selection. This is just the first step towards making the match day selection. To do this you will need to act in the most professional way in the following areas:

### **Communication:**

There is no room in the squad for players who cannot manage themselves to a level and inform those who are working hard on your behalf (manager, coaches, and physios) on their availability or current fitness levels.

### **Punctuality:**

If you are provided with a meet time then consider that to be on time is to be at the designated place with enough time to cope with any traffic on your journey, get changed and prepared for training or meetings at the club or to be assessed by the physio with regards to fitness to play or train.

### **Attitude:**

You will be working with some very talented and committed coaches. One of our key challenges is that there is little time to work with you, so your attitude to working with them must be spot on. Be prepared to take responsibility during key areas regarding preparation for training and matches.

### **Fitness:**

Fitness is very much the personal responsibility of the player and you will be expected to have the **higher** level of fitness required to play at this level. Please refer to the fitness notes in this booklet.

All of the staff are looking forward to working with you, with a view to making you the best prepared representative squad in the Eastern Counties.

It is imperative that we use the training and match time we have with you productively. Come to training and matches to work hard, learn and share your expertise with others. This is your chance to play for England! Make the most of it.

*Simon, Chris & David*

*“There is no fear in losing a game of rugby. There is fear in failing to prepare properly.” - Clive Woodward*

## **Coaching Staff Contact Details**

### **Manager - Simon Lord**

Ashtrees, 32 Bury Road, Barrow. Suffolk. IP29 5AB  
01284 811189 / 07774 751496 - [simon.lord@defra.gsi.gov.uk](mailto:simon.lord@defra.gsi.gov.uk)

### **Lead Coach - Chris Roome**

07931 784485      [cjroome@gmail.com](mailto:cjroome@gmail.com)

### **Coach - David Harvey**

07764 626034      [harvey.d3@sky.com](mailto:harvey.d3@sky.com)

Updates for training and matches can be found on the website below: (it is too early for training dates at time of drawing this up)

<http://www.ecrfu.com/playing/youth/u17s>

## **Eastern Counties Rugby Union**

### **17 Group Programme**

<b>Date</b>	<b>Event</b>	<b>Venue</b>
Mon	Training	Bury St Edmunds RFC
Mon	Training	Bury St Edmunds RFC
Sunday 26 February 2011	Match vs Hampshire	Home – venue tbc
Mon	Training	Bury St Edmunds RFC
Sunday 25 March 2011	Match vs Yorkshire	Away – venue tbc
Mon	Training	Bury St Edmunds RFC
Sunday 15 April 2011	Match vs Middlesex	Home – venue tbc

## **Nutrition**

Fuelling For Performance:

This documentation is an introduction to the basics of nutrition and is only to be used as a generic guide and not an individual player nutritional plan. It is to be used to help improve your general fitness and overall well being, and thus improve your performance levels whilst working with the Eastern Counties Squad.

There are many elements of fitness that make up the complete elite player and the EC Coaching team will endeavour to bring them all to you in the near future, but it is important to realise that nutrition is as important as any of the other basic elements of the higher level of fitness that you should be aiming to strive for, now that you are among the Eastern Regions elite Rugby fraternity.

Even if you do not have an in depth knowledge of basic nutritional needs, you are responsible for what goes into your body.

Consider for a moment that two motor vehicles are about to race. One of the cars is a mini, the other a Ferrari. Which one of these would you expect to win?

If I were to manipulate this scenario for a moment to prove the point, imagine that the Ferrari had its fuel tank filled to the top with low grade Diesel Oil! The high performance vehicle would not even run, let alone stand a chance of winning the race. Your body will eventually react in the same way if you fill it with junk food.

My point here is that if you wish your high-grade engine to perform to its optimal level, then you have to feed it right.

The three basic elements we shall concern ourselves with are as follows:

**Carbohydrates:** This tends to be the most appropriate fuel for Rugby players and should form the bulk of your caloric intake

**Protein:** Rugby players need this because it builds muscle and helps repair muscle damaged, during contact or strength training.

**Fat:** Without going in depth here, you should be aware of the two basic types of fat within the fuel mix.

Saturated Fat: Such as animal fats, butter and lard

Polyunsaturated Fat: Fish oils and olive oil

At this point in your Rugby career, you should be concerning yourself with avoiding the obvious sources of saturated fats such as deep fried food and junk food. I'm afraid the old adage still holds true 'Garbage in, Garbage out'. Try and make the effort to stay away from the 'low grade diesel oil'.

It's important to try and achieve the correct fuel mix for Rugby players, regardless of size. We may already know the obvious; that a small player needs to eat more at regular intervals and bigger players that carry too much body fat need to reduce the saturated fats they consume, but this does not necessarily mean that the bigger players should eat less. It may be that the bigger player needs to eat more to help them cope with the rigours of the game, but they must eat the correct foods.

*"Do you expect me to have some Churchill-type speech in my pocket for such moments," Johnson said with a wry smile. "I told them to bend over and push." – Martin Johnson (England down to 13 men vs New Zealand 2003)*

## Examples of Foods

Carbohydrates	Protein	Fats (Essential Polyunsaturated)
Rice	Eggs	Fish Oils (sardines)
Pasta	Fish	Olive Oil
Potatoes	Turkey/Chicken	
Bread	Nuts	
Bananas	Peas	
	Beans	

There are obviously many more foods that can be added to the list and far deeper complexity defined in the fuel mix that we could choose for individual athletes but the coaching staff including myself will be able to advise you further if required.

As a general rule of thumb, to start with we will be advising you to aim for the following guidelines.

**Carbohydrates:** You should be aiming for about 10grams of carbohydrate for every kilogram of body weight that you carry. For example if you weighed 70kg, then you would be aiming for 700g of carbohydrate in your diet.

**Protein:** Aim for 2.2g of protein for every kg of body weight, 70kg in body weight would equate to between 150g to 160g of protein. Protein is the hardest source of the fuel mix to find in the required quantities, which is why professional athletes use food supplements, but this is a separate issue that can be addressed later in your development.

**Fats:** As already mentioned polyunsaturated fats play an essential part in supporting health and performance by boosting the immune system, building cells and providing energy for low intensity exercise. We will be advising that players should be aiming for somewhere less than 20% fat in their caloric intake.

We will not be giving direct sample diets at this time because each player will have completely different nutritional needs as the season unfolds but some guidance can be given if required.

## **Recovery**

As you have now reached this level of attainment, you will be expected to perform at a much higher level on the pitch and on the training ground. The major problem facing you now at this level of maturity and ability is how you manage your time sufficiently well enough to allow your body to recover from the rigours of top flight Rugby.

I'm sure most of you have mentors at your club or schools and they will all be expecting you to perform for them, but it is your responsibility to ensure that you do not overplay. The coaching staff at Eastern Counties is here to help you in any way we can.

We are aware that you have commitments to your clubs and schools respectively but you do need to think about structuring your season to enable you to stay fit and injury free.

You should be aware that you are playing a collision sport played by athletes that are becoming much bigger, stronger and faster year by year and a huge amount of stress can be placed upon your body, whilst playing a full contact sport.

The EC coaching staff are committed to working with club coaches and schools masters to ensure that you are not overplayed or indeed over-trained. You should however take the responsibility to ensure that your playing week, month and season are structured correctly to ensure that you complete your season fit and healthy and give yourself the best chance to stay injury free and are available for selection at Eastern County and higher levels.

As previously mentioned, there is likely to be some considerable demand on your time and you need to ensure correct recovery methods are in place to allow your body the time it needs to restore itself to prime condition.

Due to the collision nature of the game of Rugby Union, your recovery should start as soon after the match as possible with a warm down of the major muscle groups. This session should only take five minutes and is simply a case of statically stretching the muscles by holding the stretch for 10-15 seconds on each muscle. During this session, the player should start the hydration process, which can be initially with water before using Isotonic drinks later on in the changing room.

### **Why Warm Down**

- Suddenly stopping exercise prevents blood flow back to the heart and can result in blood pooling in the legs. Light exercise results in blood being distributed to the brain and other body parts.
- Stretching promotes blood flow and helps restore normal range of movement due to increased body temperature
- Reduces risk of delayed onset of muscle soreness (DOMS)<sup>1</sup> by assisting with the removal of lactic acid
- Promotes relaxation by reducing emotional arousal and returning the nervous system to its normal state.

---

<sup>1</sup> Delayed Onset of Muscle Soreness (DOMS) is usually felt 24-48 hours after exercise and is the result of inflammation around the muscle or damage to the muscle fibre caused by exercise.

## **Hydration**

Once the warm down is complete, you should return to the changing room and it is advisable to eat and drink something to help the recovery process and to re-build your energy stores. This can be in the form of an energy bar or banana and an isotonic drink.

However, be aware that Isotonic drinks contain sugar and so if sipped frequently will cause significant tooth decay. Despite the marketing message from the drinks manufacturers, it is unlikely that an athlete who has eaten and drunk correctly between training sessions and games, would need to use isotonic drinks to “fuel” during training and playing, simple water will suffice...at a fraction of the cost and without the tooth decay risk.

Provided you have eaten and drunk sensibly between training sessions and matches, you should be in fluid balance on match day.

You should aim to slowly drink between 5 and 7ml of water per kg body weight 4 hours before, followed by 500ml 1 hour before and 200ml every 20 minutes during the game.

A good guide is that your urine should be pale straw coloured at all times, if it is darker before playing then drink 3-5ml per kg body weight immediately.

## **Conditioning**

You are expected to arrive at Eastern Counties U17 training sessions and matches with the required level of physical conditioning and fitness to be able to perform to that level. It will be your responsibility as a player to achieve higher levels of fitness than your club or school peers.

There are no hard and fast measures, but players that have not attained the necessary levels of fitness to perform to the standards we expect will be asked to improve their fitness and conditioning before they will be considered for the squad.

## Conditioning (Cont)

Refer to the following RFU website –

<http://www.rfu.com/TakingPart/Fitness/FitnessAttributes/AcademyFitnessCurriculum.aspx>

Also for Players new to conditioning a few example sessions below

Exercise	Load	Sets	Reps	Recovery
<b>Session 1: Strength</b>				
Upright row	70% 1RM	5	5	90 secs
Barbell lunge	Bar	5	5	90 secs
Bench/Bar dip	Bodyweight	5	5	90 secs
Press-up	Bodyweight	5	5	90 secs
Squats		3	10	90 secs
Swiss ball abdominals		3	20	90 secs
Swiss ball lower back		3	20	90 secs
<b>Session 2: Bounding</b>				
Jump rope		4	25	60 secs
Hop and stick (per leg)		1	10	60 secs
Squat jump		2	5	60 secs
Vertical jump		2	10	60 secs
2 leg tuck jump		2	10	60 secs
Multidirectional jumps		2	8	60 secs
Step-close		2	10	60 secs
<b>Session 3: Strength</b>				
Overhead squats	Bar	5	5	90 secs
High pulls	70% 1RM	5	5	90 secs
Front squats	Bar	5	5	90 secs
Dumbbell military press	70% 1RM	5	5	90 secs
Bench press	70% 1 RM	3	10	90 secs
Swiss ball abdominals		3	20	90 secs
Swiss ball low back		3	20	90 secs
<b>Session 4: Bounding</b>				
Jump rope		4	25	60 secs
Hop and stick (per leg)		1	10	60 secs
Squat jump		2	5	60 secs
Vertical jump		2	10	60 secs
2 leg tuck jump		2	10	60 secs

Multidirectional jumps		2	8	60 secs
Step-close		2	10	60 secs

<b>Jump rope</b>	Basic double-leg jumps in sets of 25 reps.
<b>Multi-directional jumps</b>	Jump forward, side, opposite side, back, and repeat. Keep contact time short.
<b>Hop and stick</b>	Same as the previous exercise but take off and land on one leg.
<b>Hurdle jump</b>	Take off from two feet and land. Then jump up over the next hurdle. This involves vertical projection of the centre of gravity, so it can be stressful. Start with 1 hurdle and progress up to 10 hurdles.
<b>Squat jump</b>	Quickly squat down and jump up as high as possible. Do not use the arms. Keep the hands on the hips In order to force triple extension of the ankles, knees, and hips.
<b>Vertical jump</b>	Jump for maximum height using the arms to reach as high as possible.
<b>Step-close jump</b>	Start with one foot forward; with the other foot, step forward onto two feet and jump as high as possible using the arms. This demands high coordination because it involves converting horizontal energy into vertical energy.

Explanations of terms used:

1RM = 1 Repetition maximum, someone will need to assist the athlete to establish their 1RM which does not necessarily need to be big weights.

This program is intended to be used as an introduction to strength training and focus should be on establishing the correct techniques for all of the exercises that form the basis for much bigger complex movements to be introduced at a later date. Most of the strength exercises can be found on Youtube and emphasis should be on the formation of correct technique.

Sessions should be alternated, Strength/Bounding with a day active rest between sessions