



SUMMER ACADEMY

SDL Trials

U16 Girls	Tuesday 28 th October	5:00pm – 7:00pm	Cowles
U16 Boys	Tuesday, 28 th October	7:00pm – 9:00pm	Cowles
U12 Boys	Friday 31 st October	4:00pm – 6:00pm	Bishopdale YMCA
U14 Girls	Friday 31 st October	6:00pm – 8:00pm	Bishopdale YMCA
U12 Girls	Friday 31 st October	4:00pm – 6:00pm	Cowles
U14 Boys	Friday 31 st October	6:00pm – 8:00pm	Cowles
Rams*	Saturday, 1 st November	11:00am – 1:00pm	Cowles
Wildcats**	Saturday, 1 st November	1:00pm – 3:00pm	Cowles

*Rams – Males aged 16 years and older

**Wildcats – Females aged 16 years and older

SDL Sessions

(SDL) approx. 40 players in each age bracket boys and girls.

- Train/play programme U12, U14, U16, Rams and Wildcats
 - 75% Skill Development, 25% Game Development
 - Led by Marks Dickel (Rams Head Coach) and Caleb Harrison (CRBF Development Coach)
 - Supported by Representative level coaches and specials guests from the Canterbury Rams and Canterbury Wildcats
 - Players need a dark and white coloured top

U12 Girls	Trials	Friday 31 st October	4:00pm – 6:00pm	Cowles
U12 Girls	Week 1	Friday 7 th November	4:00pm – 6:00pm	St Bedes
U12 Girls	Week 2	Friday 21 st November	4:00pm – 6:00pm	Cowles
U12 Girls	Week 3	Friday 28 th November	4:00pm – 6:00pm	Cowles
U12 Girls	Week 4	Friday 5 th December	4:00pm – 6:00pm	Cowles
U12 Girls	Week 5	Friday 12 th December	4:00pm – 6:00pm	Cowles
U12 Boys	Trials	Friday 31 st October	4:00pm – 6:00pm	Bishopdale Y
U12 Boys	Week 1	Friday 7 th November	4:00pm – 6:00pm	Bishopdale Y
U12 Boys	Week 2	Friday 21 st November	4:00pm – 6:00pm	Bishopdale Y
U12 Boys	Week 3	Friday 28 th November	4:00pm – 6:00pm	Bishopdale Y
U12 Boys	Week 4	Friday 5 th December	4:00pm – 6:00pm	Bishopdale Y
U12 Boys	Week 5	Friday 12 th December	4:00pm – 6:00pm	Bishopdale Y

U14 Girls	Trials	Friday 31 st October	6:00pm – 8:00pm	Bishopdale Y
U14 Girls	Week 1	Friday 7 th November	6:00pm – 8:00pm	Bishopdale Y
U14 Girls	Week 2	Friday 21 st November	6:00pm – 8:00pm	Bishopdale Y
U14 Girls	Week 3	Friday 28 th November	6:00pm – 8:00pm	Bishopdale Y
U14 Girls	Week 4	Friday 5 th December	6:00pm – 8:00pm	Bishopdale Y
U14 Girls	Week 5	Friday 12 th December	6:00pm – 8:00pm	Bishopdale Y
U14 Boys	Trials	Friday 31 st October	6:00pm – 8:00pm	Cowles
U14 Boys	Week 1	Friday 7 th November	6:00pm – 8:00pm	St Bedes
U14 Boys	Week 2	Friday 21 st November	6:00pm – 8:00pm	Cowles
U14 Boys	Week 3	Friday 28 th November	6:00pm – 8:00pm	Cowles
U14 Boys	Week 4	Friday 5 th December	6:00pm – 8:00pm	Cowles
U14 Boys	Week 5	Friday 12 th December	6:00pm – 8:00pm	Cowles
U16 Girls	Trials	Tuesday 28 th October	5:00pm – 7:00pm	Cowles
U16 Girls	Week 1	Tuesday 4 th November	5:00pm – 7:00pm	Cowles
U16 Girls	Week 2	Tuesday 18 th November	5:00pm – 7:00pm	Cowles
U16 Girls	Week 3	Tuesday 25 th November	5:00pm – 7:00pm	Cowles
U16 Girls	Week 4	Tuesday 2 nd December	5:00pm – 7:00pm	Cowles
U16 Girls	Week 5	Tuesday 9 th December	5:00pm – 7:00pm	Cowles
U16 Boys	Trials	Tuesday 28 th October	7:00pm – 9:00pm	Cowles
U16 Boys	Week 1	Tuesday 4 th November	7:00pm – 9:00pm	Cowles
U16 Boys	Week 2	Tuesday 18 th November	7:00pm – 9:00pm	Cowles
U16 Boys	Week 3	Tuesday 25 th November	7:00pm – 9:00pm	Cowles
U16 Boys	Week 4	Tuesday 2 nd December	7:00pm – 9:00pm	Cowles
U16 Boys	Week 5	Tuesday 9 th December	7:00pm – 9:00pm	Cowles
Open Rams	Trials	Saturday 1 st November	11:00a – 1:00pm	Cowles
Open Rams	Week 1	Saturday 8 th November	11:00a – 1:00pm	St Bedes
Open Rams	Week 2	Saturday 22 nd November	11:00a – 1:00pm	Cowles
Open Rams	Week 3	Saturday 29 th November	11:00a – 1:00pm	Pioneer
Open Rams	Week 4	Saturday 6 th December	11:00a – 1:00pm	St Bedes
Open Rams	Week 5	Saturday 13 th December	11:00a – 1:00pm	Cowles
Open Wildcats	Trials	Saturday 1 st November	1:00p – 3:00pm	Cowles
Open Wildcats	Week 1	Saturday 8 th November	1:00p – 3:00pm	St Bedes
Open Wildcats	Week 2	Saturday 22 nd November	1:00p – 3:00pm	Cowles
Open Wildcats	Week 3	Saturday 29 th November	1:00p – 3:00pm	Pioneer
Open Wildcats	Week 4	Saturday 6 th December	1:00p – 3:00pm	St Bedes
Open Wildcats	Week 5	Saturday 13 th December	1:00p – 3:00pm	Cowles

Morning Skills Training

All players participating in the U14, U16 and Rams and Wildcats SDL will be invited to the Morning Skills Training:

- Sessions will be led by Head Coach and supported by representative level coaches with specials guests from the Canterbury Rams and Canterbury Wildcats.
- 100% Skill Development Programme
- Each SDL athlete can choose to attend one of the four training venues that are geographically located across the city. If they wish to and they can attend a 2nd gym if they want to attend more than two sessions a week
- x2 sessions per week
- Each gym will comprise of both boys and girls from the different SDL age groups to allow the players to receive coaching and compete against each other.
- Sessions will run over the entirety of the SDL programme.
- Each player will need to bring white and coloured top.

Shirley Boys High School	Monday 3 rd November	6:30a – 8:00a
Shirley Boys High School	Friday 7 th November	6:30a – 8:00a
Shirley Boys High School	Monday 10 th November	6:30a – 8:00a
Shirley Boys High School	Friday 14 th November	6:30a – 8:00a
Shirley Boys High School	Monday 17 th November	6:30a – 8:00a
Shirley Boys High School	Friday 21 st November	6:30a – 8:00a
Shirley Boys High School	Monday 24 th November	6:30a – 8:00a
Shirley Boys High School	Friday, 28 th November	6:30a – 8:00a
Shirley Boys High School	Monday 1 st December	6:30a – 8:00a
Shirley Boys High School	Friday 5 th December	6:30a – 8:00a
Shirley Boys High School	Monday 8 th December	6:30a – 8:00a
Shirley Boys High School	Friday 12 th December	6:30a – 8:00a
Middleton Grange School	Tuesday 4 th November	6:30a – 8:00a
Middleton Grange School	Friday 7 th November	6:30a – 8:00a
Middleton Grange School	Tuesday 11 th November	6:30a – 8:00a
Middleton Grange School	Friday 14 th November	6:30a – 8:00a
Middleton Grange School	Tuesday 18 th November	6:30a – 8:00a
Middleton Grange School	Friday 21 st November	6:30a – 8:00a
Middleton Grange School	Tuesday 25 th November	6:30a – 8:00a
Middleton Grange School	Friday 28 th November	6:30a – 8:00a
Middleton Grange School	Tuesday 2nd December	6:30a – 8:00a
Middleton Grange School	Friday 5 th December	6:30a – 8:00a
Middleton Grange School	Tuesday 9 th December	6:30a – 8:00a
Middleton Grange School	Friday 12 th December	6:30a – 8:00a
Cashmere High School	Monday 3 rd November	6:30a – 8:00a
Cashmere High School	Thursday 6 th November	6:30a – 8:00a
Cashmere High School	Monday 10 th November	6:30a – 8:00a

Cashmere High School	Thursday 13 th November	6:30a – 8:00a
Cashmere High School	Monday 17 th November	6:30a – 8:00a
Cashmere High School	Thursday 20 th November	6:30a – 8:00a
Cashmere High School	Monday 24 th November	6:30a – 8:00a
Cashmere High School	Thursday 27 th November	6:30a – 8:00a
Cashmere High School	Monday 1 st December	6:30a – 8:00a
Cashmere High School	Thursday 4 th December	6:30a – 8:00a
Cashmere High School	Monday 8 th December	6:30a – 8:00a
Cashmere High School	Thursday 11 th December	6:30a – 8:00a

Rangi Ruru Girls School	Tuesday 4 th November	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 6 th November	6:30a – 8:00a
Rangi Ruru Girls School	Tuesday 11 th November	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 13 th November	6:30a – 8:00a
Rangi Ruru Girls School	Tuesday 18 th November	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 20 th November	6:30a – 8:00a
Rangi Ruru Girls School	Tuesday 25 th November	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 27 th November	6:30a – 8:00a
Rangi Ruru Girls School	Tuesday 2 nd December	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 4 th December	6:30a – 8:00a
Rangi Ruru Girls School	Tuesday 9 th December	6:30a – 8:00a
Rangi Ruru Girls School	Thursday 11 th December	6:30a – 8:00a

*Select players may be selected to be part of a group that trains 5 mornings per week for duration of the programme. This group will be selected on performance and may be changed from time to time.