



Advanced Apprenticeship in Sporting Excellence – Rugby Union (Apprentice Guide)

in addition to full time AS/A2 Level/BTEC National Certificate Programme

Length: 2 years

What is the course about?

The advanced apprenticeship in Sporting Excellence programme offers you the chance to train at an elite level with an RFU Premiership Rugby Club whilst attending college to gain academic qualifications. We work in partnership with Harlequins Rugby Club to deliver the NVQ in Achieving Excellence in Sports Performance. You will join the clubs training and development programme to gain valuable experience in tactics, techniques and the performance of professional rugby. You will spend your time in college on either a three A Level programme or a BTEC National Certificate Course.

Who is the course for and am I qualified to join it?

The advanced apprenticeship in Sporting Excellence is targeted at 16-18 year olds who have the potential to compete at a high level in Rugby Union. Candidates are selected by the employer (Harlequins FC) from trials or from participation in EPDG or SOR. Normal academic entry requirements for a Level 2 programmes, for example a First Diploma, or Level 3 programme, for example AS/A2 or National Diploma/Certificate, must be fulfilled, since candidates cannot do the AASE programme on its own. Players must be a minimum of County A standard.

What will the course cover?

The NVQ will develop your skills in eight key areas of rugby development:

- Plan, develop and apply your technical skills
- Plan, develop and apply your tactical skills
- Plan and develop your physical conditioning
- Develop the attitudes and mental skills necessary for excellent performance
- Plan and manage your own lifestyle
- Plan and manage your career
- Communicate and work effectively with others
- Maintain the health and safety of yourself and others

What will I be able to do as a result of the course?

When you complete the advanced apprenticeship in Sporting Excellence programme, you will have learnt how to conduct yourself as a professional athlete. You will understand how to manage your career, lifestyle and mental attitude. Your rugby skills will have been developed to a high standard and you will understand how to apply technical and tactical skills to a game.

How will I be taught?

The NVQ is delivered at the club through their training and development programme along with your AS/A2 or BTEC National Certificate full time studies at college.

How will I know I'm progressing and how is the course assessed?

It is the tutor/assessor's role to assess your competence directly, they must be sure that you have met and shown evidence for all performance, knowledge and evidence requirements. When your assessor is satisfied that you have met all the requirements for a unit, they will confirm this by signing the evidence record sheet for that unit to show that the process is complete. Your assessor will need to agree on a number of issues with you including: finding the best source of evidence to use for particular units, finding the best way of assessing you and confirming the best times, dates and places for your assessments to take place.

Will I have a chance to give my views on the course?

You will have constant contact with your assessor throughout the course. In addition, quarterly reviews with your assessor and workplace supervisor will give you the opportunity to provide feedback on any aspect of the course. There will also be an opportunity to evaluate your course at the end.

What could the course lead to?

As candidates on the advanced apprenticeship in Sporting Excellence combine full time academic studies and work based qualifications with practical rugby training, there are several possibilities the course can lead to. The affiliated clubs may consider you for a professional contract if they feel you are talented enough, or you can consider continuing your education at university.

How much will it cost?

The cost of recruitment, training for the relevant qualifications, assessment and monitoring is funded by the South London Learning and Skills Council for 16-18 year olds. Additional Costs: You will be expected to purchase the full rugby academy kit costing approximately £160.

How do I join the course?

Applicants must be referred to the advanced apprenticeship in Sporting Excellence Programme by one of the Rugby Club's affiliated with the college. The Harlequins Academy Manager has the final decision on selection for the AASE programme. The clubs Academy Manager will then contact the college to arrange a formal interview.

Contact Richard Hicks, AASE Coordinator/Manager, Richmond upon Thames College, on 0208 607 8166 or email rhicks@rutc.ac.uk for further information.

It may sometimes be necessary to modify the information in this leaflet 12/08

This PDF can also be provided as a leaflet (large print or audio cassette also available).

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