



U16/U18 Winter Rugby Academy 2026/2027

Program Overview

Category**Details**

Program Duration:	18 Weeks / 2 days per week / 2 hours per day • 30+ Hours of Strength and Conditioning Training with a professional coaching team and tailored programming. • 30+ Hours of On-Field Skill Development Sessions with professional and experienced coaching in a true high-performance environment. • Educational seminars focused on Sports Nutrition (2) and Mental Performance (2) with a focus on rugby. • Rugby Laws and Tactics seminar (1)
Weekly Frequency:	2 Sessions per Week; Tuesday + Thursday Afternoons • U16/18 Boys 4-6PM • U16/18 Girls 5-7PM
Session Format:	1 Hour of On-Field Technical Skill Development followed by 1 hour of Strength & Conditioning.
Athlete Group:	U16–U18 Highschool or Club rugby players looking to improve their game
Facility:	Vanguard Athletic performance The Yard - Turf Rental 870 Taunton Rd W, Oshawa ON
Coaching Staff:	Dylan Parson: Owner of Valhalla Academy, Head Coach Kevin Chapman: Owner of Vanguard, Lead S+C Coach Liam Spafford: S+C Coach (Valhalla Academy) S+C Coach (x3): Provided by Vanguard TK Chinoda: Technical Skills Coach James Stockwood: National Men's player, Technical Skills Coach Brock Webster: National Men's Player, Guest coach, Guest Speaker Carson Young: Referee, Rugby Laws; Guest Coach and Speaker Ashley Haringa: Administration
Additional Details:	1:8 Coach to Athlete Ratio on Field and in S&C Accessible lounge with full view of Technical Training Sessions Electrolyte beverages and other supplements available for purchase Mens and Womens changeroom facilities on-site Fully accessible family washroom/changeroom facilities On-Site Physio Therapy Clinic Discounted presto pass available upon request for travel from school to facility for training. Please inquire

Sample Camp Schedule:

This Schedule outlines a tentative itinerary for 2026/27 Rugby Camp.

The dates outlined below are confirmed, however the dates of Classroom Sessions (for Nutrition/Mental Performance Seminars) are subject to change based on the availability of our providers. Registered athletes will be informed of any relevant schedule changes in advance.



U16/18 Winter Rugby Camp Calendar

November

		Week 1		Week 2		Week 3		Week 4		
		Dates:	3	5	10	12	17	19	24	26
U16/18 Boys	4:00 PM	Orientation	Fitness Testing	Turf	Turf	Turf	Turf	Turf	Turf	Class
	5:00 PM	Fitness Testing	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C
U16/18 Girls	5:00 PM	Orientation	Fitness Testing	Turf	Turf	Turf	Turf	Turf	Turf	Class
	6:00 PM	Fitness Testing	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C

December

		Week 5		Week 6		Week 7				
		Dates:	1	3	8	10	15	17	Holiday	Break
U16/18 Boys	4:00 PM	Turf	Turf	Turf	Turf	Turf	Class			
	5:00 PM	S+C	S+C	S+C	S+C	S+C	S+C			
U16/18 Girls	5:00 PM	Turf	Turf	Turf	Turf	Turf	Class			
	6:00 PM	S+C	S+C	S+C	S+C	S+C	S+C			

January

		Week 8		Week 9		Week 10		Week 11		
		Dates:	5	7	12	14	19	21	26	28
U16/18 Boys	4:00 PM	Turf	Turf	Turf	Turf	Turf	Turf	Turf	Turf	Class
	5:00 PM	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C
U16/18 Girls	5:00 PM	Turf	Turf	Turf	Turf	Turf	Turf	Turf	Turf	Class
	6:00 PM	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C

February

		Week 12		Week 13		Week 14		Week 15		
		Dates:	2	4	9	11	16	18	23	25
U16/18 Boys	4:00 PM	Turf	Turf	Turf	Turf	Turf	Class	Turf	Turf	
	5:00 PM	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C
U16/18 Girls	5:00 PM	Turf	Turf	Turf	Turf	Turf	Class	Turf	Turf	
	6:00 PM	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C	S+C

March

		Week 16		Week 17				Week 18		
		Dates:	2	4	9	11	March	Break	23	25
U16/18 Boys	4:00 PM	Turf	Turf	Class	Fitness Testing			Turf	Turf	
	5:00 PM	S+C	S+C	Fitness Testing	S+C			S+C	S+C	
U16/18 Girls	5:00 PM	Turf	Turf	Class	Fitness Testing			Turf	Turf	
	6:00 PM	S+C	S+C	Fitness Testing	S+C			S+C	S+C	

Training Block Summary

	Primary S+C Focus	Technical / Tactical Focus	Classroom Focus	Key Outcomes
Block 1: Weeks 1–4	Introduction to safe and effective training practices. Build foundational strength, mobility, movement quality and efficiency. Address any compensated movement patterns or strength imbalances. Core strengthening.	Basic Core Skills: Team coherence, culture building activities. Progressive pass and catch, running lines, footwork, body position, etc. Contact Prep: Body height/position, progressive contact conditioning, Competitive activities/games.	Nutrition Basics; BMR, calories, macronutrients, pre/post training nutrition, hydration monitoring, understanding food labels. Energy Systems: P-Cr, Aerobic (oxidative), Anaerobic (glycolysis) systems function and timing.	Improved range of motion and movement quality. Reduction of any compensated movement patterns or strength imbalances. Prepare for upcoming contact training progressions. Improved understanding of macronutrients and energy systems.
Block 2: Weeks 5–7	Improve Strength: using progressive overload principles to improve maximal force production. Introduction of position-specific strength training activities. Increased injury prevention (pre-hab) accessory focus (primarily ankle,	Breakdown & Contact Skills: Approaching point of contact, controlling the contact area. Ballhandling Skills: passing options and skill execution.	Mental Performance: Confidence, mental resilience, goal setting, reflection, visualization, self-talk.	Improved maximal force capacity. Set short and long term athletic goals. Implement new mental performance skills in live training scenarios.

	knee, hip, spine and shoulder).			
Block 3: Weeks 8–11	Strength-Power: Intro to velocity based training to improve rate of force production.	Attack Systems: Decision-making under pressure with multi-layer attack patterns. Defence Systems: Coordination and effective communication. Defensive structural options and protocols. Defense-conditioning activities.	Intro to Sport Nutrition: Competition fueling/ recovery, supplementation (dose and timing), intra-competition hydration specifics.	High-speed decision making and skill execution under pressure. Improve ability to absorb and produce forces.
Block 4: Weeks 12–15	Contrast training, reactive power. Introduction to controlled acceleration and deceleration exercises.	Defensive structures and organizational efficiency. Small-sided decision making games at near game pace.	Mental Performance: Goal setting review and check-ins, practical video analysis and review techniques, practical journaling, meditation and visualization techniques,	Rugby-specific conditioning, developing effective on-field communication and organization skills. Increased opportunities for developing individual leadership qualities.
Block 5: Weeks 16–18	Speed + Agility, reactive high-velocity	Game-situation simulations, Field, game and clock	Rugby Laws and Tactics: Explore new and upcoming law	Improved game readiness, peak pre-season performance,

	change of direction drills.	management, attacking and defensive structures and tactics.	changes and tactics associated to develop rugby IQ and understanding of on-field decisions.	improve rugby IQ and decision making.
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Please note that this outline is only a brief overview of the process and outcome goals of each block. Detailed program plans will be provided during orientation.

Payment Plan Schedule

Total Program Cost: \$1,300

To help families manage the costs of registration, we are happy to offer a flexible payment plan for our program costs.

Payment Schedule

- **\$400 Registration Deposit** due by **August 15, 2026**
- **\$225 Payment #1** due by **October 15, 2026**
- **\$225 Payment #2** due by **November 15, 2026**
- **\$225 Payment #3** due by **December 15, 2026**
- **\$225 Payment #4** due by **February 15, 2027**

The initial **\$400 registration deposit** may be paid online through Valhallarugbyacademy.com, by e-transfer, or by cheque. Once the deposit has been received, the athlete's spot in the program will be reserved.

Invoices will be issued for each payment installment, payments dates are outlined above.

Please note that program spaces are limited and registration is not considered complete until your deposit has been received.

For any questions or concerns regarding payment arrangements, please contact us directly at admin@valhallarugbyacademy.com

Transportation

If you have any questions or concerns regarding transportation to and/or from training, for yourself or for your child, please contact admin@valhallarugbyacademy.com to discuss how we can assist you.