

IRANZ Specialists Available

IRANZ provides a high performance avenue for promising players and coaches from throughout New Zealand and around the world. Now into its fifth year of operation, IRANZ has had players and coaches sent to its courses from the New Zealand Rugby Union, South African Rugby Union, English Rugby Union, Australian Rugby Union, Scottish Rugby Union, USA Rugby, Fiji Rugby Union, Korean Rugby Union, the majority of English premiership academies, Japanese company teams as well as New Zealand provincial unions - all in all, players and coaches from 28 different countries.

A range of courses are offered for players and coaches, from students' courses aimed at promising rugby players in the 16 to 18 year age group through to high performance courses for players and coaches from around the world.

We also have IRANZ specialists available to travel to your school, club or union. Dave Ellis, Wayne Taylor and a selection of our IRANZ specialist coaches are available to be booked now to pass on their specific and recognised expertise to your coaches and players. They have worked as part of the IRANZ team complimenting each other's skills. Together they will give your team the maximum benefit of their combined rugby knowledge and experience.

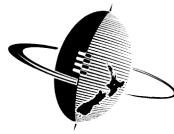
Dave Ellis, Progressive Skills Specialist Dave

Dave Ellis is employed by IRANZ as our skills expert and multimedia producer. He is available to run skills' sessions for club, school and representative teams. Dave has a lateral approach to coaching, having worked with a variety of sports in New Zealand and overseas including Australian netball and cricket, rugby league and American Football. With his indepth knowledge of rugby and his experience with these other sports, Dave has developed a unique coaching style and our high performance graduates and array of international coaches have rated him highly in their evaluations. He is an integral part of our team.

As skills' coach for IRANZ, Dave covers all aspects of player skill development. With a special interest in vision and decision making, Dave often builds these components into his skills' sessions giving them their own unique flavour. At academy courses Dave runs sessions on the Basic Pass, Taking the Ball into Contact, Defence Skills, Tackle and Evasion Skills along with his Vision and Decision Making session that he has developed himself from a unique blend of information from various sports adapted for rugby.

Choose from the following:

Dave Ellis Sessions	Time	Participants
Skill Testing	1 hour max	Minimum of 10
Dave Ellis puts players through a pre-designed skill activity. He then runs a sequence of drills that emphasise the skill application, i.e. passing, contact, etc		
Skill Testing and Remedial Coaching	1.5 hours	Minimum of 10
Dave Ellis films players doing a pre-designed skill activity that highlights skill requirements. This footage will be analysed the same day with feedback provided directly to the coaches and/or players. This is then followed by a remedial session to enhance the players' awareness of the skill and a process for ongoing correction.		
Vision and Decision in a Team Environment	2 hours	Minimum of 15
A team-based progression that highlights vision and decision making for all players developing into tactical application based on spatial awareness. This is a progressive tool for coaches to utilise and actually watch their players improve in decision making under pressure.		



Cool Down/Recovery

1 hour

Cool Down and Recovery are areas that are generally poorly completed in team environments; however they have a significant effect on performance. With the theoretical knowledge, and practical 'know how', a team can take their professionalism to a whole new level:

- | | | |
|---|------------------------------------|-------------------|
| 1 | Specific stretching | Players Involved |
| 2 | Contrast baths/Hydrotherapy | Management assist |
| 3 | Active recovery methods | |
| 4 | Nutrition | |
| 5 | Establishing a recovery routine | |
| 6 | Additional recovery considerations | |

Rugby Specific Conditioning Presentation

1.5 hours

All attend

In order to get 'buy in' from the players, they need to understand the 'reasons why'. With the right information, players can then understand and become more accountable for their own performance. This presentation helps coaches and players to have a combined understanding of what is required.

Planning with coaches 'systems'

Management Team

This is an opportunity for the coaches and their management team to confirm or learn areas that will enable them to plan effectively. It is driven by the knowledge level of the coaches and any areas they wish to cover.

- 1 Planning weekly routines, volumes & intensity
- 2 Training and periodisation
- 3 Types of conditioning and conduct
 - games, functional strength, improvising, drills, etc

Add Ons

Exercise Technique Coaching

1-2 hours

All Players

This practical presentation covers the techniques for players to safely condition themselves. Emphasis is on teaching the correct movement patterns rather than heavy weights and 'body building'. Once these foundations have been established then players can progressively increase their load, applicable to their personal ability. All techniques are orientated around functional movements, aimed at improving on-field performance, and will be the basis of most of their training in future years.

Fitness Assessments (Group)

Acceleration, Speed and Anaerobic Fitness Tests

2 hours

All Players

Aerobic and Strength Tests

2 hours

Management assist

Team Building – Leadership & Teamwork Development

All Players

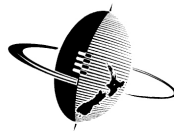
Management

observe

Systems for Managers

Wayne is available to spend time one on one with the team manager, to assist with the planning of:-

- 1 Sideline set up and conduct, i.e. Refreshments, medical/injury, etc
- 2 Critical meal timings for pre and post game.
- 3 Travel and minimising the effects.
- 4 Basic injury treatment.
- 5 Supplements and application, etc.



IRANZ Staff Coaches (other staff coaches are available on request)

Richard Loe

- IRANZ Position Specific coach – prop, Scrum and maul coach
- All Blacks technical scrum coach 2001-2003
- All Blacks 1987-1995 (49 tests)
- Specialist tight and loose head prop – highly revered
- Canterbury NPC
- Waikato NPC
- Marlborough NPC

Scott Robertson

- IRANZ Loose Forward Position Specific Coach
- All Black 1998 – 2002 (23 tests)
- Crusaders Super 12 1996 – 2003 (86 matches)
- Canterbury NPC (69 matches)
- NZ Colts 1995
- NZ A 1997-1998
- BOP 1995 (16 matches)

Mick Byrne

- Japan Assistant Coach
- All Blacks Skills Coach 2005-2009
- Saracens Skills 2004-2005
- Scotland RFU Skills Coach 2002-2005
- Consulting Coach Wallabies, Brumbies 1998-2001
- NSW State AFL Coach 1997-2001
- Sydney Swans AFL Assistant Coach 1992-1993
- Manly Rugby League Consulting Coach 1993-2001
- 15 years professional player AFL Melbourne, Hawthorn, Sydney

Jon Preston

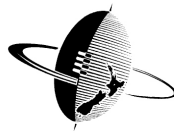
- IRANZ Halfback & 1st 5/8 Position Specific Coach
- Current Sky TV rugby commentator
- Kicking Coach
- Bath Rugby U.K. 1998 – 2001
- Hurricanes Super 12 1996 – 1998
- All Black 1991- 1997
- Wellington Lions 1993-1998, 74 matches
- Canterbury 1990-1992
- Played both halfback and 1st 5 and regular goal kicker

Christian Cullen

- IRANZ Fullback Position Specific Coach
- All Black 1996-2002
- Hurricanes Super 12 1995 – 2003 (85 matches)
- Wellington NPC 1998 – 2003
- Manawatu NPC 1995-1996
- NZ Colts 1995
- NZ Sevens 1995
- NZ U19 1994
- NZ Secondary Schools 1993-1994
- 2003 – 2007 Munster, Ireland

Please complete the attached booking form or for further information contact:

**Steve McHardy, General Manager, Steve@iranz.co.nz,
Sandra Holden, Office Manager, Sandra@iranz.co.nz
Phone (04) 382 9119, you can also visit our website www.iranz.co.nz**



Application Form for Dave Ellis, Wayne Taylor and Staff Coaches

We require the services of:

- Dave Ellis @ \$750 plus GST per day
- Wayne Taylor @ \$750 plus GST per day
- IRANZ Staff Coaches available from \$750 plus GST per day

Please note this does not cover travel costs such as air travel or rental car (see below)
It is recommended that all three specialists should be booked together. They have worked as part of the IRANZ team for four years complimenting each other's skills. Together they will give your team the maximum benefit of their combined rugby knowledge and experience.

Travel

- Please book travel for Ellis/Taylor/Staff Coach and invoice us directly after providing a quote.
- We will arrange and pay for Ellis's/Taylor's/Staff Coach travel ourselves

Organisation Information

Organisation: _____

Contact Name: _____

Phone (bus): _____ (home): _____ (mobile): _____

Fax: _____ Email: _____

Date Options

Services Required

Specific Information:

* Age of participants: _____

* Level of players, i.e. club team, rep team, development team, academy players:

* Approximate number of participants: _____

* Brief Description, i.e. club training, training camp, age-grade rep team:

Please complete and return to Steve McHardy or Sandra Holden at:
IRANZ, PO Box 12420, Wellington

admin@iranz.co.nz

Fax : (04) 974 4827 or if you have any questions please phone (04) 382 9119

www.iranz.co.nz