



# WRL National Development Rugby League Academy Programme @ Coleg Y Cymoedd

Education, Skills, **Training** : Addysg, Sgiliau, **Hyfforddiant**

[www.cymoedd.ac.uk](http://www.cymoedd.ac.uk)





## THE RUGBY LEAGUE PATHWAY







# The Courses



BTEC Level 1 to 3

**Sport**

@Ystrad Mynach Only

Bagloriaeth  
Cymru

Welsh  
Baccalaureate

Coleg y  
Cymoedd  
RLAcademy



A Levels

**Various Subjects**

@Nantgarw Only



**Maths & English**  
**GCSE**



# Course entry requirements



## L1 Diploma (1 yr FT)

You will require **3 GCSEs at grades A\*- E** including Maths and English/Welsh, or equivalent.

## L2 First Diploma (1 yr FT)

You will require **4 GCSEs at A\*- D** including Maths and English/Welsh, or equivalent, or a BTEC Level 1 Diploma in corresponding subject.

## L3 Extended Diploma or A Levels (2 yr FT)

You will require **5 GCSEs at grades A\*- C** including Maths and English/Welsh, or equivalent, or a BTEC Level 2 Diploma in corresponding subject with a Merit grade.





# Education Progression Ladder



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UCAS	BTEC Level 3 Extended	BTEC L3 Diploma + 1 A Level	A Levels
BTEC Level 3	120 - 360	80 - 240	-
Welsh Bacc	120	120	120
A level/s	-	60 - 120	180 - 360
Possible Total	480	480	480





# Teaching & Assessment



You & your work will be assessed through continual assessment throughout the year.

- **Both**
  - Practically
  - Theoretically
- **Through**
  - Assignments
  - Exams
  - Observations





# Category 3 RFL Academy Programme



3+ Rugby League training sessions per week from Level 2 License coaches.

2 Strength and Conditioning sessions per week from qualified S&C Instructors.

1 Recovery session (Ice Baths, swimming & Physio sessions)

Regular Fitness Testing and Assessment.

Individual and Team performance analysis.

Nutrition advice and guidance.

Access to Physiotherapy and Rehabilitation.

Regular fixtures in the UK College Leagues, UK College Cups and the University 9's tournaments.

Preseason training & friendly matches.

2 days a month working with a Salford Red Devils Super League academy coach

Opportunity to represent Wales U18's & Wales Students

If selected, an opportunity to eventually join the Salford Red Devils Super League academy.





# A Typical Day

Day	8am – 9am	9am – 10am	10am – 11am	11am – 4pm onwards
Monday	S&C	Skills	Lessons	Lessons
Tuesday	Team Run	Team Run	Lessons	
Wednesday	-	Match or Match conditioned session 1pm to 3pm		
Thursday	-	Recovery & Analysis Or Skills		Lessons
Friday	S&C	Skills	Lessons	





# International Honours So Far



Keiran Lewis - Wales U19's, Wales Students 2019  
Cadeyrn Hassall - Wales U19's 2019  
Mathew Jones - Wales U19's 2018 & 2019  
Brandon Aviet - Wales U19's 2019, Wales Students 2018  
Liam Silver - Wales Commonwealth 9's 2018  
Archie Snook - Wales Students World Cup 2017, Wales U18's 2017  
Dewi Billingham - Wales Students World Cup 2017, Wales U18's 2017  
Macaulay Harris - Wales Students World Cup 2017, Wales U18's 2017  
Lewis Willacott - Wales Students 2016, Wales U18's 2016  
Jordan Gilbert - Wales U18's 2016

Ieuan Roberts - Wales U19's, Wales Students 2019  
Charlie Bodman - Wales Students 2019  
Mathew Morgan - Wales U19's, Wales Students 2018 & 2019  
Morgan Rowlands - Wales U19's 2018  
Steffan Collins - Wales Commonwealth 9's 2018





# SUPERLEAGUE SUPERSTARS



Regan Grace was a student on our inaugural RL College Academy programme in partnership with WRL in 2013 and went onto join St Helens in 2014.

Regan's try scoring record in the u19s was phenomenal and he was part of the unbeaten Academy Championship side in 2016.

2017 brought a much-anticipated first team debut and he went on to cement his place on the wing scoring tries for fun.

2019 was the most impressive season so far for the Welsh flyer. He scored more tries than he had ever done previously with 22 tries in 33 games – just two tries behind Makinson who was named Super League's top try scorer. With many stand-out tries, the pick may well have been his hat-trick against Wigan on Good Friday. Regan also went on to star for Wales in the World Cup Nines.



**Huddersfield Giants have signed former Cymoedd RL Academy & Wales Under 19 International Kieran Lewis on an Academy Contract**





If you are interested in attending the WRL  
National Development Academy please  
complete an online application:

[https://www.cymoedd.ac.uk/en/course/33853/  
level-3-in-sport-rugby-league](https://www.cymoedd.ac.uk/en/course/33853/level-3-in-sport-rugby-league)

Or contact –

[mark.jones@walesrugbyleague.co.uk](mailto:mark.jones@walesrugbyleague.co.uk)

[mark.jones01@cymoedd.ac.uk](mailto:mark.jones01@cymoedd.ac.uk)

For further details.