



# Ellesmere



# Rugby Academy

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# Ellesmere Academy Honours

2010-2011



## U18

George Baxter (Shropshire & Midlands)

Jack Baxter (Shropshire & North Midlands)

Mike Finnimore (Shropshire & North Midlands)

Will Goodwin (Shropshire & Midlands)

Robert Higgins (Shropshire)

Lewis Jenkins (Shropshire)

Adam King (Shropshire)

Tom King (Shropshire, North Midlands & Irish Exiles)

Ross Mackail (Shropshire & Scottish Exiles)

Rickie Martoccia (Shropshire)

Bryn Phillips (Shropshire & Midlands)

Iwan Phillips (Shropshire & Midlands)

Oliver Thomas (Shropshire & North Midlands)

Gareth Williams (Shropshire)

## **U16**

Louis Chaudron (Shropshire, North Midlands, Worcester EPDG)

Matthew Dewhurst (Shropshire)

Colin Dickson (Shropshire, North Midlands, Worcester EPDG)

James Latter (Shropshire)

Kyle McNamara (Shropshire, Worcester EPDG)

Edward Morris (Shropshire)

Sam Owen (Shropshire, Worcester EPDG)

Dominic Simpson (Shropshire)

## **U15**

George Beal (Cheshire)

Owain Jones (Shropshire)

Oliver Lock (Shropshire)

Alistair Miller (Cheshire)

Tom Parker (Shropshire)

Ted Parker (Shropshire)

Lewis Suckling (Shropshire)

## **U14**

Mike Adams (Shropshire and North Wales)

JJ Broberg (Leicester Tigers EPDG)

Harry Cross (Shropshire)

Tom Grieves (Shropshire)

Freddie Holder (Shropshire)

Robert Leighton (Shropshire)

Chris Thatcher (Shropshire)

James Thomas (Shropshire)

Ben Wynne (Shropshire)



Above: James King Wales v England 2008  
James played for Wales in the U20 World Cup in Japan in 2009.

Below: Joel Galley and James King Wales U18 2008.





Ashley James was selected for the Welsh U18 squad in 2006. He has since played at Sale Jets.

Stephen Bannister North Midlands U19 was a former Prestfelde pupil. He has recently been playing professionally for Warrington Wolves U20 rugby league side. He was the captain of the 1stXV in 2006/7.



Sam Lewis played for the Midlands U16 team and was selected and played for England B during the 2006 season. Worcester Academy 2008/9. Academy fitness and conditioning coach.

Danny Matthews represented the Midlands and played in the Final England trial in 2006. He captained the Senior Whitchurch RFC side to victory in the Shropshire Cup while still at school.



## Ellesmere College Rugby

### Mission

Ellesmere College Rugby Academy provides an environment where young rugby players can grow, develop and express themselves through their sport and academic studies. The Academy offers young rugby players the opportunity to progress to elite level sport by providing them with the necessary tools such as skill development and peak physical conditioning that allows them to achieve excellence.

### Developing Rugby Potential

Ellesmere Rugby Academy is able to develop young rugby players in a professional environment.

The facilities available include 6 rugby pitches and an indoor sports hall that ensures year round rugby is able to take place for those in the academy. The fitness suite with its state of the art equipment allows athletes to achieve maximal cardiovascular benefits to be made while the free weights gym provides the opportunity for strength and power development. Finally, the Ellesmere Rugby Academy employs a full time level 3 coach who is able to provide individual training programmes, positional specific training and skill development.



At Ellesmere Rugby Academy we value commitment, honesty and professional attitude. We believe that our established coaching team and training programme allows the player to balance athlete development with academic studies providing the perfect stepping stone for tomorrow's professional rugby player.

## **ACADEMY STAFF**

### **Alex Murphy– Academy Coach**

Alex Murphy has come to Ellesmere College from a professional background after being part of the Cardiff Blues Academy and playing professionally for Newport Gwent Dragons. He was capped for Wales at Under 16, 18 and 19. Alex is a Level 3 Coach and is responsible for the development of all Academy Players.

### **Paul Goodwin**

Final England trials at school. Senior county player for Staffordshire. First division rugby with Moseley. RFU Level 2 coach. Currently coaching 1<sup>st</sup> XV at Ellesmere College, junior rugby at Whitchurch RFC and chairman of selectors at Shropshire U18 age group. North Midlands U18 Coach.

### **Ian Williams**

West Wales at school. Dunvant RFC Welsh Div 2. 1<sup>st</sup> XV coach Clifton College. Coach of Gloucester U19 Schools. RFU Level 3 coach, Welsh Level 2 coach. North Midlands U16 coach. Midlands U16 Coach and is now the Chairman of the Midlands U16.

### **Mike Sampson**

Exeter University 1<sup>st</sup> XV, Ellesmere College 1<sup>st</sup> XV coach 1982 – 1999, coach Shropshire Schools U18 age group 1984 – 1994, Chairman of Selectors North Midlands Schools U18 group, selector for Midlands Schools U18.

### **Colin Cawcutt**

From South Africa where he was a player with Natal Sharks development squad before taking coaching qualifications and then coming to work in England.

### **Ian Roberts**

North Wales U18 as a player, Ian now plays a large role in the development of the lower school rugby.

### **Jonny Morgan**

Level I Coach. Leading coach with the emerging XV.

## Ellesmere College Rugby

### *Supporting Talent Development*

In order to ensure that talented players reach their full potential Ellesmere College have created the 'Gold Group'. This has been developed in line with the rugby scholars group and focuses on personal development through:

- All year rugby
- Physical Development – Strength & Power
- Skills – General and Positional
- SAQ
- Life Skills – Nutrition & Game Analysis



Ellesmere Academy also runs annual development tours as part of its emerging talent programme. This year saw the school visit Canada.