



MACDOWELL RUGBY ISLAND ACADEMY

COWICHAN SECONDARY SCHOOL, DUNCAN, BC

2022/23

OPEN FOR APPLICATION TO ALL STUDENTS
ENTERING GRADES 10-12



COWICHAN VALLEY
School District



DREAM. BELIEVE. SUCCEED.



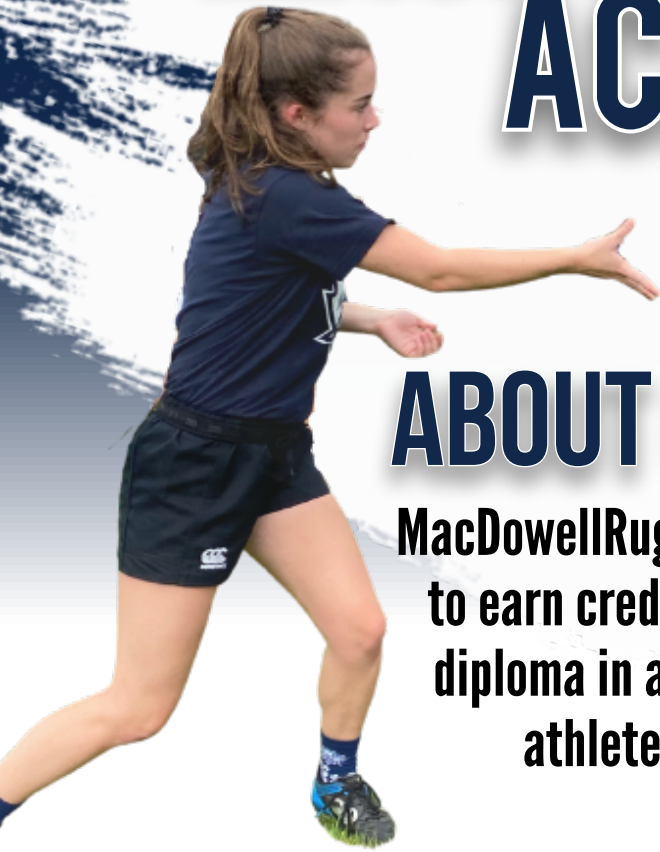
OUR MISSION

THE VISION FOR MACDOWELL RUGBY IS TO DEVELOP ATHLETES AND PEOPLE, BY GIVING THEM THE TOOLS ON AND OFF THE FIELD TO SUPPORT THEIR ACADEMIC, ATHLETIC, AND LIFE ASPIRATIONS. THE MACDOWELL RUGBY TEAM STRONGLY IDENTIFIES WITH THE IDEA OF DEVELOPING AN ATHLETE TO REACH A POTENTIAL THAT WOULD OTHERWISE BE UNTAPPED. OUR MAIN GOAL FOR OUR ASPIRING ATHLETES IS TO DREAM BIG, BELIEVE IN THEMSELVES, WHICH WILL ULTIMATELY HELP THEM SUCCEED IN RUGBY AND LIFE!



DREAM. BELIEVE. SUCCEED.

MACDOWELL RUGBY ACADEMY



ABOUT OUR PROGRAM

MacDowell Rugby offers you the opportunity to earn credits towards your high school diploma in a holistic, high-performance, athlete-centered environment.

Key areas of focus include:

- Rugby skill development,
- Strength and conditioning
- Performance psychology/mental skills
- Academic and life skills

Example of weekly training scheduled

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Recovery	Mental skills	Resistance Training	Mental Skills	Resistance Training		
A M	Flex	Flex	SAQ	SAQ/ Conditioning	Flex	D a y o f f	C l u b R u g b y D a y
	Rugby Skills: Passing	Rugby skills: Kicking	Rugby Skills: Tackling	Rugby skills: Decision Making	Rugby Game Day		
P M	A c a d e m i c s	A c a d e m i c s	A c a d e m i c s	A c a d e m i c s	A c a d e m i c s		

* Note. Flex is an independent study period where students can seek additional support from their teachers



DREAM. BELIEVE. SUCCEED.

MEET OUR COACH AND TRAINING STAFF



Our coaching and training staff have many years of varied elite level experience working with both U18 and post-secondary levels, provincial rugby levels, Rugby Canada and other international rugby unions. Some have worked with professional athletes in the MLB, NBA and NFL.

MACDOWELL RUGBY STAFF

Robin MacDowell, Head Coach

Laurny Bons, Assistant Coach/ Mental Skills Coach

Trevor Harrison, Health and Performance Specialist

Will Piche, Forwards Coach/Strength and Conditioning Coach

Tyler Buck, Strength and Conditioning Coach

Traci Hamilton, Teacher Liaison

Judy Watson, Program Coordinator

Jessalyn O'Donell, Dietitian



**ROBIN MACDOWELL,
HEADCOACH**



DREAM. BELIEVE. SUCCEED.

OUR ATHLETES ARE:

- Self-motivated and drive to strive for excellence on and off the field
- Individuals who have a growth mindset.
- Strongly committed to their academic responsibilities.
- Responsible and show exemplary citizenship and community leadership



APPLICATION INFORMATION

- Cowichan Secondary School students can apply for MacDowellRugby Academy through their Guidance Counsellor
- When applying, please select 'Rugby Academy' during course selection and pick up an application package from the counseling office
- Completed applications should be returned to the Counselling office by March 10, 2022
- If you are interested in knowing more about this exciting program, please contact Robin MacDowell at his email below
- British Columbia residents (non-Cowichan Secondary School students) can apply by contacting Robin MacDowell at robin@macdowellrugby.ca



DREAM. BELIEVE. SUCCEED.



THE COWICHAN VALLEY AND COWICHAN SECONDARY SCHOOL

- The academy is located in Duncan, British Columbia
- The warmest region of Canada, open to outdoor training twelve months of a year
- Cowichan Secondary enrolls over 800 students from Grades 10-12
- Offers high level academic courses in Math and Science, unique electives in computer studies, robotics, forensic science, applied skills, fine arts, outdoor recreation and a full range of other athletic programming
- Many of our graduates attend top Canadian universities, some on scholarship.



PROGRAM INFORMATION

- Open to all students of all ability levels entering Grades 10-12
- Students will take two classes each semester in the areas of Principles of Sport, Athletic Leadership and Rugby. These credit courses will apply to student's graduation plans.
- Rugby specific skills training in combat, scrimmage, speed, weights
- Sport performance seminars in leadership, nutrition, time management, mental performance, effective communication, conflict resolution, recovery, team building, post-secondary planning



DREAM. BELIEVE. SUCCEED.

PATHWAYS & PARTNERSHIPS

LOCAL CLUB RUGBY

The majority of athletes, both local and out-of-town play for the Cowichan Piggies. Partnering with the Cowichan Piggies has provided athletes with further development and has helped integrate them with the local community. The additional players has also assisted the Piggies in fielding teams, especially with the return to play after the pandemic. MacDowell Rugby is proud to partner with Thunder Rugby to help promote rugby in Indigenous communities and the success of Indigenous athletes.



POST-SECONDARY OPPORTUNITIES

MacDowellRugby has connections with 50+ universities across Canada, including the University of Victoria, University of British Columbia, Queens University and many more. These partnerships assist in helping athletes pursue their dreams of playing rugby at the university level. By connecting student-athletes and university coaches, MacDowellRugby helps create conversations and relationships, which will assist athletes in chasing their dreams of playing at a



post-secondary institution and even getting academic and athletic scholarships. This year alone, we have twelve Grade 12 students eligible to apply for athletic scholarships at their university of choice. The academy anticipates student athletes receiving between \$250,000 - \$500,000 in athletic scholarships to help fund their university education,; helping to remove financial barriers for many and get our student athletes one step closer to achieving their goals and dreams.

PROFESSIONAL OPPORTUNITIES

MacDowellRugby has recently partnered with Major League Rugby's Toronto Arrows, providing a pathway for athletes to pursue rugby at the professional level. Additionally, the academy also has ties with the new Premier Rugby Sevens league for those wishing to play 7's at the professional level.



RUGBY CANADA



MacDowellRugby also provides a pathway for athletes to pursue their dreams of playing for their country. Being in the backyard of Rugby Canada's Centre of Excellence (Victoria,BC) while training under the eyes of talent identification personnel daily puts MacDowellRugby student-athletes in the best position possible for success.



DREAM. BELIEVE. SUCCEED.

SUCCESS STORIES

U18 BOYS CANADA TRIALS

In the fall of 2021, four of our student-athletes attended the U18 Canada trials in Victoria, BC. Reid Yurowski (far left) from LeDuc, Alberta, Rio Apt (middle left) from Victoria, BC, Matt Stewart (middle right) from Grand Forks, BC and Cowichan Thunder Bird native Jaxson Jones (far right) all impressed the coaches at the national trial and are awaiting their second trial in the new year.



COMMUNITY OUTREACH

Giving back to the community is an integral part of MacDowellRugby academy, as our goal is to not only develop world-class rugby players, but also to develop good citizens. Academy players are currently offering Rookie Rugby sessions at Alexander Elementary School and will be making stops at other elementary schools in 2022 including Chemanius, Bench and Tansor Elementary schools. During the winter, academy players also donated generously to the Women's shelter in Duncan for the holidays, and will be taking shifts at the local food bank in the coming month.



U18 USA EAGLES

Academy star Erica Kissinger from Celina, Texas was recently invited to the 2021 U18 Eagles identification camp. We look forward to seeing more from Kissinger as she chases her dreams of playing for USA.



PORTUGAL 10'S

Rio Apt once again represented MacDowellRugby Academy with pride, this time on International soil. Joined by academy teammate Jenna Neilson from Abbotsford, BC, the two rugby stars took on the Portugal 10's tournament in December 2021.



HOMESTAY PROGRAM

For athletes relocating to the Cowichan Valley, MacDowellRugby coordinates its own homestay program where athletes are matched with a family based on interests and familial values. All homestays go through home inspections and background screening by our program coordinator, Judy Watson. Cost of homestay is all inclusive and includes meals and transportation, provided by the homestay family. See next page for pricing structure of our homestay program. For more details, please contact Judy Watson at judywatson@macdowellrugby



JUDY WATSON,
PROGRAM COORDINATOR

SCHOLARSHIP OPPORTUNITIES



MacDowellRugby is pleased to offer the Cowichan First Nation Rugby Scholarship. This scholarship will be given to one First Nations student from the Cowichan Valley, which will cover program fees for the 2022/23 school year. Applications for this scholarship will open February 1st. Those students interested in applying should see our website for further details.



DREAM. BELIEVE. SUCCEED.

PROGRAM FEES

BRITISH COLUMBIA FEE SCHEDULE 2022-2023

MACDOWELLRUGBY ISLAND ACADEMY FEES TUITION: \$550/MONTH

HOMESTAY PLACEMENT & APPLICATION FEES HOMESTAY APPLICATION FEE: \$350 HOMESTAY FEES: \$900/MONTH

ALL FEES ARE IN CANADIAN DOLLARS (CAD)
PAYMENT PLANS/SCHEDULES AVAILABLE UPON REQUEST
DEPOSITS CAN BE MADE AT MACDOWELLRUGBY.CA



PAYMENT POLICY

- Applications will be processed when the application fee and homestay application fee are paid.
- Half of remaining fees due upon receipt of letter of acceptance.
- Second half of remaining fees due October 31, 2022.
- Homestay fees are paid to MacDowellRugby and remitted to the host family on a monthly schedule.

REFUND POLICY

- In the event that a student decides to leave MacDowellRugby Academy, no fees will be refunded. Application fees will be retained to cover administrative expenses. The following refund policy will apply for each student:
 - Within 60 days of acceptance into the program - 75% refund.
 - Withdrawal by September 30, 2022 - 50% refund.
 - No refund for withdrawal after September 30, 2022.
- No refund if student is in violation of the program or Cowichan Secondary Student Codes of Conduct



DREAM. BELIEVE. SUCCEED.



JOIN OUR TEAM TODAY!

WWW.MACDOWELLRUGBY.CA



COWICHAN VALLEY

School District



COWICHAN SECONDARY



TEAM BELIEVE SUCCEED