

ARNDELL RUGBY UNION



2026

Arndell
Anglican College





WELCOME TO THE TEAM!

We are looking forward to another great year of Rugby for the College. Contained in this booklet is all the information you require for a successful Rugby season. We trust you find this booklet helpful.

If you have any questions or require further information, please email sport@arndell.nsw.edu.au

FROM THE HEAD OF RUGBY

It is with great pleasure and indeed excitement, that I welcome you to the Arndell Anglican College Rugby Program for the upcoming season.

The Arndell Rugby Program has, and will continue to be, a major part of our sporting offerings at the College and is something I will endeavour to continue to grow and improve.

As the Head of Rugby, it is my role to ensure that the consistent strides previously taken within in the Rugby Program are maintained and enhanced. Arndell Rugby has a proud history of being fiercely competitive. But our program is more than just being competitive, it is about ensuring all our players excel within the sport and strive to be a benchmark of excellence.

The Arndell Rugby Program is structurally designed to both challenge and develop all levels of players and to allow each individual to reach their full potential. Training sessions are developed to create continuous decision making models for athletes through constraint and game-based learning parameters. Skills that stand up under pressure improve performance.

Now in its third year, the North West Schools Rugby Championship continues to grow in strength and reputation. 2024 was a standout year for the College, with both the Youth and Intermediate teams winning Championship titles, while the First XV finished a close runner-up in the Grand Final. In 2025, the College continued its strong form, with the Youth team again crowned Champions and both the Intermediate and First XV finishing the competition rounds as undefeated Minor Premiers.

As we approach the new season, our focus remains on building excellence, maintaining humility, and mastering the fundamentals - competing with pride, passion, and dignity. In doing so, we continue to lay the foundation for future players and contribute to the revival of rugby union in schools across North West Sydney.

I look forward to another great season and to showcasing the strength of the Arndell Rugby Program to the wider community.

Mr Benjamin Allen
Head of Rugby
benjamin.allen@arndell.nsw.edu.au



FROM THE DIRECTOR OF PDHPE & SPORT P-12

Arndell Anglican College has developed a comprehensive Rugby Program over the past 10 years, including three Boys' Teams across various age groups and extending to Senior and Intermediate Girls' 7s Teams. The development of fixtures against the finest schools throughout Sydney has allowed us to showcase our rugby skills and has contributed to Rugby Union becoming the most popular sport at the College by participation.

The College encourages all players, no matter their playing ability, to compete with commitment and determination, whilst honouring the traditions of fair play and sportsmanship.

The College is fortunate to have a group of experienced coaches who work across all age groups and are continuing to develop players in their technique, knowledge and skills, while also developing them personally in regards to character and sportsmanship.

Under the direction of Mr Allen, I look forward to seeing the Arndell Rugby Program go from strength to strength and for students to develop holistically as a result.

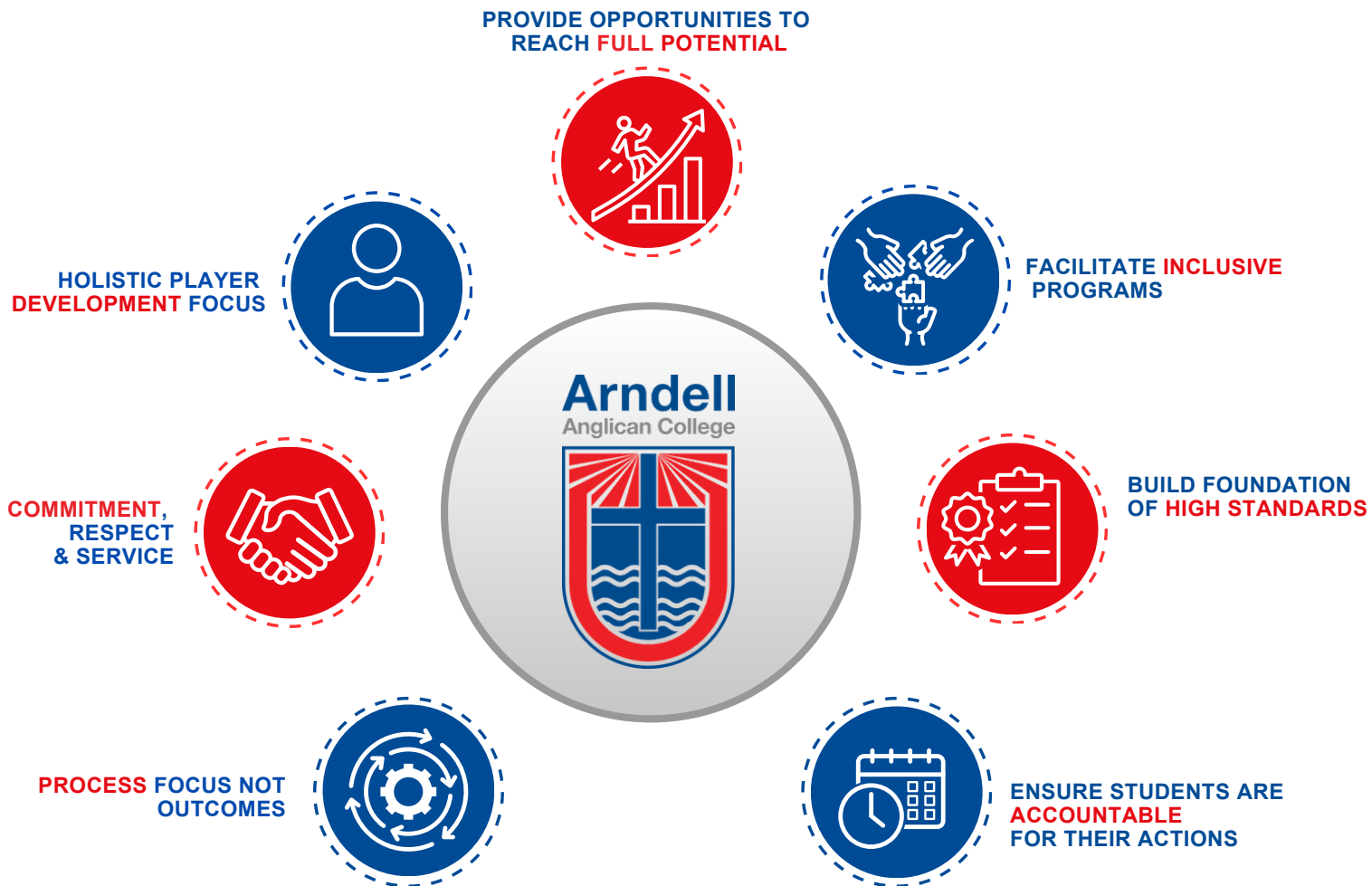
Mr Peter Gordon

Director of PDHPE & Sport

peter.gordon@arndell.nsw.edu.au

PHILOSOPHY

The Arndell Rugby Program welcomes students of diverse skill levels, aiming to ensure a positive and enjoyable experience for all players. We value selflessness and a genuine team first ethos while promoting resilience, perseverance, cooperation and respect.



ATTENDANCE

Attendance at all training sessions is expected for all players and is a reflection of their commitment to the team and the Arndell Rugby Program. If players wish to seek exemption from training, a scheduled game, or they are unable to participate due to illness, they must notify the coach via email with an explanation as soon as possible. Consistent absence from training sessions will affect playing opportunities and potential team involvement.

INJURIES

Injuries naturally occur in a full contact sport such as rugby union. Students are expected to participate in warm up to ensure injuries are minimised. When injury occurs, it is vital that players notify coaching staff to ensure appropriate measures are implemented for safety and duty of care. If the injury is a head injury, it is vital that coaching staff are made aware so that we can implement our concussion policy and assessment.



MEDICAL / CONCUSSION

Whilst rugby is a contact sport and there is the potential for injury. Our priority is always the welfare and safety of all our players at all times. Arndell has access to College nurses who are onsite during all training sessions to provide first aid services, if required. During games, some schools have a physiotherapist onsite, which we have access to, should the need arise.

Should a player demonstrate any signs and symptoms, or be suspected of demonstrating any signs or symptoms, of concussion the player will be removed from the field for assessment. If signs and symptoms are present, the player should see a doctor as soon as possible.

A doctor is the only person who can diagnose a concussion. Should this occur, the player is required to have a minimum 21 day stand down from playing rugby. A player can only return to contact training after being cleared by a doctor.

Students must communicate a concussion diagnosis to the coach via email as soon as possible. Our Strength and Conditioning staff will then assist with the graduated Return to Play Policy and follow the mandatory steps in place through the Rugby Australia protocols.

More information on concussion can be found by visiting the Australian Rugby website:

<https://australia.rugby/about/codes-and-policies/safety-and-welfare/concussion-management>





SPORT UNIFORM

Students are required to wear the College Sport Uniform or Dress Uniform at all sporting fixtures. Repeated incorrect uniform will impact on selection for games.

Students must wear the College Rugby Playing Uniform consisting of jersey, shorts and socks for all games. College Rugby shorts and socks are available for purchase at the College Uniform Shop. The Playing Jersey will be supplied by the College Sports Faculty. A training jersey will be provided to the Crusaders (Boys FIRST XV) and the Fillies (Girls Rugby Program) by the College Sports Faculty.

Uniform Return Process

College supplied uniform items must be returned promptly at season's end or when requested by the coach. Failure to return the uniform item will result in a replacement fee equivalent to the cost of the garment being charged to the student's Fee Account.

TRAINING & GAME DAY REQUIREMENTS

Players must bring all the correct apparel on training and game days regardless of the weather, including:

- Boots - please bring joggers for wet weather training
- College Rugby Socks
- College Rugby Shorts
- College Rugby Training Jersey / Match Jersey
- Mouthguard and any other protective gear required
- Water bottle

BEHAVIOUR

Players are expected to conduct themselves appropriately at all times, modelling high standards of respect, effort and attitude. Maximal effort at all training sessions and matches is expected, whilst remaining respectful of staff, players and facilities.

When fixtures are off campus, players are reminded that they are representing the College and our Values. Player behaviour on and off the field that is not representative of the College's expectations can expect consequences which may impact on their eligibility to participate in future fixtures. Likewise, players are expected to behave appropriately in the classroom and it is possible that negative behaviour in class can impact the students opportunity to play rugby for the College.

TRAINING SCHEDULE

Tuesdays Term 1 & 2

First XV
Crusaders
Open Boys

Morning - 7:00am - 8:00am
(Mental Performance)

Afternoon - 3:15pm - 4:45pm
(Field Session)


Youth 14's &
Intermediate 16's
Boys

Monday Afternoons Term 2 & 3

3:15pm - 4:30pm

Youth 14's,
Intermediate 16's
and First 7 Fillies
Girls

Wednesday Afternoons Term 1
3:15pm - 4:30pm



ATHLETE SUPPORT PROGRAM

Students meet in the gym during lunch times to work on strength and conditioning and must speak to or email Mr Manu Wakely manu.wakely@arndell.nsw.edu.au or Mrs Kirstie Wakely kirstie.wakley@arndell.nsw.edu.au if they would like to take part in this Program.

PERMISSIONS

All events, including rugby training sessions and games, require parent/carer permission that will be communicated via the College App (downloaded from the App Store by searching “Arndell Anglican College”) or on the desktop version of the Parent Portal.

Parent/carers are asked to grant permission via the College App or the Parent Portal so their child is able to attend the event.

Event Information Notes on the College App and Parent Portal are in PDF form, which by clicking, provides all information about the event.

Please note, once you grant permission for your child to attend or not attend the event you are unable to go back into the College App and change permissions. If you need to change permissions for sport events, please email sport@arndell.nsw.edu.au

For instructions on how to download the College App, or to obtain the User Guides for the College App or Parent Portal, please visit <https://www.arndell.nsw.edu.au/parent-information/parent-portal/>

TRANSPORT

Transportation details are outlined in the Information Note attached to the Event Permission on the College App and Parent Portal. Generally, the College provides transportation via mini buses or charter buses to and from the College for weekly sport fixtures.

In some cases, students will need to be picked up from the venue by a parent/carer. This will be noted on the Information Note attached to the Event Permission on the College App and Parent Portal.

Staff are required to, as part of their duty of care, remain with students until they are picked up. We kindly ask that they be picked up promptly.

If parent/carers wish to collect their child from the sporting venue at the end of a game they must notified a College staff member in person before leaving the venue. Please note, buses will leave promptly from the venue. If a parent/carer has not arrived before the scheduled departure time, the student will return to the College on the bus.

If a student wishes to travel independently to the venue or leave without a parent/carer or with another parent, email permission must be provided prior to the event. Without this authorisation, the student will not be permitted to leave on their own or with someone other than their parent/carer. Parents are welcome to collect their child directly from the venue, notifying the staff member in charge upon departure. Please ensure this is followed.

PLAYER BEHAVIOUR AND COMMITMENT CONTRACT

The Rugby Program seeks to build a culture of discipline, respect and excellence both on and off the field. Representing the College in rugby is a privilege, and it is expected that players are positive role models to the entire Arndell community.

Students will be given the Player Behaviour and Commitment Contract to acknowledge and sign at the commencement of the season. This Contract outlines the standards, responsibilities and consequences for players within the Arndell Rugby Program and aims to ensure that all players uphold the Christian values of the College and contribute positively to the team and wider community.

Standards of Conduct

- Represent Arndell Anglican College with integrity, humility and sportsmanship.
- Follow directions from coaches, teachers and staff promptly and respectfully.
- Demonstrate positive behaviour in class and uphold College expectations in all settings.
- Maintain honesty and academic integrity in all schoolwork and assessments.

Appearance and Presentation

- Adhere to College guidelines for haircuts, facial grooming, jewellery and uniform presentation.
- Wear the correct training and match uniform at all times.
- Consequences for Breach:
 - 1st instance – Reminder and correction required before participation.
 - 2nd instance – Formal warning and communication home.
 - 3rd instance – Suspension from the next match until compliance is met.
 - Repeated infringements – Review of eligibility to continue in the Rugby Program.

Commitment and Attendance

- Attend all training sessions, meetings and games, unless prior approval has been given by the coach or Head of Rugby.
- Notify coaches of any unavoidable absences with as much notice as possible.
- Consequences for Unapproved Absence:
 - 1st instance – Verbal warning and discussion with coach.
 - 2nd instance – Written warning and meeting with the Head of Rugby.
 - 3rd instance – One-game suspension and parent notification.
 - Ongoing issues – Review of eligibility to continue in the rugby program.

Academic Expectations

- Submit all assessment tasks on time and maintain academic integrity.
- Demonstrate positive effort and behaviour in class.
- Promote a positive learning environment through self-discipline.
- Consequences:
 - Academic or behavioural detentions may result in missing rugby matches.
 - Ongoing academic issues result in a meeting with the Head of Rugby and Head of Secondary School to review eligibility.

Behaviour and Respect

- Display respect toward teachers, coaches, teammates, referees and opponents.
- Avoid negative talk, arguing, or disrespectful behaviour both in school and during rugby matches.
- Any yellow card given in a game will be reviewed depending upon motive – at discretion of the coach. Any red card results in an automatic suspension. The number of matches will be determined by the coach, HoR and HoSS.
- Consequences:
 - 1st breach – Formal warning from coach.
 - 2nd breach – Meeting with Head of Rugby and possible reflection task.
 - 3rd breach – Temporary suspension from rugby game and parent contact.
 - Serious incident – Direct referral to the Head of Rugby or Head of Secondary School for disciplinary action.

Detentions and Suspensions

- Any school detention may result in missing the next rugby match.
- Multiple suspensions for behaviour or academic issues will result in a formal review meeting with the Head of Rugby and Head of Secondary School and may result in missing matches.
- If a student is on a behaviour monitoring booklet that may result in missing rugby matches.

Process for Breaches

- Coach discusses and records the incident.
- Head of Rugby reviews the incident and determines appropriate action.
- Serious or repeated breaches are referred to the Head of Sport or Head of Secondary School for further action.
- Parents/Guardians will be informed of all formal warnings, suspensions, or disciplinary meetings.

SPORTS CODE OF CONDUCT

STUDENTS

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions. Teams are entered to HZSA based on student commitments at sign up.

At sporting carnivals, training sessions or other sporting competitions, whether competing, supervising, coaching or spectating, students must:

- display positive and encouraging attitudes towards own team members and the opposition,
- use positive, encouraging language only,
- wear the correct sports or team uniform when representing the College,
- compete according to the rules,
- respect and abide by all decisions of teachers and officials without argument or insolence,
- seek clarification on any ruling only through the captain and in a respectful manner, and
- shake hands with opposing teams and thank all officials at the end of the match.

PARENTS/CARERS

Parents/carers are welcome to be involved in ways that suit their family commitments. If any parent holds a refereeing qualification and wishes to participate, they are to email sport@arndell.nsw.edu.au with their qualifications, Working With Children Check number, and date of birth prior to the event starting.

We will encourage all parents/carers to support their child's involvement in the College Sport program by attending sporting events.

Parents/carers should also support their child's co-curricular activities by providing the necessary equipment and assisting with attendance at scheduled events, such as Gala Days, carnivals, and training sessions.

For further involvement in our College Sport program, Parents are to email Head of Sport /PDHPE, at sport@arndell.nsw.edu.au Acceptance of your enquiry or qualification will be determined at the discretion of the College.





NORTH WEST SCHOOLS RUGBY CHAMPIONSHIP

The North West Schools Rugby Championship (NWSRC), is an interscholastic rugby union competition designed to offer mid-week competitions for school students. NWSRC is committed to promoting high quality rugby union, rugby education, and building a thriving and connected rugby community in the North West Sydney region.

The establishment of this ground-breaking schools based rugby competition marks the inception of a new era in North West Sydney's rugby landscape. Through the collaborative efforts of the founding schools, Eastwood Rugby, and NSW Rugby, we have laid the foundation for a robust rugby legacy that will resonate for generations to come.

This competition not only showcases the incredible talent within our schools but also fosters a sense of community that extends far beyond the rugby field. By bringing together schools from diverse backgrounds, our intention is to forge lasting connections and friendships, uniting us in the spirit of sportsmanship and camaraderie.



Follow the season on Instagram:

[**@nwsrchampionship**](https://www.instagram.com/nwsrchampionship)

PARTICIPATING SCHOOLS



2026 RUGBY FIXTURES

BOYS FIRST XV CRUSADERS

Head Coach: Mr Benjamin Allen
benjamin.allen@arndell.nsw.edu.au

Assistant Coach: Mr Korey Owen

Date / Time	Match	Location
4:00pm Wednesday 22 April	v Pacific Hills College	Arndell Anglican College
4:00pm Wednesday 29 April	v William Clarke College	Arndell Anglican College
Wednesday 6 May	BYE	
4:00pm Wednesday 13 May	v William Clarke College	Arndell Anglican College
4:00pm Wednesday 20 May	v Pacific Hills College	Pacific Hills College
4:00pm Wednesday 27 May	BYE	
4:00pm Wednesday 3 June	v William Clarke College	William Clarke College
Wednesday 10 June	BYE	
Wednesday 17 June	v Pacific Hills College	Arndell Anglican College
Thursday 17 September	Final	The Hills Grammar School

2026 RUGBY FIXTURES

BOYS INTERMEDIATE U16'S

Head Coach: Mr Scott Mulford
scott.mulford@arndell.nsw.edu.au

Assistant Coach: Mr Seaff Jaradatt

Date / Time	Match	Location
4:00pm Thursday 4 June	v Redfield College	Arndell Anglican College
4:00pm Thursday 11 June	v Rouse Hill Anglican College	Rouse Hill Anglican College
4:00pm Thursday 18 June	v William Clarke College	Arndell Anglican College
4:00pm Thursday 23 July	v William Clarke College	William Clarke College
4:00pm Thursday 30 July	v Rouse Hill Anglican College	Arndell Anglican College
4:00pm Thursday 6 August	v Redfield College	Redfield College
4:00pm Thursday 13 August	v Redfield College	Arndell Anglican College
4:00pm Thursday 20 August	v Rouse Hill Anglican College	Rouse Hill Anglican College
4:00pm Thursday 27 August	v William Clarke College	Arndell Anglican College
4:00pm Thursday 3 September	v William Clarke College	William Clarke College
Thursday 10 September	Semi Final	
Thursday 17 September	Final	The Hills Grammar School

2026 RUGBY FIXTURES

BOYS YOUTH U14'S

Head Coach: Mrs Alexis Gillies
alexis.gillies@arndell.nsw.edu.au

Assistant Coach: Mr Christopher Leka

Date / Time	Match	Location
4:00pm Thursday 4 June	v Redfield College	Redfield College
4:00pm Thursday 11 June	v Rouse Hill Anglican College	Arndell Anglican College
4:00pm Thursday 18 June	v William Clarke College	William Clarke College
4:00pm Thursday 23 July	v William Clarke College	Arndell Anglican College
4:00pm Thursday 30 July	v Rouse Hill Anglican College	Rouse Hill Anglican College
4:00pm Thursday 6 August	v Redfield College	Arndell Anglican College
4:00pm Thursday 13 August	v Redfield College	Redfield College
4:00pm Thursday 20 August	v Rouse Hill Anglican College	Arndell Anglican College
4:00pm Thursday 27 August	v William Clarke College	William Clarke College
4:00pm Thursday 3 September	v William Clarke College	Arndell Anglican College
Thursday 10 September	Semi Final	
Thursday 17 September	Final	The Hills Grammar School

2026 RUGBY FIXTURES

GIRLS INTERMEDIATES 12'S - 16'S & FILLIES

Head Coach: Mr Maximus Miller (NSW Rugby)

Main Contact: Miss Livanía Adam

livanía.adam@arndell.nsw.edu.au

Match	Date and Time	Playing	Location
Term 1 Chloe Dalton Competition	Monday Afternoons 10 Rounds Term 1, Weeks 3 - 10		Barker College
Term 2 North West Schools Rugby Competition	TBA		
Term 4 Women's Waratah Shield	TBA		



2026 ARNDELL RUGBY SPONSORS

We extend our heartfelt gratitude to our incredible sponsors who generously supported the Arndell Rugby Program in 2026. Thanks to their partnership, we're able to provide our players with jerseys, upgrade equipment, and offer coaching programs in collaboration with NSW Rugby to enhance the development of our athletes.

We are incredibly grateful for the partnership of our 2026 sponsors and look forward to their valued contribution throughout the season.



2026 ARNDELL RUGBY SPONSORS

At The Home Bureau, property is more than a transaction – it's a personal journey. With decades of combined experience in the real estate industry, our team is dedicated to delivering exceptional results while making the buying, selling, and leasing process seamless and stress-free.

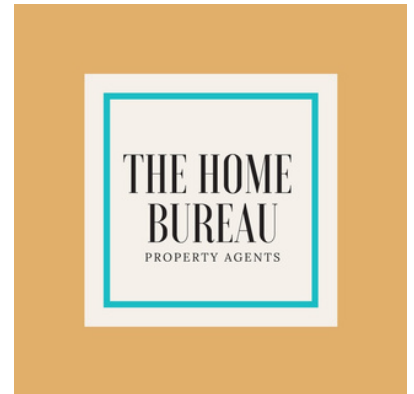
Proudly serving the Hawkesbury and Hills communities, we specialise in residential sales, property management and leasing, as well as rural and lifestyle properties. Our tailored approach ensures every home is presented at its absolute best, with services including pre-sale styling, professional marketing campaigns, and a personalised property concierge to guide clients every step of the way.

We understand that every property is unique, which is why we craft bespoke marketing strategies using high-quality photography, copywriting and targeted media to showcase each home's individual story. Combined with our strong local knowledge and skilled negotiation, we are committed to achieving outstanding results for our clients.

At The Home Bureau, we don't just work in the community – we're part of it. Our team is actively involved in local schools, organisations and sporting groups, and we take pride in building lasting relationships based on trust, transparency and results.

Whether you're looking to sell, lease, or find your next home, The Home Bureau is here to ensure your property journey is handled with care, expertise and professionalism.

"We're especially excited to be involved with a program that plays such an important role in developing young people, both on and off the field. Rugby teaches discipline, resilience, and respect – qualities that extend far beyond the game and into everyday life. Being able to support players as they grow in confidence and character is something we're truly passionate about."



At Yellow Brick Road Hawkesbury, we help locals cut through the noise when it comes to finance. Whether you're buying your first home, refinancing, investing, or just trying to work out what's possible, we're here for a straightforward chat and practical guidance.

We cover a wide range of services including home loans, refinancing, investment loans, construction loans, as well as business loans, equipment and asset finance, and agrifinance. We spend a lot of time working with self employed clients, tradies, and business owners who do not always fit the standard box, helping structure things properly and find lenders that understand their situation.

The approach is simple. We take the time to understand what you are trying to achieve and help you move forward with a clear plan and the right loan to support it. With access to a wide panel of lenders, we handle the legwork and keep things simple and easy to follow.

We are proud to be part of the Hawkesbury community and genuinely enjoy helping people move forward with confidence. Whether you are ready to get started or simply exploring your options, we welcome you to get in touch to discuss how we can assist.

"The Arndell Rugby Program provides a fantastic opportunity for young men and women to represent their school and community, while giving back in a way that is unique to team sport. The program has developed significantly over the past few years, and we are proud to support its continued growth and success into the future."

2026 ARNDELL RUGBY SPONSORS



OBERON QUARRIES

At Oberon Quarries, we pride ourselves on delivering high-quality quarry materials with reliability, efficiency, and exceptional customer service. Located in the heart of the Central Tablelands, we supply a wide range of premium aggregates suitable for construction, landscaping, civil works, and infrastructure projects of all sizes.

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Our products include road base, aggregates, crushed rock, and specialty materials, all produced to meet industry standards and project specifications. With a strong commitment to consistency and quality control, we ensure every load meets the expectations of our clients.

At Oberon Quarries, we understand the importance of dependable supply and timely delivery. Our experienced team works closely with customers to provide tailored solutions, whether for large-scale commercial developments or smaller residential projects.

Driven by integrity and a focus on long-term relationships, Oberon Quarries is your trusted partner for quality materials and dependable service.

"We are proud to sponsor the Arndell Rugby Program and are excited to support such a valuable part of the school community. It's incredibly rewarding to play a role in helping these boys grow, develop, and come together through rugby."

"We look forward to watching them flourish both on and off the field, building teamwork, resilience, and confidence as they continue to thrive within the program."



BT Civil Pty Ltd, was established in 2006, by Ben Sultana. We are located at Riverstone, New South Wales. We are an Excavation, Plant Hire, Carting and Tipping Solution company specialising in Civil Construction and Infrastructure Projects. We specialise in Residential & Commercial Excavation, piling , shoring , footings, shotcreting works.

"The reason we decided to sponsor the Rugby Program is because our daughters played union last year and the year before and we enjoyed going to all the games. We thought we could help in getting the game a bit more exposure, and we have two sons coming through the College and thought we could help out in developing some of the younger players into better players so they can become a force in the future."

Arndell

Anglican College



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