

Junior Development

Hello Everyone,

The Community & Football Development Program is in full swing at this time of year. The Carina JRLFC teams are well in to their season and really enjoying their footy. The Club has teams represented from U6's through to Opens. We even have a Masters team this year which is the over 35's age group. It is pleasing to see people of all ages involved in our great game.

In conjunction with the Brisbane Broncos, I have been conducting skill development sessions for different age groups on the field and I have also been co-ordinating extra development sessions for teams off the field on topics such as Nutrition, Strength & Conditioning, Game Preparation & Recovery and Goal Setting.

The Club Coaches have also been attending Coach Education Sessions throughout the year which help increase their knowledge & skills of the game, as well as their ability to teach. Some of these sessions have been held at the Brisbane Broncos Training Head Quarters. The coaches have had exclusive access to the Broncos NRL coaching staff and have gained a lot of valuable information from the sessions that will assist them as coaches at our Club this year and in the future.

The Carina Leagues Broncos Primary Schools Competition has also been played at the Carina JRLFC grounds on Friday afternoons. This year we have introduced a modified Grade 5 competition to run in conjunction with the Grade 6 and Grade 7 competitions. The school competition is a great way for students to participate and have fun playing the sport of Rugby League. It is also a good introduction to the game for some kids and a pathway for those who would like to join the Carina Junior Rugby League Club in the future.

As always, enjoy your footy!
Michael De Vere
Development Manager

