



Presentation file

Lëtzebuerg Rugby Academy
Training Center

Season 2023-2024

In Luxembourg, Monday 20 February 2023

To: Information to interested Players and their families by pursuing a dual school and sports project

From: Alexandre Benedetti, FLR National Technical Director, Head of the Training Center






Re: Recruitment - Application file Lëtzebuerg Rugby Academy

Dear Players, Dear Parents

As part of the recruitment campaign for the 2023-2024 Season to join the Federal Training Centre (CdF) of the Luxembourg Rugby Federation (FLR) - Letzebuerg Rugby Academy - you will find attached in the document all the useful information on the presentation and operation of our structure.

For any interest or need for further information do not hesitate to contact the manager of the structure, Alexandre Benedetti at dtm@rugby.lu

To apply, please fill in all the attachments of your application, namely:




-  **Fiche 1** : Individual information sheet
-  **Fiche 2** : School information sheet
-  **Fiche 3** : Sport information sheet
-  **Fiche 4** : Medical information sheet
-  **Fiche 5** : Image right sheet

And return your admission file to the address provided below before Sunday, May 14, 2023 last deadline



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Presentation



The "**Lëtzebuerg Rugby Academy**" (LRA) is the training centre structure of the Luxembourg Rugby Federation (FLR) which is mainly aimed at young players (boys and girls) from U14 to U20 wishing to deepen the practice of rugby and carry out a triple project:

-  **School Project** = to get a recognized diploma
-  **Sport Project** = in the search for performance
-  **Educational Project** = in the respect of the values and the construction of the young adult

The "**Lëtzebuerg Rugby Academy**" (LRA) is two associated and complementary training courses:

-  **Main stream** = the student is schooled at the Sportlycée Luxembourg (classical schooling) and/or the Lycée Technique Bonnevoie (general schooling) and he benefits from a time arrangement of his timetable to reconcile the double project
-  **Secondary stream** = the student is schooled in another Luxembourg school and get the status of "Training Partner" allowing him to participate in training according to the freedoms of his school schedule




For both sectors, the FLR and the player & his/her legal representative are bound by an annual agreement. The player has a different status within the LRA:

-  **"Young Espoir"** = for the player who participates in all training sequences
-  **"Training Partner"** = for the player who participates in part of the training sequences

Objectives

The "**Lëtzebuerg Rugby Academy**" (LRA) aims to set up the Player Training Plan, responding to the "Long Term Athlete Development" (LTAD) logic, guaranteeing him an individualized follow-up with a view to his integration into the Parcours d'Excellence Sportive (PES) and the Lëtzebuerg Rugby Jugend & Seniors National Teams (Männer and Fraen).

Within the framework of the LRA, the objectives of the FLR are to:







-  Offer the player complementary training opportunities to allow him an optimal progression
-  Place the player at the center of the training system in order to guarantee the appropriate balance between successful studies and sporting development
-  Benefit from a recognized quality of training (= Lëtzebuerg Rugby Label)

Training session

The " **Lëtzebuerg Rugby Academy**" (LRA) offers a differentiated training schedule according to the age, class and status of the player. These trainings are completely integrated into the student's school schedule.



| Player/Sport-educated at Sportlycée / Bonnevoie | | Player not attending Sport Ilycée |
|---|---|---|
| Students of 7th, 6th | Students from 5th to 1st | |
| <u>Specific rugby training:</u> <ul style="list-style-type: none"> Tuesday afternoon Wednesday morning Thursday afternoon | <u>Specific rugby training:</u> <ul style="list-style-type: none"> Tuesday afternoon Wednesday morning Thursday afternoon Friday morning | <u>Specific rugby training:</u> <ul style="list-style-type: none"> Tuesday afternoon Wednesday morning Thursday afternoon Friday morning |
| <u>General training:</u> <ul style="list-style-type: none"> Friday morning or afternoon | <u>General training:</u> <ul style="list-style-type: none"> Tuesday morning Thursday morning | <u>Physical Education and Sports:</u> <ul style="list-style-type: none"> Depending on the student's school |
| <u>Education Physique et Sportive :</u> <ul style="list-style-type: none"> Lundi matin | | |
| That's <u>about 8 hours of sports practice</u> per week | That's <u>about 9 hours of sports practice</u> per week | Between <u>1h30 and 9 hours of sports practice</u> per week |
| + Club's Training and Competition | | |

Each weekly training sequence responds to a clearly identified theme corresponding to an annual programming and planning of training content:

-  **Physical Focus** (Gym / Strength & Conditioning): Tuesday morning (Session 1)
-  **Tactical Focus** (Movement + Contact): Tuesday afternoon (Session 2)
-  **Technical Focus** (Technical Tool): Wednesday morning (Session 3)
-  **Physical Focus** (Gym / Strength & Conditioning): Thursday morning (Session 4)
-  **Tactical Focus** (Movement + Contact): Thursday afternoon (Session 5)
-  **Technical Focus** (Technical Tool): Friday morning (Session 6)

The position skills area will be addressed punctually but largely left to the initiative of club coaches, or as part of the specific sports programming of the national teams "jugend" of the FLR.

Training schedules are planned as below:

-  **Tuesday & Thursday afternoon from 3:30 pm to 5:15 pm (+ or - 15 minutes)**
-  **Wednesday & Friday morning from 8:00 am to 9:30 am**

A sports evaluation accompanied by individual interviews are set up for all LRA players in correlation with the academic evaluation periods of high school students.

Qualifications (both athletic and academic)

To join the LRA, the FLR is looking for players who demonstrate the following mental qualities or abilities:

-  **Commitment**
-  **Requirement**
-  **Concentration**
-  **Determination**
-  **Rigour**
-  **Respect**
-  **Humility**
-  **Solidarity**

The player's behavior and mindset are just as important, if not more so, than purely athletic skills!!! Rugby is above all a sport for all, faithful to its values...

Coaching Framework

The LRA's technical management team is composed of competent human resources in the 3 fields of intervention: sports, school and medical. These human resources are the supervisory staff of the FLR and the Sportlycée or their partners.


| | FLR | | Sportlycée (ou Lycée de rattachement) | |
|--------------------------|-------------------------|--|---------------------------------------|---------------------------|
| Direction | Jean-François BOULOT | <i>President</i> | Pascal Schaul | <i>Director</i> |
| | Walter FONTAN | <i>General Secretary</i> | Yann Schneider | <i>Deputy Director</i> |
| Sports Manager | Alexandre Benedetti | <i>NTD</i> | Max Krippler | <i>PE teacher</i> |
| | Membres ETN | <i>Coaches</i> | Equipe EPS | <i>PE teacher</i> |
| Medical follow-up | Commission Médicale FLR | <i>Doctor</i> | Philippe Pierini | <i>Physiotherapist</i> |
| | | <i>Physiotherapist</i> | Stéphanie Vieillevoye | <i>Physiotherapist</i> |
| | | <i>Osteopath</i> | Tammy Dietrich | <i>Nutritionist</i> |
| School follow-up | Alexandre Benedetti | <i>NTD & Manager Lëtzebuerg Rugby Academie</i> | Secrétariat | <i>Administration</i> |
| | | | Stéphanie Hinger | <i>Service ARS</i> |
| | | | Tammy Dietrich | <i>SePAS Rugby</i> |
| | | | Gigi Meylender | <i>Psychologist</i> |
| | | | Frank Muller | <i>Mental preparation</i> |

Medical follow-up


A **medical follow-up** of the players *of* the "**Lëtzebuerg Rugby Academy**" is provided throughout the year.

In the context of an injury, the player will be referred to the practitioners of the medical commission of the FLR (doctor, physiotherapist, osteopath).

 **Doctor:** Clinique du Sport, CHL Eich (☎ 44 11 73 33) located at 78 Rue d'Eich L 1460 Luxembourg

 **Physiotherapist(s):**

- M. Quentin Massinet (☎ +33 6 61 59 65) located at 56 boulevard Grande Duchesse Charlotte L1330 Luxembourg
- M. Arthur Speletz (☎ 621 594 442) installed at 5b Rue François Hogenberg L 1735 Luxembourg

 **Osteopath:**

- Mrs Maëva Mortier (☎ 661 909 645) located at 8 Rue de la Grève L 1643 Luxembourg

 **Nurse:** General contact Sportlycée (☎ 24 78 34 72)

On the advice of the practitioners of the medical commission, an adjustment of the training will be put in place to allow the player the management of care, rehabilitation, the gradual reintegration into training and the return to competition safely.

Any player who is a member of the Lëtzebuerg Rugby Academy has the obligation to treat himself and to respect the various protocols before returning to the field (training or competition).

School follow-up and homework help

The **academic follow-up** of the students is ensured by the pedagogical teams of the Sportlycée in collaboration with the teachers and the sports manager of the LRA.

Rugby players have the opportunity to benefit from **support courses** in different subjects depending on the academic results obtained.

Players admitted to the LRA will only be able to stay there if they can reconcile the practice of rugby and academic success.

Boarding school

Sportlycée has a boarding school for boys and girls attending school in the school located near the school building on the upper floor of the National Institute of Sports (INS).

The maximum capacity is limited to 30 students, spread over 15 double rooms.

For candidates interested in taking advantage of the boarding school of the Sportlycée, do not hesitate to contact :


 📞 : +352 26 75 05 44 or +352 691 26 75 05

 ✉ : internat@sportlycee.lu

Training Fees

An annual financial contribution of **100 euros** will be requested from all players of the Lëtzebuerg Rugby Academy. These training fees will be used to set up and sustain:

 Funding of a Training Kit for Lëtzebuerg Rugby Academy Players

 Funding for a weekly snack

 Financing of annual extra-sporting events

The delivery of the player kit will take place no later than December following the start of the school year (Event "Christmas tree" of the Lëtzebuerg Rugby Academy).

Important dates

Please find below the important dates regarding the recruitment of new students for the 2023-2024 school year:

 **Thursday 30 March 2023** : Information evening (parents, students, club coaches) at 18:00

 **Thursday 4 and Saturday 6 May 2023** : Open doors of the Sportlycée

 **Thursday, May 11, 2023**: Open house at the boarding school of the Sportlycée

 **Sunday 14 May 2023**: Sending of the application file to the Federation (last deadline)

 **Monday 22 May 2023** : Sending of candidate lists by the Federation to the Sportlycée


 **Start / mid-June 2023**: Entrance Tests Day (**on invitation**)

- Thursday 8 & Friday 9 June 2023: Day Entrance Test^{7th – 5th} (1st session)
- Tuesday 13 & Wednesday 14 June 2023: Day Entrance Test^{4th – 1st}
- Thursday 15 & Friday 16 June 2023: Entrance Test Day 7th – 5th (2nd session)

Preparation of the admission file

List of documents to be attached to the file:

 **Fiche 1** : Individual information sheet

 **Fiche 2** : School information sheet

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Cf. Application file composed of the 5 sheets annexed to this document

The file must be returned complete before 14 May 20 23 last deadline to the attention of **M. Alexandre Benedetti** at the following address: **FLR, Maison des sports COSL, 3 route d'Arlon L 8003 Strassen, Luxembourg.**

Or by computer format via the following email address: dtn@rugby.lu


Or the file can be delivered in person


WARNING: Any incomplete file will be considered inadmissible, and MUST be submitted within the deadline.

Eligibility Main Stream - Sportlycée

After studying the application file, the candidate will receive an invitation to participate in the Physical Selection Tests organized by the Sportlycée in June 2023.

Final admission to the Lëtzebuerg Rugby Academy will be effective when:

 **The candidate will have passed the Selection Tests** that will take place at the Sportlycée Luxembourg, 66 Rue de Trier L 2630 Luxembourg

 **The candidate's academic record** will have been **approved** by the Sportlycée teaching team and subject to orientation or transition decisions for the higher class requested.

Each candidate will be notified of his/her admission or non-admission by mail and/or official email from the Direction du Sportlycée within 15 days to 3 weeks maximum after the last test session.

Once the admission is pronounced, the integration of the player (s) will be effective after the final registration process in the school "Sportlycée". The signing of a partnership agreement between the FLR and the player and his/her legal representative will be signed before the start of training for the following LRA sports season.

Eligibility Secondary Stream – Training Partner

For candidates who cannot enter the Luxembourg school system or do not present the choices of orientation offered by Sportlycée Luxembourg, it is possible to integrate the secondary stream of the LRA with the status of "Training Partner".

The eligibility procedure extends until the first fortnight of September 2023 with supervision of the player in his training / club competition collective.

Admission will be concretized by the signing of a partnership agreement between the FLR and the player and his legal representative no later than the end of September 2023 after the start of the school year and the knowledge of the freedoms of schedule.