



## Marymount College Rugby League Program

### Marymount Makos

The Mako Shark is the mascot for the Marymount College Rugby League program. It was chosen due to Marymount College's association with the ocean, as well as the Mako being the sleekest and fastest shark in the sea (and one of the top five man-eaters). Makos have no known predators and show no signs of weakness.

### Why play Rugby League at Marymount?

Marymount College has a proud history, beginning in the 1970's with our girls, as a competitive Rugby League school. School boy/girl Rugby League is some of the best football a student can play. Not only does it allow boys and girls to play with a collection of friends from school, but the level of competition is much more challenging and allows for many more opportunities.

The Rugby League program at Marymount begins in Marymount Primary School and continues in Years 7-12.

Being a member of a College Rugby League team includes at least one morning training a week to help the players gel as a team and improve their skills.

Marymount participates in the Gold Coast Titans Schools League and Karyn Murphy Cup & Challenge competitions in Term 2, and in the Queensland Independent Secondary Schools Rugby League Competition (Confraternity), in the first week of the June/July holidays.







### Gold Coast Titans School's League

The Gold Coast Titans have shown a keen interest in school rugby league since their inception to the NRL in 2007. They introduced a local competition, The Titans Cup & Challenge, which Marymount's 1<sup>st</sup> XIII Boys won in its first year, 2007, and again in 2015, 2017, 2018, 2019, 2021 and 2023. This competition sees both Marymount Opens teams and our Year 7/8 and 9/10 teams, play against other competitive schools in the Gold Coast area on Monday/Wednesday nights during Term 2.

### GIO Cup/Challenge

From 2017, our open boys teams—when they perform well in Titans competitions—have progressed to compete in the nationwide GIO Cup & Challenge. Each year we hope for success in the qualifying match which will open the door to exciting opportunities for our boys and College.

### Queensland Independent Secondary Schools Rugby League (QISSRL) - Confraternity Shield

Being selected in the Marymount College 1st XIII, to compete at the annual Confraternity Shield Carnival, is seen as the pinnacle of Rugby League for a Mako. Confraternity is a week-long carnival in the first week of the mid-year holidays and consists of over 46 Catholic and Independent Colleges from around Queensland. Marymount College was one of the first schools to participate in the inaugural Confraternity Rugby League carnival in 1980. After an enforced break from Confraternity with a sojourn into rugby union, Marymount returned in 1997, eventually winning the Plate in 2000 and 2006 and the Bob Lindner Trophy in 2012, 2013 and 2017. Marymount College successfully hosted the carnival in 2003. In 2023 Marymount's boys had their equal best ever result - finishing 3rd.

Girls' teams entered the competition in 2021 where our team was very competitive. Marymount was successful in winning the Inaugural Shield in 2022.

Occasionally we are called upon to provide players to other Confraternity Shield school teams when they are short of players. This is a great opportunity for our players, who may have just missed out on a place with the Makos, to experience Australia's largest school age rugby league carnival.

With the support of the Burleigh Bears, Master Aircon, Mainland Civil, Dawson Constructions, Ultra Building Solutions, Loot Homewares and Tabatinga, we look forward to continually improving our performance at Confraternity. The Marymount Makos have developed an excellent spirit, are dedicated to performing to the best of their ability and pride themselves on their discipline on and off the field.

In 2017 the Makos were awarded the Referees Fair Play Award in recognition for being the team with the best discipline and levels of respect within the Confraternity schools. This is a goal we had worked towards for many years and were very proud to achieve.

### Skills, Strength and Conditioning Program

All players attend morning training sessions throughout the year where their skills and fitness are honed.

Marymount's very successful Skills, Strength and Conditioning Program is available to all Open Rugby League players. Boys and girls involved attend three 90 minute early morning training sessions a week during Terms 4, 1 and 2.

Nutrition plays a large part in the performance of Marymount Rugby League players. As such, all age groups are given advice about the best types of fuel they should be making use of.

The purpose of the program, which is run by both external and Marymount staff/coaches, is primarily to improve the Rugby League skills of our players, especially when placed under duress. Regular mental health sessions are also included.

Physically we aim to channel player interest in learning the correct methods to be used in a gymnasium, or other training venue, and ensure they understand the importance of eating sensibly and managing their time efficiently.

All players between Years 7-12 are invited to take part in strength and conditioning programs as a part of their weekly training regime.





Student performance in class is closely monitored. If an individual is letting themselves down away from Rugby League, they will not be allowed to continue in the program until their behaviour/attitude/results modify.

Ultimately, through these many hours spent together as a group, it is hoped that each of our players becomes a more focused individual who has greater control of their self-discipline and can exhibit resilience when required.

## Advanced Sports Program: Rugby League/Rugby Union

Marymount College runs an Advanced Sports Program (ASP) as an elective subject during Years 9-10. ASP aims to improve all students' rugby league knowledge and ability as an academic subject, therefore giving boys and girls plenty of one-on-one coaching, as well as full access to Marymount's facilities during the school day. Most, if not all, of the College's 1st XIII enrolled in ASP during their junior years.

## Facilities

A full gymnasium, including a core/cardio and video analysis room is used by the Marymount Rugby League program, as well as our two full-sized rugby league fields. In addition, undercover training areas allow for training regardless of weather conditions. These, together with expert coaching, helps improve the individuals Rugby League and general sporting ability. Players begin skill and fitness training from the start of Year 7 and can begin resistance training once they are in Year 10 and can pass a set of stringent youth body weight and resistance exercise protocols.

## Goals

**Education is the primary focus of each coach and their players. Players must perform well in class to remain in the Rugby League Program.**

We aim to build:

- Discipline on and off the playing field
- Character development of all program members in line with the College Mission Statement
- Respect for all officials, opposition players, spectators and team mates
- Resilience when decisions don't go the player's way in all facets of life
- Determination for each student to do their best at all times
- A team mentality where the efforts of all members are valued
- Commitment to, and sacrifice for, the Marymount Rugby League Program

## Involvement in other activities

Every member of the Marymount College Rugby League Program are encouraged to be involved in all areas (spirituality, sport and culture) of College life. We applaud those boys and girls who represent the College in various pursuits throughout their time with us. The Rugby League Choir, Rosies and St Vincent de Paul being excellent examples.

## Rugby League Parent Support Group

All parents are welcome to join the RLPSG, a group of dynamic parents/supporters who assist through fundraising, preparing meals and BBQs, providing post-match nutrition, running water, and the many other jobs that present themselves.



## Coach Profiles



### Mr Jason Hamilton

Head Coach and Program Coordinator, Jason has over 30 continuous years of coaching experience across a range of football codes and other sports.

He has been a part of Marymount's Rugby League program for the last 17 years and has been instrumental in the move towards a disciplined approach by all Rugby League players at all times.

Jason has coached the 1st XIII since 2008. An English and Advanced Sport teacher at the College, Jason has held a variety of roles as Middle Leader including Pastoral Coordinator and presently Program Leader – Careers & VET. Jason is a competitive lifesaver in surfboat racing.



### Mr Matthew Geyer

Matt Geyer has been at Marymount College since 2015.

For a time, he enjoyed the responsibility of being Head of Sport. Matt teaches Maths, Advanced Sport and Humanities to Years 7-10. He has been a Rugby League coach on the Gold Coast with the Currumbin Eagles for 15 years, and is currently their A Grade Head Coach. Matt has coached the Year 9/10 and Opens teams at Marymount during his nine years of teaching at the College.

Matt brings a wealth of experience to the Rugby League Program with his 268 NRL games with the Melbourne Storm and playing State of Origin for New South Wales. His focus on building the person before building the player aligns perfectly with the goals of our Rugby League Program at Marymount College.

Most recently Matt has found himself taking some time away from school to assist in the coaching of the Titans NRLW team.

## Representative Players

### Marymount College boasts three NRL players.

- Karina Browne - Women's World Cup Winner, Queensland Women's State of Origin Captain and NRLW player, 2006 College Captain
- Jamie Dowling- NRL player 2008 House Captain
- Xavier Coates - PNG Kumuls, QLD State of Origin and NRL player 2018 House Captain
- Sophie Holyman (class of 2015) NRLW player

### CONTACT

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