



WOMEN'S RUGBY AUSTRIA

September 2010

SEASON 2010/2011 (Season of Ready, Retain, Regain)

**National Team Selection leading up to the European Championship 2011
For the 3rd time in A Group, now called Division B**

NATIONAL TEAM SELECTION:

Selection will be open to additions/changes throughout the year until one month before the European Championship. There will be a National Team "Kader" (squad) from which the selection will be made. The best and most committed "team" players will compete for 10 positions. Those selected will be informed throughout the season, but nothing is secured until after the Easter Emerging Nations Training Camp (ENTC).

PROCESS:

As in the past few year, there will be no presents made to any clubs or players. For future European Championships the selection will keep getting more competitive and more demanding. You will be competing with players qualified to represent Austria for only 10 positions! It will consist of only the best players for the team with the right attitude, skills, fitness levels and commitment to their team. Everything to do with rugby, as always, nothing to do with Freunderlwirtschaft (politics among friends) or the politics that sometimes comes with a national team selection! That means everyone with those qualities has the chance to prove they are the best of the best to represent Austria.

The criterion will include:

- willingness to improve individual skills and to give & take constructive criticism
- adaptability to work with and to support your team in all positions and on & off the pitch
- one's ability to read the game and one's role within it (communicator/facilitator of tries/tackler)
- fitness, fitness, fitness
- endurance, determination/controllable aggression, mental strength & composure under pressure
- practice, practice, practice (Gary's secret!!) and like I always say, winners take training as seriously as games
- ability to think for oneself, take initiative, yet still able to follow instructions & recommendations
- ability to set and achieve goals and to assess them continuously
- ability to remain focused under pressure and maintain clear vision and visualize goals
- personal and team attitude, always ready to go the extra distance in the name of team
- training, game & trip attendance and training camp / team bonding attendance
- team player on and off pitch (3 players on sideline are as important to the team as those on the pitch when we are at a tournament or championship)
- what you bring to the team & team spirit & what you're willing to do & give up for them (smoking)
- team and individual motivation and effort to learn and improve...

These are all factors in the selection process, among others. And when it comes right down to it, what is best for the team will be done, regardless!



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NATIONAL TEAM GOALS & TRAINING

Goals for European Championships:

- 2005 -not to come in last at the EC in Prag
- 2006 -to improve on 2005 at EC 2006, which we did not!
- 2007 -to come in 5th in the B Pool ranking (as set by the BSO) and we came in 4th!
- 2008 -to maintain or improve on our ranking, but the pools and groups have been reorganised and mixed up, so we should aim for 27 out of 35 or better.
- 2009 -to get back to our 2007 playing quality & not come in last in A Group, so ideally 8 out of 12. We came in 5 out of 12 in the A Group meaning place 15 in Europe, the highest in Austrian Rugby history.
- 2010 -to try to maintain our 2009 ranking. We came in place 8 meaning place 18 in Europe.
- 2011 -to come in between place 5 - 8, no lower than place 8 in order to remain in our group due to the 6 Nations teams joining the 7's ECs in 2012 in preparation for the Olympics.

Additionally:

- We aim to work better as a "TEAM" & to support each other more on & off the pitch & at trainings including more communication & mutual feedback (duty to give & accept constructive criticism).
- Better focus & visualising our team winning & our team & individual successes so we can achieve them.
- Earn / gain the respect of our opponents & show them we want it all more than they do!

Training:

- As of the Fall, training 3 x per week (2x club level 1x NT or alternative training for those not near NT) for those that wish to be considered for the National Team
- Improving and maintaining our own fitness in addition to trainings
- Attending Winter trainings and "Sprint Trainings!"
- Team Bonding activities outside of Rugby that will enhance fitness and endurance (Tae Bo, Boxing).
- In March and April you will be expected to do some Tae Bo exercises on your own 3x per week 10 to 20 minutes each time from CD's so get some blanks & €5 & place your orders.
- Read 7's manual & other helpful documents on www.womensrugby.at in player section.

FIXTURES: Please regularly check fixtures on website to ensure you don't miss out on an opportunity to play for your club on the Bundesliga or for/with your national team Kader/squad on the F-EN League (Regionalliga) and mark your calendar with ENTC dates (Easter every year) to avoid conflicts of interest: www.womensrugby.at

NATIONAL TEAM UNIFORM: WRA has 2 uniforms available for Austrian Selection (AS), F-EN League and EM.

FUNDING: Women's Rugby receives a little funding from BSO every year. Also, Tini is making sure the budgets are divided up fairly according to our numbers and activities. He has also secured a few small sponsors but we are still dependant on the ÖRV for all NT needs since it is not enough to cover all of our NT activities, so please keep racking your brains on how we can compensate NT Squad players for their efforts and own financial investments and those of Tini. Thus no extra WR funding for trips and training camps unless we come up with more sponsors on top of the ones Tini already has! So have a look at the Fixtures for Fall 2010 and Spring 2011 and start saving now!! Fixture changes/additions are also ongoing so please check the website regularly.

Can you think of anything else?

YOUR TEAM AUSTRIA MANAGEMENT

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