

OAKLANDS WOLVES RUGBY ACADEMY

PRESEASON TRAINING
1st July - 4th September





CONTENTS

Page 3 - Preseason Overview

Page 4 - Squad Selection

Page 5 - Forms to Complete - **IMPORTANT ACTION REQUIRED**

Page 6 - What to Bring

Page 7 - ACE Residential Camp

Page 8 - Fixtures

Page 9 - July Schedule

Page 10 - August Schedule

Page 11 - September Schedule

Page 12 - Off Season Training & Further Info

Page 13 - Key Dates & Contact Info

Page 14 - Spond - **ACTION REQUIRED**

PRESEASON OVERVIEW

Preseason is a crucial time of the year to ensure players are fully prepared for the season ahead. Players are encouraged to attend as many sessions as they can, though we understand that there will be a number of reasons attendance might prove difficult for some; eg holidays, work, travel* etc. **Please ensure you complete the availability form by following the link on 'Forms' page.**

For many this will be the first preseason they have participated in. The intensity and volume of training will be high, so all players will be educated in managing their training through good nutrition and recovery.

It is really important players remain active over the off-season, and particularly during exam season, as going into preseason after a period of inactivity will likely result in injury. Remaining active throughout exams will also help relieve stress and tension, hopefully allowing students to perform better in their exams.

*Residential does not open until end of August/early September. If, as a result, attendance at preseason is to prove difficult, please discuss with Chris

SQUAD SELECTION

Week 1-2: Players will train in mixed and position specific groups. Some players will move between ACE and Development groups.

Week 3: Invited Players will attend the ACE residential camp. All other players will follow the Development Squad training schedule.

Week 4: Players will train within ACE and Development squads

Week 5: Break

Week 6-9: Players will begin to be formed into 3 groups; 'ACE', 'ACE Dev' and 'Development'. Training will mainly be within these groups.

ACE

ACE DEVELOPMENT

DEVELOPMENT

These groups will remain in place as we move into the regular season. Players will be constantly monitored throughout the season and groups updated regularly.

Week 10: w/c 31st August is induction week, which will be dictated by each player's course enrolment. Lessons commence with the regular season rugby schedule in w/c 6th September.



FORMS TO COMPLETE

Please complete all forms by Friday 26th June

MEDICAL

[Medical Form 2026/27 – Fill out form](#)

AVAILABILITY

[Preseason Availability 2026 – Fill out form](#)

MEDIA CONSENT

[Media Consent Form 2026-27 – Fill out form](#)

HEALTH DATA COLLECTION

[Oaklands College Rugby - Parental Consent for Health Data Collection – Fill out form](#)

WHAT TO BRING

Kit Check List

Boots (studs/moulds - Recommend getting moulded boots if possible)

Trainers - Decent quality training/running shoes

Training kit (include change of kit)

Refillable water bottle

Food/snacks (especially for after training)*

Sun protection (cream, hat etc)

Notepad & Pen

Shower kit (if required)

*Note the canteen does not remain open for the summer period so there will be nowhere to access food on site, so please come prepared. We will be doing education workshops on nutrition and food preparation throughout preseason.

Oaklands Kit

Oaklands kit will be available for purchase at enrolment, and post-enrolment available to order online. Until that time please wear own kit for training.

ACE RESIDENTIAL CAMP

14th-16th July

This year we will be running a residential camp for the ACE Squad from 14th-16th July.

This is a really crucial part of preseason to ensure the team is prepared as well as possible for the ACE League that starts on 9th September.

Players will be notified individually if they are invited to attend the camp and as the initial days of preseason are going to be crucial for squad selection, ***players may receive an invitation at any stage, even after preseason training begins.***

There will be a charge for the camp, cost will be £230, further information will be made available to those invited in due course.

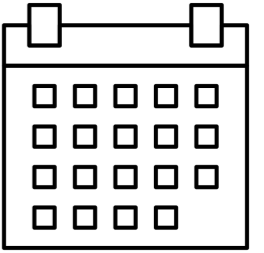


FIXTURES

| | ACE | ACE DEV | DEV |
|---------------|-------------------------|-----------------------|-----------------------|
| 19th August | | INTERNAL GAMES (H) | |
| 26th August | TBC | USP 1s (A) | |
| 2nd September | Cardinal Newman ACE (A) | Cardinal Newman 2 (A) | Cardinal Newman 3 (A) |
| 9th September | ACE Round 1 | Fixture tbc | Fixture tbc |



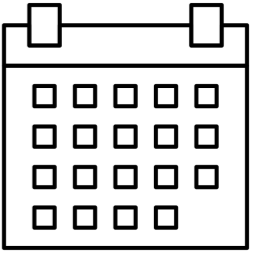
JULY 2026



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--|---------------------------------------|--|----------------------|----------|--------|
| | | 1 DEV 9-12:30 | 2 | 3 DEV 9-12:30 | 4 | 5 |
| 6 DEV 9-12:30 | 7 | 8 DEV 9-12:30 | 9 | 10 DEV 9-12:30 | 11 | 12 |
| 13 DEV 9-13:00 | 14 ACE RESI CAMP (INVITATION ONLY) | 15 ACE RESI CAMP DEV 9-13:00 | 16 ACE RESI CAMP (INVITATION ONLY) | 17 DEV 9-13:00 | 18 | 19 |
| 20 DEV 9-13:00 | 21 | 22 DEV 9-13:00 | 23 | 24 DEV 9-13:00 | 25 | 26 |
| 27 BREAK | 28 BREAK | 29 BREAK | 30 BREAK | 31 BREAK | | |



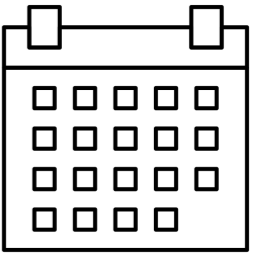
AUGUST 2026



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|---------|-------------------------|------------------------------------|----------------------|----------|--------|
| | | | | | 1 | 2 |
| 3 DEV 9-13:00 | 4 | 5 DEV 9-13:00 | 6 | 7 DEV 9-13:00 | 8 | 9 |
| 10 DEV 9-13:00 | 11 | 12 DEV 9-13:00 | 13 | 14 DEV 9-13:00 | 15 | 16 |
| 17 DEV 9-13:00 | 18 | 19 INTERNAL GAMES | 20 GCSE Results Day (OFF) | 21 OFF | 22 | 23 |
| 24 DEV 9-13:00 | 25 | 26 USP (A) | 27 | 28 DEV 9-13:00 | 29 | 30 |
| 31 BANK HOLIDAY | | | | | | |



SEPTEMBER 2026



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|--------------------------------------|--|--------------------------------------|---------------------------------------|----------|--------|
| | 1 INDUCTION WEEK (NO TRAINING) | 2 INDUCTION WEEK Cardinal Newman Pre-season fixture x3 | 3 INDUCTION WEEK (NO TRAINING) | 4 INDUCTION WEEK DEV 9-13:00 | 5 | 6 |
| 7 TERM TIME SCHEDULE | 8 TERM TIME SCHEDULE | 9 FIXTURES (1ST ACE LEAGUE GAME) | 10 Game Review IDP | 11 TERM TIME SCHEDULE | 12 | 13 |
| 14 TERM TIME SCHEDULE | 15 TERM TIME SCHEDULE | 16 FIXTURES | 17 Game Review IDP | 18 TERM TIME SCHEDULE | 19 | 20 |
| 21 TERM TIME SCHEDULE | 22 TERM TIME SCHEDULE | 23 FIXTURES | 24 Game Review IDP | 25 TERM TIME SCHEDULE | 26 | 27 |
| 28 TERM TIME SCHEDULE | 29 TERM TIME SCHEDULE | 30 | | | | |



OFF-SEASON TRAINING AND FURTHER INFO

Training programmes for the off-season will be shared in the coming weeks. As previously stated, it is really important players arrive to preseason training having maintained a good fitness base over the off-season. The biggest cause of injury during preseason every year is being physically under-prepared, and missing training through injury will only serve to hinder progress and selection opportunities.

Additional guidance with regards to nutrition, physical wellness and recovery will be sent out in coming weeks also, please embrace this advice as it will pay dividends as the season progresses.

KEY DATES & CONTACT INFO

Key Dates

14th-16th July - ACE Residential Camp

20th July - GCSE Results Day

20th-28th Aug - Enrolment (see own allocated enrolment invite)

1st-4th September - Residential move in dates.

2nd September - Start of course induction and teaching

9th Sept - ACE League Round 1 / Start of competitive season

Contact Info

chris.waring@oaklands.ac.uk 01727 737472 (Application/rugby/general enquiries)

lee.cleaver@oaklands.ac.uk (Off season training enquiries)



We will use the App Spond to communicate throughout the season, so please use the link below to join the Oaklands Wolves Rugby Group

<https://spond.com/invite/XIQDE>

Please ensure players sign up and attach parents/guardians to their profile as a guardian.

Please do not create your own profile as a parent or guardian, you are able to access all posts, messages and events as a guardian on your son's profile.