



DOLLAR  
ACADEMY



# RUGBY PRE-SEASON PROGRAMME



11 - 20 AUGUST 2025



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# VISION


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**Stevie Wilson**  
Head of Rugby & Athletic Development

## **“FROM THE GROUND UP”**

Create an impactful rugby program from the ground up, building an inclusive platform for inspiring players of all abilities to excel and strive towards reaching their full potential on and off the field.



# DOLLAR ACADEMY

## RUGBY OBJECTIVES



Make rugby the best part of the day

Develop, not only rugby playing ability, but positive young people with strong character and values.

Create a culture that players, coaches and parents are proud to be part of.

Provide pupils with the opportunity to be the best they can be.

Create an enjoyable learning environment where pupils have fun, are challenged and develop skills.



# RUGBY PHILOSOPHY

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Develop highly skilled players and athletes capable of problem solving on and off the field. We aim to do this through fun and challenging sessions with a focus on skill work and learning through games.



# CORE VALUES



<b>Work Hard</b>	<p>We want players at Dollar who turn up and give 100% at every session.</p> <p>Hard work beats talent, when talent doesn't work hard.</p>
<b>Be Kind</b>	<p>We want to look out for our team mates and stick together on and off the field.</p>
<b>Get Involved</b>	<p>Get involved with all aspects of the rugby program. Whether it is with skills sessions at lunchtime or encouraging friends to give rugby a try!</p>



# OUR AIM:

## TO DEVELOP PAYERS WHO ARE:

<b>Highly skilled</b>	In attack we want to create 'Triple threat' attacking players - Run, Pass, Kick In defence we want to create adaptable, efficient and organised defender.
<b>Effective decision makers</b>	Players who can 'read' the game and make good decisions on and off the ball, under pressure and under fatigue
<b>Physically conditioned</b>	Robust. We want to help all of our players become stronger, fitter, faster and more agile
<b>Relentless</b>	In attack and defence. We want to outwork all of our opponents.
<b>Coachable</b>	Turn up with an attitude to learn from our coaches, teachers and team-mates

PRE SEASON - AUG 2025 | Week 1

Monday  
11th

Tuesday  
12th

Wednesday  
13th

Thursday  
14th

Friday  
15th

Saturday  
16th

1000-1130

**SENIORS**  
1ST XV PITCH

**SENIORS**  
1ST XV PITCH

**SENIORS**  
1ST XV PITCH

**SENIORS**  
1ST XV PITCH

**SENIORS**  
1ST XV PITCH

1000-1130

**U16**  
2ND XV PITCH

**FIII**  
2ND XV  
PITCH

**U16**  
2ND XV  
PITCH

**FIII**  
2ND XV  
PITCH

**U16**  
2ND XV  
PITCH

**FIII**  
2ND XV  
PITCH

1000-1130

**FI**  
HILL PITCH

**FII**  
HILL PITCH

**FI**  
HILL PITCH

**FII**  
HILL PITCH

**FI**  
HILL PITCH

**FII**  
HILL PITCH

1000-1130

**J2**  
THORNBANK

**J1**  
THORNBANK

**J2**  
THORNBANK

**J1**  
THORNBANK

**J2**  
THORNBANK

**J1**  
THORNBANK

	PRE SEASON - AUG 25   Week 2					
	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
1530-1645	SENIORS 1ST XV PITCH	SENIORS 1ST XV PITCH		SENIORS 1ST XV PITCH	VS STEW MEL KO TBC	
1530-1645	U16 2ND XV PITCH	U16 2ND XV PITCH		U16 2ND XV PITCH		VS STEW MEL
1530-1645	FII HILL PITCH	FIII HILL PITCH	FII 2ND XV PITCH	FIII HILL PITCH		VS STEW MEL
1530-1645	FI NEWFIELD		FI HILL PITCH			VS STEW MEL
1530-1645	J2 JUNIOR PITCH		J2 JUNIOR PITCH			VS STEW MEL
1530-1645	J1 THORNBANK		J1 THORNBANK			VS STEW MEL





# Coaching Staff



**FIRST XV:** RANALD BAIRD, BOB MCKILLOP,  
GRAEME MORRISON

**SECOND XV:** DOUG SMITH, BILLY DINEEN

**U16:** NIALL GALLAGHER, JIM RICHARDSON

**FORM III:** DON CASKIE, GAVIN BLACKBURN

**FORM II:** CAMERON SMITH, RUSSELL FERGUSON

**FORM I:** STEVE NEWTON, STEVIE WILSON

**JUNIOR 2:** MARTIN HOSE, BARRY MUNRO

**JUNIOR 1:** ABTIN POURGIVE, GRAHAM  
HINSELWOOD

**SPECIALIST COACHES:** TIM SWINSON, GAVIN  
BLACKBURN



# Kit

- **BOOTS AND TRAINERS**
- **GUMSHIELD**
- **WATER BOTTLES**
- **SNACKS**
  - **E.G. FRUIT/SANDWICH/ OAT BARS**
- **SHORTS**
- **TRAINING TOP**
- **SOCKS**
- **TOWEL**
- **WEATHER APPROPRIATE CLOTHING**
  - **SUNCSCREEN/ RAIN TOP/ BOTTOMS**



