



SARACENS

OAKLANDS COLLEGE

RUGBY

SARACENS WOMEN'S ACADEMY



The Saracens Women's academy provides a clear pathway for aspiring young players with the ambition to play at the elite end of the game.

Saracens are renowned as a club for developing young players, and in the dawn of professionalism in the women's game, the tradition of developing homegrown players into the women's senior team has never been stronger



Saracens Academy Vision

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OPEN DAYS

We believe it's important you find out everything you need to know before joining us, which is why we run open days throughout the year. Our open events give you the chance to visit our St Albans Campus, meet the coaches and take a look at our award-winning facilities.

Please visit the below websites for further information.

www.saracens.com/more/academy/womens-academy/

www.oaklands.ac.uk/news-events/events-archive/open-events/

SARACENS WOMENS Rugby Academy

In 2018 Saracens Women's established a full time programme for players aged 16 to 19yrs old giving them the opportunity to be in a full time elite performance environment alongside full time education.

The Saracens Women Rugby Academy is overseen and run by Saracens Women's Performance Staff, which includes medical, strength and conditioning and assistant coaches from the Senior Team. Academy players will split their time between the rugby programme and their academic studies.

Through being a part of the Academy, players will have access to elite performance resources such as:

- Strength and conditioning programming
- Medical provision
- Nutrition
- Sports psychology
- Video analysis
- DISE – A select number of identified athletes with sporting potential will undertake this additional Diploma
- Tailored Empower Her programme with the Saracens foundation, focused on personal and professional development
- Coaching and refereeing opportunities with Saracens Community on Senior match day events



SARACENS PLAYER Pathway

SARACENS WOMEN

Allianz PWR Player



International Honours

SENIOR DEVELOPMENT

Senior Development Player

IDENTIFIED POTENTIAL
PWR PLAYER
(Out-registered with senior link club)

International U20s Highlighted
Club and University Rugby

FULL-TIME COLLEGE ACADEMY

Diploma in Sporting
Excellence Player

DIPLOMA IN SPORTING EXCELLENCE AWARD
(DSE)

Transition to Grassroots/ University
Representative Rugby

COE

Centre of Excellence
Player

INTRODUCTION TO PERFORMANCE
PATHWAY U18S
(Established within CE programme)

International U18s
Representative Rugby

The Academy forms an integral part of the wider Saracens Player Pathway. This pathway is designed to provide players with the maximum opportunity to develop and progress along their rugby journey, one which we aim ends in representing the Women's Senior Team.



SARACENS ACADEMY

Programme

Players of the Saracens Rugby Academy will divide their time at Oaklands College between the programme and their Academics.

Training

The Academy trains three days a week, with games on Wednesdays. Players on the programme have a unique opportunity to access elite performance coaching, and draw upon the expertise from leading strength and conditioning and medical practitioners. All this takes place in excellent facilities, scheduled into their working day, balancing both on-field and off-field commitments.

Pitch sessions are supplemented with a strength and conditioning programme, tailored to the individual needs of the athlete. Outside of this, players are also exposed to educational workshops in subjects such as nutrition, load management, recovery and sports psychology. All players partake in video analysis, where they can review and analyse training and match footage and be challenged in their understanding and tactical application of the game.

Each player has their own Individual Development Plan, which is formulated at the beginning of the season and reviewed periodically to ensure their progression and development. This is supplemented through skill sessions and 1 to 1 coach player meetings.

Competition

Our Performance team competes in the AOC Performance League, which is the highest ranked league in the Country. This is supplemented with friendly fixtures to ensure maximum game time for players.

DiSE

We also deliver The Diploma in Sporting Excellence (DiSE) which is a qualification specifically designed for learners with an opportunity to be assessed on their ability to work towards, and fulfil the role and requirements of an elite sports performer. This is an additional qualification (64 UCAS Points awarded) which is studied alongside a player's main course, it is not a standalone qualification. Players will be selected as a DiSE player based on Academy and COE status, as well as academic drivers and goals.



STUDYING at Oaklands

Recently awarded “Good” by Ofsted, Oaklands College is driven by its mission to ‘Prepare every learner for work, a rewarding career and life’s opportunities’. It is an exciting and transformative campus which is undergoing significant development to provide the latest and highest quality of facilities for students.

Oaklands College offers a broad spectrum of courses and A-Levels, however, some courses do not enable full participation in the rugby programme. To find out if your course is suitable, please contact us or your course leader. The full range of courses available at the college can be found online at www.oaklands.ac.uk/study/school-leavers/course-finder/

Students are expected to engage fully in their studies and there is regular communication with tutors to ensure students are on track academically. Outside of their course, students also have weekly personal development sessions which focus on a range of areas such as interpersonal skill development, CV work, networking and UCAS applications.

English & Maths

It is an expectation that all students without GCSEs in English and Maths graded at 4 or above will retake English and/or maths alongside their main programme, as either a GCSE or Functional Skills qualification. This may impact on some training involvement during the week.

Supporting Your Learning

The College has an excellent student advice team who can support you with any pastoral needs. There are trained support tutors available in the Learning Resource Centre to support you with assignment work outside of lessons. They are also able to provide additional learning support for students with particular learning needs, either on a one to one basis or through in class support, as well as support with special exam arrangements.



JOINING the Academy

Am I eligible?

All members of the rugby academy programme must be enrolled as a student at Oaklands College. Students must be 16 or 17 years old on 1st September of the year of entry.

The College welcomes applications from applicants from all over the world, although non-EU and Commonwealth students will be eligible for full tuition fees.

Am I suitable?

At Saracens, we believe talent is in behaviours. Players are not born great or talented. Attitude, understanding of your own needs and the ability to organise yourselves and others are core attributes. Those who work hard will grow and excel in this programme.

Players must be aware that this is a performance academy, and as such will have to be of a standard to be able to compete at this level. We encourage players that have had a good rugby background and are in a County Level Programme (DPP) or above. Centre Of Excellence nominated players are encouraged to maximise the full-time environment opportunity if appropriate alongside their studies.

Application Process

The first step is attending our open day trials, where we use the following sessions to get to know you as players, and to see your development throughout the year. We will progress each day to give you further exposure as to what life in the academy would be like. These take place in the October and February half-term.

Following this, we then invite applicants to our Welcome Event held at Stone X Stadium where players can begin to form relationships with each other and gain an understanding of the pathway they are a part of here at Saracens. This takes place in April/May time and players must have applied to the college to attend this event.

During this period, leading up to preseason we will also organise player meetings with applicants and their families to understand the motivations and aspirations of the player, and again start to build a rapport before heading into preseason. Preseason starts in July and runs during the summer period where players will get to know current students and begin life in the Academy.



RESIDENTIAL Homestead

The college has a state of the art residential accommodation which opened in 2020. Residential students are exposed to a full enrichment programme and whole host of social events and activities throughout the year.

Residential

The College has a limited number of residential accommodation spaces available for students who live further afield.

Should you wish to apply for residential accommodation at the College, this should be included in the online application when prompted.

Detailed residential application packs will then be distributed for completion and places will be allocated accordingly.

The new residential homestead will accommodate over 80 students in a secure, state-of-the-art facility complete with student lounge and communal kitchen space.

Scholarships & Bursaries

The College provides a range of financial support to students. Bursaries cover areas such as residential, travel, food and kit. Allocations are assessed and offered on an individual basis. For more information, contact the College via email at bursary@oaklands.ac.uk or call **01727 737000**



SUCCESS STORIES

Since 2018 we have had a series of players progress into the Senior Saracens squad and gain international honours. Outside of this, many players continue their rugby journey, and move onto University, an apprenticeship or the Armed Forces.



AMELIA MACDOUGALL

Amelia has been one of our very recent success stories, making her debut for England U18s in the 2023 Six Nations Festival and being awarded the AOC Sports Performer of the year. Following leaving the Academy, Amelia was promoted to the senior Saracens squad and has been a consistent player for the team. She is currently training with the England u20s squad, and is undertaking a Sports and Exercise Science degree at the University of Middlesex.



KATIE JOHNSON

Katie made her professional debut in the Allianz Cup against Loughborough in September 2022, going on to make her starting debut for Saracens in the Allianz Premier 15s a few weeks later. Comfortable at fly half or fullback, Johnson is a major talent and one that continues to take every opportunity.



CHLOE FLANAGAN

Chloe Flanagan made her Saracens debut in the Allianz Cup in 2022. Since then, she has featured in the Allianz Cup side that finished as runners-up in 2023, as well as being duel-registered with Old Albanians RFC. Similar to that of Amelia, Chloe is also training with the England U20s squad as she seeks to gain international honours.





SARACENS

WANT TO FIND OUT MORE? PLEASE VISIT OUR WEBSITE:

WWW.SARACENS.COM/MORE/ACADEMY/WOMENS-ACADEMY/

ST ALBANS CAMPUS
HATFIELD ROAD, ST ALBANS, AL4 0JA
01727 737000

WOMENSPLAYERPATHWAY@SARACENS.NET