



Christchurch Boys' High School  
**RUGBY**

CHRISTCHURCH | NEW ZEALAND



ARGUABLY THE WORLD'S BEST RUGBY SCHOOL

# RUGBY AT CHRISTCHURCH BOYS' HIGH SCHOOL

Christchurch Boys' High School has been arguably the number one rugby school in the world since the sport became professional in 1996. CBHS has produced 46 All Blacks.

No other school in the world has produced as many international players. CBHS has produced 46 All Blacks, 3 Japan internationals, 1 USA, 1 Chile, 1 Ireland and 2 All Black coaches. The undefeated 2013 All Black squad contained 7 former CBHS players and the head coach. 65+ former Christchurch Boys' High players have gone on to play professional rugby.

The secret to the success of CBHS rugby has been based on our philosophy that academic endeavour and rugby excellence are dependent on each other. Our rugby programmes focus on leadership, initiative, balance and the pursuit of excellence.

When students attend CBHS they will enter into a rugby community and a traditional boys' school with a proud history of success in many disciplines. They will leave CBHS as young men ready to accept the many challenges placed upon them in Rugby and in life outside of school.

CBHS rugby teams are selected at the start of Term 2. Rugby games are played every Saturday in Terms 2 and 3. Some players are also selected to represent CBHS at a national level and may travel to other locations in New Zealand to play.

## CHRISTCHURCH BOYS' HIGH SCHOOL AT A GLANCE

- State Boys' School
- 1,400 students from Year 9 to Year 13
- School uniform compulsory
- Colours blue and black
- 2 km from city centre, 4 km from airport

## CBHS RUGBY AT A GLANCE

- 550 players
- 23 teams from Under 13 to Under 19
- 44 coaches, 23 managers, 2 physio therapists, 1 weights instructor, 2 strength and conditioning coaches
- 4 rugby fields
- 6 hectares of field, 2 gymnasiums



## RUGBY PROGRAMME (A PROGRAMME OF RUGBY AND STUDY)

EXAMPLE TIMETABLE (Pre Season) \*Gym available after school

| TIME                       | MONDAY                  | TUESDAY         | WEDNESDAY               | THURSDAY        | FRIDAY          | SATURDAY |
|----------------------------|-------------------------|-----------------|-------------------------|-----------------|-----------------|----------|
| 7:15-8:00<br>(Terms 2 & 3) | Strength & Conditioning |                 | Strength & Conditioning |                 |                 |          |
| 9:00-10:00                 | SPF                     | Rugby programme | Subject Option          | Subject Option  | SPF             |          |
| 10:00-11:00                | Subject Option          | SPF             | Rugby programme         | English         | Subject Option  |          |
| 11:25-12:25                | Subject Option          | Subject Option  | SPF                     | English         | English         |          |
| 12:25-1:25                 | Subject Option          | Subject Option  | English                 | Subject Option  | Rugby programme |          |
| 2:00-3:00                  | English                 | Subject Option  | Subject Option          | Rugby programme | Subject Option  |          |
| 3:15-4:15                  | Rugby                   |                 |                         | Rugby           |                 |          |

### RUGBY TRAINING

The season is divided into four terms:

- Preseason (February-April)
- Rugby Season (April-July)
- Rugby Season (July-September)
- Post Season (September-December)

### WHAT YOU GET:

- Ticket to all Crusaders and Canterbury matches at AMI Stadium
- Strength and conditioning programme overseen by Crusaders trainer
- Rugby report on each individual sent to parents
- Monthly fitness and strength testing
- CBHS rugby jersey, shorts, socks, rugby ball
- Watch Crusaders and Canterbury closed training sessions
- CBHS gym and rugby club membership



## PROGRAMME OPTIONS

### TERM ONE PROGRAMME (PRE SEASON & POST SEASON)

- 2 hours Strength & Conditioning per week
- 5-10 hours Skill & Strategy Training during school & after school per week
- School Gym Membership & Programme

### TERM TWO & THREE (RUGBY SEASON)

- Rugby Trials (selection for one of the school teams)
- 4-8 hours training in school per week
- 2 hours training with selection rugby team per week
- School Gym Membership & Programme
- Rugby Games every Saturday

### OPTIONAL SUBJECTS

Students can choose from one of the following additional subjects:

- Language (i.e. Maori, Japanese, Chinese, French)
- Outdoor Education or PE
- Math, Science, Geography
- Food Technology
- Computing
- Pre trade Technology

English language will be assessed and the amount of English study needed will be determined. Students may take up to 8 hours of English per week.

### PLEASE NOTE:

If you are not able to attend for the full rugby season (April-September) then selection for a school team cannot be guaranteed.

Short term (2 week minimum) available in March/April or July/August. We recommend that students stay for a full term minimum to get the best from the experience.

## TEAM TRAINING CAMPS

(CUSTOM PROGRAMME)

- Professional coaching
- Team building
- Sight-seeing
- Games against CBHS selection
- English language tuition
- Homestay with CBHS rugby students



# TESTIMONIALS



## STEVE HANSEN

OLD BOY AND CURRENT  
ALL BLACK COACH

Christchurch Boys' High school produces many fantastic students that have gone onto achieve on the world stage. The CBHS rugby development programme is world class. This programme keeps producing All Blacks. I have no hesitation in recommending CBHS as an academic and rugby destination for any boy that wants to reach his potential.



## DANNY PORTE

CBHS INTERNATIONAL  
RUGBY CO-ORDINATOR

Danny leads the International Rugby coaching programme at CBHS. Danny is a former professional rugby player with over 100 matches for Exeter Chiefs and has also represented the British Barbarians. Danny is also the 1st XV coach and has previously coached his Ivy Bridge College from England at the Sannix Tournament in Fukuoka, Japan.



## DAN CARTER

OLD BOY AND EX ALL BLACK

Christchurch Boys' High is a special school where I met many of my close friends and learnt about rugby from some fantastic coaches. If you want to excel at rugby, CBHS is a great place to do so. The rugby structure and environment there have had a lot to do with my success. I encourage any aspiring rugby player to take the opportunity of attending CBHS if they get the chance.



## KOSEI ONO

OLD BOY AND CURRENT JAPAN  
NATIONAL TEAM PLAYER

Kosei was in the 1st XV at Christchurch Boys' High School for 2 years and was recognised as 'a solid attacker and defender'. In 2004 Kosei was a member of the team that won the New Zealand Secondary Schools' 1st XV title – a win that saw the school named to represent New Zealand at the Sanix World Rugby Tournament in Japan in 2005 and 2006.

While Kosei had left school and could not be part of the team, his father, Eishiuro was the 1st XV team trainer. Kosei was selected for the Japanese World Cup Team who recently put in an outstanding performance beating 2 time world champs South Africa.

*'I am proud to have been part of the Christchurch Boys' High School Rugby Programme' – Ono Kosei*



## CONTACT US

INTERNATIONAL DIRECTOR

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