



PSM Rugby League Combine 2018 Athlete Information Pack

Testing Schedule / Dates & Address:

Combine Weekend - Day 1 – Saturday 13th October 2018

Location	RACV Royal Pines is located at Ross Street, Benowa QLD 4217.
8am	Registration – numbers and training gear distributed. Body Composite Scans – Weight / Height / Skin Fold
9am procedures)	PSM Combine Induction and address to Players (explain the Combine and the days
9:15am	Group A (18-20) & Group B - Opens – Combine commence.
9:30am	Beep Test
10:10am	Break 5 mins (water)
10:15am	Group A – Vertical & Horizontal Leaps (swap) Group B – Sprints & Bench press (swap)
12:15pm	Break 5 mins (water)
12:20pm	Both groups separately put through the agility drill
1pm	Lunch
1:45pm	Assemble for stage 2 & 3 of Combine Camp (Defense and Attack)
2pm	Group A – Defense – Conducted by NRL Coaches (swap) Group B – Attack – Conducted by NRL Coaches (swap)
4pm	Testing Completed
4:10	Address players with regards to Combine Trial Games following day
4:20	Scouts / Combine officials meeting
4:40	Combine concluded

Combine Weekend - Game - Day 2 – Saturday 14th October 2018

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- 8:30am Registration
- 9am Address Players (explain the days procedures)
- 9:15am Group A gear up & warm up
- 10:15am Group A Trial Game - 1
- 11:55am Group A Trial Game – 2
- 1:35 pm Group B Trial Game - 3
- 3:15pm Games concluded
- 3:30pm Players / Officials – closing address to players

What To Bring:

You, the athlete are required to bring a signed hard copy of the following:

- Letter / Indemnity Form
- Athlete Bio

Equipment

- Football Boots & Runners
- Mouth Guard
- Water Bottle
- Change of clothes
- Towel
- Hat