



RUGBY

Christchurch Boys' High School



RUGBY AT CHRISTCHURCH BOYS' HIGH SCHOOL

Christchurch Boys' High School is the number one rugby school in New Zealand, having produced 45 All Blacks. No other school in the world has produced as many international players. Since 1996, CBHS has produced 15 All Blacks, 3 Japan internationals, 1 USA, 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

- Decile 10 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

- 230 players
- 23 teams from Under 13 to Under 19
- 23 coaches, 23 managers, 2 physios, 1 weights instructor, 2 strength and conditioning coaches
- 4 rugby fields
- 6 hectares of field, 2 gymnasiums, 1 all-weather training facility

LONG TERM RUGBY PROGRAMME

EXAMPLE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:00 (Terms 2 & 3)	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	Strength & Conditioning
9:00-10:00	ESOL	Rugby programme	Japanese	Science	ESOL	Rugby game (Terms 2 & 3)
10:00-11:00	Mathematics	ESOL	Rugby programme	ESOL	Mathematics	
11:25-12:25	Science	Japanese	Mathematics	ESOL	ESOL	
12:25-1:25	Japanese	Mathematics	ESOL	Japanese	Rugby programme	
2:00-3:00	ESOL	Science		Rugby programme	Science	

INTERNATIONAL STUDENT FEES (\$NZD)

Tuition: \$3,825 per term

Rugby Programme: Terms 2 & 3 or full year \$1,900; Terms 1 & 2 or Terms 3 & 4 \$1,000

Activity Fee: \$600 (1-2 terms); \$1,000 (3-4 terms)

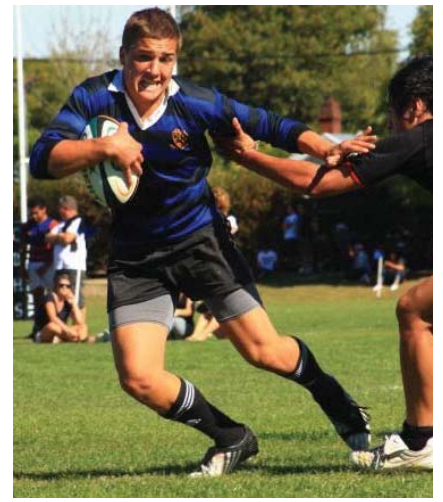
Homestay: \$260 per week + one-off \$500 placement and monitoring fee

Medical Insurance: approx. \$140 per term or \$500 per year

WHAT YOU GET:

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





SHORT TERM RUGBY & ENGLISH PROGRAMME

SUBJECT DESCRIPTION

Rugby Skills

Tactical skills, technical skills, performance analysis

Rugby Conditioning

Player Development

Optional subject

Students can choose from one of the following additional subjects:

- 🌀 Language (i.e. Japanese, Chinese, French)
- 🌀 Outdoor Education (Years 12 and 13 only)

Sport Theory

Physical and mental preparation, nutrition

ESOL

English for Speakers of Other Languages

- 🌀 Te Reo Maori (New Zealand native language)
- 🌀 Gym – weight training in the CBHS fitness centre

EXAMPLE TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:00 (Terms 2 & 3)	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	Strength & Conditioning
9:00-10:00	ESOL	Rugby skills	Sport theory	Rugby conditioning	ESOL	Rugby game (Terms 2 & 3)
10:00-11:00	(Optional)	ESOL	Rugby skills	ESOL	Rugby conditioning	
11:25-12:25	Rugby conditioning	Sport theory	(Optional)	Sport theory	ESOL	
12:25-1:25	Sport theory	Rugby conditioning	ESOL	ESOL	Rugby skills	
2:00-3:00	ESOL	(Optional)		Rugby skills	(Optional)	
After school		Gym training		Gym training		

INTERNATIONAL STUDENT FEES (\$NZD)

Short Term Rugby Programme: \$500 per week

Activity Fee: \$100

Homestay: \$260 per week

Medical Insurance: \$55 per month

Tracksuit: \$130

WHAT YOU GET:

- 🌀 Strength and conditioning overseen by Crusaders trainer
- 🌀 CBHS tracksuit
- 🌀 Watch Crusaders and Canterbury closed training sessions
- 🌀 CBHS gym and rugby club membership
- 🌀 Specialised English

TEAM TRAINING CAMPS (CUSTOM PROGRAMME)

- ⇒ Professional coaching
- ⇒ Sight-seeing
- ⇒ English language tuition
- ⇒ Team building
- ⇒ Games against CBHS selection
- ⇒ 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 which my own son is now a part of. This programme keeps producing All Blacks, several of which have been in the All Black teams in recent years. I have no hesitation in recommending CBHS as an academic and rugby destination for any boy that wants to reach his potential.



KOSEI ONO

OLD BOY AND CURRENT JAPAN
NATIONAL TEAM PLAYER

Kosei Ono was a student at CBHS for five years. He played for the 1st XV and was a solid attacker and defender playing first and second five-eighth. Kosei is now a member of the Japanese Rugby Team that beat South Africa in the 2015 Rugby World Cup and achieved the best result of any Japanese national side in history.



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.



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 head coach and has previously coached his Ivy Bridge college from England at the Sannix tournament in Fukuoka, Japan.



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To Whom It May Concern

The Canterbury Rugby Football Union has a strong association with Christchurch Boys' High School (CBHS) rugby for over 100 years.

Since the game turned professional we have worked closely with the schools rugby administrators, trainers and coaches, sharing systems that have been the foundation of the professional game in Canterbury.

CBHS has produced an unprecedented number of professional players and coaches over its proud history including 20 Crusaders, 14 All Blacks and 2 All Black coaches.

The Canterbury Rugby Football Union recommends the rugby program at CBHS as one that will develop a player towards becoming a professional rugby player and/or furthering their knowledge of the game.

CBHS is also renowned as a school that maintains a balance between academic endeavour and sport which provides students an excellent educational and rugby experience.

Tim Gilkison
General Manager Community Rugby

Christchurch Boys' High School

International Rugby Programme

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