MACDOWELL RUGBY

DREAM. BELIEVE. SUCCEED.

MACDOWELLRUGBY ACADEMY

SEPT. 2021-JUNE 2022

COWICHAN SECONDARY SCHOOL, DUNCAN, BC

OPEN FOR APPLICATION TO ALL STUDENTS ENTERING GRADES 10-12

MIA EAGER
COWICHAN SECONDARY GRAD
DUNCAN, BRITISH COLUMBIA

COWICHAN VALLEY School District

DREAM. BELIEVE. SUCCEED.

MEET OUR COACH AND TRAINING STAFF

Our coaching and training staff have many years of varied elite level experience working with both U18 and post-secondary levels, provincial rugby levels, Rugby Canada and other international rugby unions. Some have worked with professional athletes in the MLB, NBA, and NFL.

PATRICK KAY, SKILLS COACH
TEAM CANADA OLYMPIC 7S
DUNCAN, BRITISH COLUMBIA

MacDowellRugby Vision

The vision for MacDowellRugby is to develop athletes and people, by giving them the tools on and off the field to support their academic, athletic, and life aspirations.The MacDowellRugby team strongly identifies with the idea of developing an athlete to reach a potential that would otherwise be untapped. Our main goal for our aspiring athletes is to Dream big, Believe in themselves, which will ultimately help them Succeed in rugby and life!

MacDowellRugby Staff:

Robin MacDowell, Head Coach
Trevor Harrison, Health and Performance Specialist
Tyler Buck, Strength and Conditioning Coach
Kayla Moleschi, Skills Coach
Patrick Kay, Skills Coach
Thomas Kay, Coach
Andy Tiedemann, Forwards Coach
Jenna Budgen, Student Athletic Therapist
Jessalyn O'Donell, Nutritionist

ROBIN MACDOWELL, HEAD COACH
DUNCAN, BRITISH COLUMBIA

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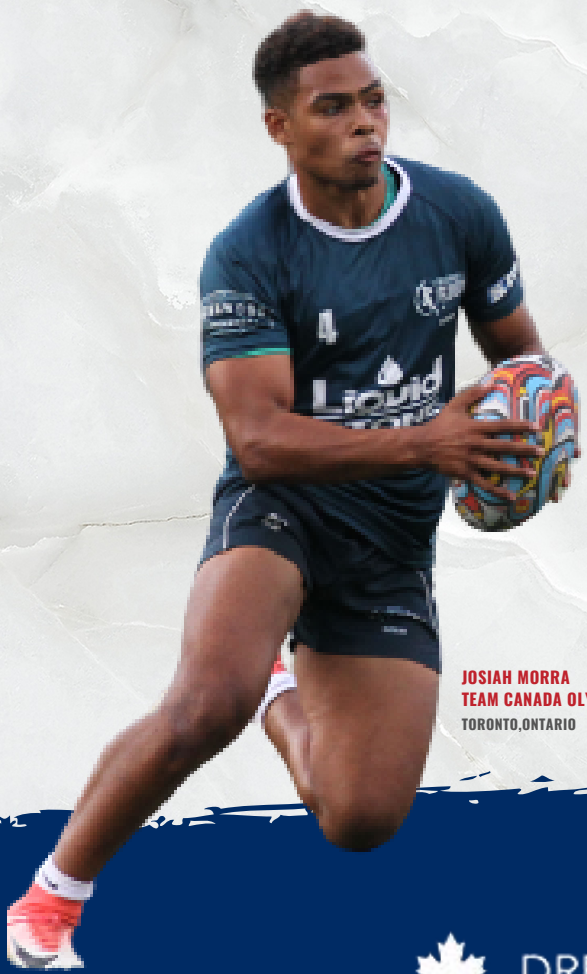
OUR ATHLETES ARE:

- Self-motivated and driven to strive for excellence on and off the field.
- Individuals who have a growth mindset.
- Strongly committed to their academic responsibilities.
- Responsible and show exemplary citizenship and community leadership.

KAYLA MOLESCHI
TEAM CANADA OLYMPIC 7S
WILLIAMS LAKE, BRITISH COLUMBIA

APPLICATION INFORMATION

- International students interested in applying, please contact Kevin O'Donnell, International Student Program Vice Principal, at kodonnell@sd79.bc.ca
- If you are interested in knowing more about this exciting program, please contact Robin MacDowell at robin@macdowellrugby.ca



JOSIAH MORRA
TEAM CANADA OLYMPIC 7S
TORONTO,ONTARIO

COWICHAN RUGBY FOOTBALL CLUB

GILBERT

COWICHAN VALLEY School District

FIRST ATHLETE HEALTH

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The Cowichan Valley and Cowichan Secondary School

- The Academy is located on Vancouver Island, in the heart of the Cowichan Valley, Duncan, British Columbia.
- The warmest region of Canada, open to outdoor training twelve months of a year.
- Cowichan Secondary enrolls over 800 students from Grades 10-12.
- Offers high-level academic courses in Math and Science, unique electives in computer studies, robotics, forensic science, applied skills, fine arts, outdoor recreation and a full range of other athletic programming.
- Many of our graduates attend top Canadian universities, some on scholarship.

COWICHAN VALLEY
School District

Program Information

- Open to all students of all ability levels entering Grades 10-12.
- Students will take two classes each semester in the areas of Principles of Sport, Athletic Leadership and Rugby. These credit courses will apply to student's graduation plans.
- Rugby specific skills training in combat, scrimmage, speed, weights.
- Sport Performance seminars in leadership, nutrition, time management, mental performance, effective communication, conflict resolution, recovery, team building, post-secondary planning.
    - Students may choose to take part in weekend and holiday training opportunities.
    - Students applying to post-secondary institutions will be supported through their application process.

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PROGRAM FEES

International Fee Schedule 2021-2022

All fees are in Canadian Dollars (CAD).

MACDOWELLRUGBY ISLAND ACADEMY FEES

Island Academy Fees: $15,000

SCHOOL, HOMESTAY PLACEMENT & APPLICATION FEES

School Application Fee: $300
School Tuition: $14,000
Homestay Placement Fee: $450
Homestay Fees: $9,000
Medical Insurance: $1,100
Transportation Fee: $400

Deposits can be made at macdowellrugby.ca

Payment Policy

- Applications will be processed when the application fee and homestay application fee are paid.
- Remainder of fees due upon receipt of letter of acceptance.
- Receipts for payment will be issued to attach to visa application forms.
- Homestay fees are paid to the school district and remitted to the host family on a monthly schedule.

Exact Dates:

- 10% deposit due upon application.
- 40% due on August 1, 2021
- 50% due on October 31, 2021

Refund Policy

- Withdrawal within 60 days of acceptance into the program - 75% refund.
- Withdrawal by September 30, 2021 - 50% refund.
- No refund for withdrawal after 30 days of starting the program.
- No refund if student is in violation of the Program or Cowichan Secondary Student Codes of Conduct.
- Full refund of tuition, medical and homestay fees if visiting student authorization is not approved by Canadian Immigration. Supporting documents of a rejection must be supplied

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