



Clontarf Beach SHS – NRLW

What is it?

Clontarf Beach SHS is proud to offer an NRLW Development Program for female students in years 7 and 8 who wish to develop their rugby league skills in a safe, supported and high-quality environment. In collaboration with the Dolphins NRLW, students will gain necessary physical skills and life skills to become better citizens.



Program Leadership

Lead Coach – Jarrett Boland

- Redcliffe Dolphins Player
- CBSHS HPE Teacher
- Experienced youth coach and athlete mentor

Program Facilitator – Naomi Gomersall

- CBSHS Head of Department – HPE
- Oversees program organisation, wellbeing, communication, and engagement monitoring

Special Guests

- Dolphins NRLW & NRL development staff
- Strength & Conditioning staff
- Specialists in leadership, women's health, nutrition

Purpose of the Program

- Skill and fitness development
- Safe tackling and strength foundations
- Improved teamwork, resilience, confidence and leadership
- Clear pathway to community, representative and elite women's rugby league
- Well-developed, well-rounded citizens
- Academic engagement and behaviour expectations
- Leadership and female role-model exposure





Who Can Participate?

- CBSHS female students in years 7 and 8 (2026) interested in rugby league
- Must demonstrate positive behaviour, effort and attendance
- Open to beginners and experienced players

Training Sessions

- Conducted on school grounds 3 x week (Mon, Wed, Fri mornings for term 1 (7:15-8:15am))
- Mix of skills, conditioning, game awareness and life
- Students must wear appropriate training clothes
- Students have breakfast after training

Expectations

- Positive behaviour across classes
- Strong academic effort & attendance
- Always represent CBSHS respectfully and responsibly

Safety & Wellbeing

- Safe tackling guidelines
- Warm-up/cool-down routines
- Injury-prevention strategies
- Supportive, inclusive coaching

Communication

Updates will be provided via the coach, HPE department, newsletters, social media and Q Parents.

Expression of Interest

Students and parents must complete and return the EOI form to:

ngome4@eq.edu.au or hand it in at the CBSHS office.

