



C/o Melbourne University Sport  
University of Melbourne, VIC 3010  
[www.melbourneunirugby.com](http://www.melbourneunirugby.com)

## MELBOURNE UNIVERSITY RUGBY ACADEMY

### Off-season program

### For all U16, U18, U20 Rugby Players

**Join Wallabies Matt Cockbain, Dave Fitter and  
Melbourne REBELS Josh Hately and Luke Cross  
and other MURFC coaches**

To learn the latest techniques and practical aspects of  
Passing, support and ball work, Speed, agility, quickness, Defence technique and  
Forward & Backs specific skills

**on Sundays 5, 26 October, 16, 30 November 10am – 1pm**  
Melbourne University Sports main Hockey Field, Tin Alley. University of Melbourne  
**Mel Ref:** Map 2B, D5

**Cost \$90 per player for all four sessions including lunch/drinks and one Academy Training shirt**

Visit [www.melbourneunirugby.com/academy](http://www.melbourneunirugby.com/academy) for registration form or call Luke Cross 0422 778-882 or Ricky Dumigan 0412 922-048. **Registrations close Tuesday 30 September.**

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## **ACADEMY PERSONNEL include:**

### **Wallaby Matt Cockbain**

#### **Playing Experience**

2007 Australia, Melbourne Rebels (10 games) (Player/ Coach)  
1997-2003 Queensland Reds Super 12 (91Caps) (Captain 5 matches)  
1997-2003 Australian Wallabies (63 Caps)

#### **Coaching Experience ARU Lvl II Accredited Coach**

2008 Melbourne University Assistant Head Coach  
2007 Melbourne Rebels Player & Lineout/Forwards Coach  
2007 Queensland Reds Lineout Coach

### **Melbourne REBEL Luke Cross**

#### **Playing Experience**

2007 Australia, Melbourne Rebels  
2006-2007 France, Tarbes Rugby Union Club  
2004-05 Penrith Panthers Rugby League Club  
2002-03 North Queensland Cowboys Rugby League Club  
1999-2001 Queensland Reds Academy

#### **Coaching Experience**

2008 Melbourne University 1<sup>st</sup> Grade Player/Coach, Victorian U20 Coach

### **Ricky Dumigan**

#### **Playing Experience**

1997-2007 Australian Army rugby Side  
1997-2007 Australian Combined Services (Captain 06,07,08)

#### **Coaching Experience**

1999-2007 Randwick Rugby Union Physical Training Instructor  
2007 Strength and Conditioning Waratahs Academy 2007

### **Wallaby Dave Fitter**

#### **Playing experience**

2006/2007 London Irish (Heineken Cup).  
2006 Western Force (Super 14).  
2005 Australia (2 Caps)  
2001 – 2005 ACT Brumbies (Super 12). (2005 Grand Final)

#### **Coaching Experience**

Extensive scrum coaching experience at the U16, U18, U20 level.

### **Adam Nicholson**

#### **Coaching Experience ARU Level II Accredited Coach**

2008 Coach Tasmanian Jack Jumpers (Australian Rugby Shield)  
Eltham RUFC Premier 1, Melbourne University RFC Pillar Side  
2005-2007 ARU Development Officer, Northern Tasmania  
Club and 1<sup>st</sup> Grade Coach, Launceston Rugby Club (3 GFs, 1 Premiership)

#### **Playing Experience**

Pre 1997 Australian Defence Force Academy Rugby Club (player and coach)  
RAAF National XV (player, assist coach and manager)