



USA Rugby NDP Verification Checklist

| AREA | KEY PERFORMANCE INDICATOR | Compliant? |
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| BENCHMARKS | | |
| Organization and Planning | The NDP leadership has generated a system of shared values and dispositions about rugby, coaching, talent identification, and player development which drive it's operations. These values and beliefs support the growth of all participants. | |
| | The mission, vision, and values are consistently communicated to stakeholders and the community at large and reflected in the actions and behaviors of all players, staff, and leaders. | |
| | The NDP leadership has the relevant experience and skills to operate a rugby development program. | |
| | The NDP leadership establishes guidelines and protocols to provide for and protect all participants while maintaining a clear direction for operation of the NDP. | |
| | The NDP leadership and staff foster programming and development opportunities in support of the mission, vision, and values of the NDP itself, USA Rugby, World Rugby, and the USPOC. | |
| | The NDP leadership meets regularly, communicates openly with staff and participants, and provides appropriate oversight of all operations. | |
| | Decisions of the NDP are made in service to the mission, vision, and values. | |
| | The NDP leadership consistently engages participants in the evaluation and pursuit of its objectives. | |
| | The NDP leadership and staff have reflection and growth processes in place which focus on individual and collective improvement while supporting participants and keeping them informed as they pursue their aspirations in rugby and life. | |
| | Qualified staff are consistently available and engaged in development programming to support the NDP's mission, vision, values. | |
| | The NDP prioritizes the safety and well-being of athletes by ensuring proper emergency action planning is done. Qualified medical staff and resources are available at all training sessions, matches, and tours (if applicable). | |
| | NDP leaders oversee coaches, their delivery of camps, clinics, and teams; as well as their interaction with athletes to ensure development, safety, and adherence to purpose and values. This includes ensuring that all staff are certified in their respective area (coaching, medical, S&C) and current on <u>SafeSport and other training as required by USA Rugby, World Rugby, and the USOPC.</u> | |
| | CPR Certified Staff are present at all training and certified athletic trainers or medical officers are present at all games | |
| | All players and staff have appropriate primary medical insurance coverage and travel insurance as necessary when moving internationally | |
| Leadership ensures all players and staff are registered and in good standing with their local/state/regional governing bodies and USA Rugby prior to being involved in any NDP trainings or events. | | |
| | The NDP's programming provides development activities that ensure all athletes have opportunities to develop skills, improve tactical and technical knowledge, as well as experience a game-based learning approach. | |
| | Programming and available resources provide appropriate contact time (online and/or in-person), facilities, and materials to support all NDP operations. | |
| | In addition to rugby skills and tactics, the NDP focuses on holistic human development including, but not limited to: leadership, personal responsibility, strength and conditioning, diet and healthy living, and social/emotional health. | |
| | The NDP provides support to athletes in planning their futures in rugby and, where applicable and appropriate, college and life. | |

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| Player | Programming, delivery, and growth/evaluation processes are adjusted as necessary based on a range of information on and assessments of player performance and growth. | |
| | Players are at the center of the coaching process and consistently engaged through a variety of activities to ensure both an understanding of performance indicators and strategies to achieve their desired outcomes. | |
| | Athletes use technology and information resources to support analysis and learning to help drive understanding, improvement, and performance. | |
| | Youth NDPs engage parents or other primary caregivers in their player's development. They keep parents or caregivers informed of progress through formal evaluations or other similar tools which measure achievement and advise strategies for improvement. | |
| | NDPs should not schedule sessions, assemblies, etc... that conflict with players primary club/team commitments or endanger the well being of players by overloading/overtraining. | |
| | NDPs should not schedule events that conflict with USA Rugby Pathway Development or Performance events, specifically in June, July, and December, without prior coordination with USA Rugby pathway development officers. If said events are agreed upon and go forward, first priority for invited players will be to participate in USA Pathway events above all else and this should be overtly stated by NDP leadership and obvious to players, coaches, and families. | |
| | Each of the following is completed and available to USA Rugby Pathway officials in a shared online resource: Player weights and measures are reported and shared at least once per month; Approved player strength and speed tests are conducted and reported once every two months; S&C programming is available to USAR Pathway officers upon request; Player nutrition plans and reporting are available to USAR officials upon request | |
| Coach Development | Coaches participate in assessment, review, and development activities to improve programming, delivery, athlete engagement, and outcomes. | |
| | All staff members participate in an ongoing development program and remain on top of evolving trends in coaching and the game at large. | |
| | The NDP leadership provides onboarding programs for coaches to ensure they understand and employ the NDP's coaching process and programming in support of athlete development. | |
| | Coaches use technology and information resources to support analysis and learning that drives understanding, improvement, and performance. | |
| | All Staff are appropriately certified in their respective area and regularly work toward additional or improved certifications | |
| | All head/lead coaches are USA L300/WR L2 certified | |
| Information, Reflection, and Growth | The NDP establishes, maintains and communicates a clear process for evaluation and growth for NDP operation and for individual participants. | |
| | NDP staff analyze information from a range of sources and apply it to improve programming and outcomes. | |
| | The NDP consistently assesses athletes, coaches and leaders, to create informed individual development plans, set goals and create recommendations for future opportunities in rugby where appropriate. | |
| | All stakeholders are regularly given a voice in the assessment and planning process. | |
| | Leadership monitors and communicates comprehensive information about athlete development and the conditions that support it, as well as the assessment and achievement of NDP goals. | |