

## SUPPLEMENTARY MATERIAL TO:

Robinson et al. S Afr J Sci. 2019;115(9/10), Art. #5837, 6 pages

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**Appendix 1:** The questionnaire self-completed online or in person by interview (depending on the school) used to survey strength and conditioning practices of rugby coaches at 28 schools among the top 100 rugby schools in South Africa and 15 no-fee paying public schools in the Eastern Cape Province of South Africa (questionnaire designed using [www.kwiksurvey.com](http://www.kwiksurvey.com))

### Schoolboy rugby Strength and Conditioning survey

Create your own  
FREE ONLINE SURVEY

By clicking on the "Agree" button below it indicates that:

- You have read the Information to Participants letter.
- You have had the opportunity to ask questions about it and any questions you have asked have been answered to your satisfaction.
- You voluntarily agree to participate.
- You are at least 18 years of age.
- You are the person in charge of strength and conditioning for the 1st XV rugby for your respective school.

If you do not wish to participate in the research study, please decline participation by clicking on the "disagree" button.

Agree

Disagree

## Section 1- General

### Background Information

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1 Name:

Surname:

2 Age:

Sex:

Male

Female

3 What school are you currently working at?

4 What category of school does your institution fall under:

Independent Private School

Governing body public school

Fully Funded public school

5 What is your position at this institution?

6 How long have you occupied this position?

7 What qualifications do you have (degrees, diplomas, strength and conditioning qualifications etc...)?

8 What experience do you have with strength and conditioning and/or coaching? And for how long respectively?

# Physical Testing

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9\* Do you test your players' physical capabilities and fitness? If no please skip to the next page on flexibility development

Yes

No

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10 What fitness parameters are tested and which tests are used for each (e.g. Agility: Illinois Agility Test. Speed: 100m sprint. Body composition: Skinfolds.. etc)

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11 When are the tests implemented?

Pre-season

In-season

Off-season

Other (Please Specify)

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## Flexibility Development

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12 Do you require your players to partake in flexibility training? If no, please skip to the next page on speed development

Yes

No

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13 What type of flexibility practices do they perform?

Static

Dynamic

Passive

Active

Proprioceptive neuromuscular facilitation

Yoga

Stretch/resistance bands

Band distraction

Foam rolling

Other (Please Specify)

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14 When do they perform these stretches?

Before practice

during practice

After practice

On their own

Before a match

After a match

Before a workout

After a workout

Other (Please Specify)

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15 Is any specific equipment used to help with flexibility training?

Stretch resistance bands

Foam roller

Other (Please Specify)

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16 What is the duration of a typical flexibility/stretching session?

0-5 minutes

5-10 minutes

10-15 minutes

15-20 minutes

20+ minutes

## Speed development

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17 Do you require your players to partake in speed training? If no please skip to the next page on agility development.

Yes

No

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18 What speed development drills are used?

Unresisted (free) sprinting

Resisted sprinting

Plyometrics

Sprint mechanics and technique

Improving max strength

Olympic lifting

Other (Please Specify)

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19 What equipment is used for speed training (if any)?

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20 How often are your players subjected to speed training?

More than once per week

Weekly

Monthly

Other (Please Specify)

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## Agility Development

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21 Do you require your players to partake in agility training? If no please skip to the next page on plyometrics.

Yes

No

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22 What drills are used for agility development?

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23 What equipment is used for agility training?

Speed ladder

Hurdles

Resistance bands

Agility poles

Other (Please Specify)

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24 When is training mainly implemented?

Pre-season

In-season

Off-season

Other (Please Specify)

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25 On average, how often are your players subjected to agility training?

More than once per week

Weekly

Monthly

Other (Please Specify)

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## Section 2: Rugby specific

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36 Does your program consist of several smaller timeframes in which to achieve certain physical parameters? (periodization)

Yes

No

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37 If yes, please provide insight into the periods and their respective durations (e.g. strength development- 4 weeks)

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38 Do you implement different conditioning practices for different positions on the playing field?

Yes

No

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39 If yes, what is different for each specific position?

Front Row:

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Second Row:

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Back Row:

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Half Backs:

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Centers:

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Outside backs

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40 Do you monitor the players workloads?

Yes

No

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41 If yes, how?

Front Row:

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Second Row:

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Back Row:

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Half Backs

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Centers

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Outside Backs

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42 Are there any unique aspects to your strength and conditioning program specific to rugby as opposed to other sports (e.g. balance, core stability, specificity..)

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43 Please outline the structure of a typical training session. ie: what would a session look like in a) pre-season, b) In-Season and c) Off-season.

(Example: session is typically X hours and consists of the following., this is done X days a week) (Eg: Warm up 10 mins, speed work for forwards 15 mins, functional strength work for forwards 20 mins, endurance work for the squad 25mins, ball handling 15mins, cool down 5mins, etc.).

This question is to establish how specific position work may/may not be incorporated in to team training

a) Pre-season

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b) In-season

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c) Off-season

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## Section 3 - Injuries/injury prevention

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44 Do you keep record of injured players or specific injuries?

Yes

No

Inconsistently

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45 If yes, which is the most commonly injured position?

Front Row

Second Row

Back Row

Half Backs

Centers

Outside Backs

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46 What are the most common areas of injury for the front row?

Head

Neck & Spine

Shoulders

Lower back

Groin

Hamstring

Quadriceps

Calves

Ankle

Other (Please Specify)

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47 What are the most common areas of injury for the second row?

Head

Neck & Spine

Shoulders

Lower Back

Groin

Hamstring

Quadricep

Calves

Ankle

Other (Please Specify)

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48 What are the most common areas of injury for the back row?

Head

Neck & Spine

Shoulders

Lower back

Groin

Hamstring

Quadricep

Calves

Ankle

Other (Please Specify)

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49 What are the most common areas of injury for the half backs?

Head

Neck & Spine

Shoulders

Lower back

Groin

Hamstring

Quadricep

Calves

Ankle

Other (Please Specify)

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50 What are the most common areas of injury for the centers?

- Head
- Lower back
- Quadricep

- Neck & Spine
- Groin
- Calves

- Shoulders
- Hamstring
- Ankle

Other (Please Specify)

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51 What are the most common areas of injury for the outside backs?

- Head
- Lower back
- Quadricep

- Neck & Spine
- Groin
- Calves

- Shoulders
- Hamstring
- Ankle

Other (Please Specify)

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52 Do you implement injury prevention exercises?

Yes

No

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53 If yes, what exercises are implemented?

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54 What part of the season are these exercises implemented?

Pre-Season

In-season

Off-season

Other (Please Specify)

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55 Are different exercises implemented for different playing positions?

Yes

No

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56 If yes, what is different for each position?

Front Row:

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Second Row:

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Back Row:

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Half backs:

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Centers:

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Outside Backs:

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## Section 4 - Comments

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57 If any, how would you change your current strength and conditioning program?

Specific training changes

Facility Improvement

Staff improvement

Personal development

I would not change anything

Other (Please Specify)

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58 If you feel that there are areas of interest that should be taken into account or considered, please provide some information in the area below:

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