



I would like to provide feedback on the Strength and Conditioning Program implemented across the MURFC in 2017. We had three voluntary S&C coaches assigned to the club, who worked across four of our high-performance teams. The feedback from the playing group from our post season reviews was that the S & C Program was the without doubt the most well received addition to the Rugby Program.

The Professionalism, planning and implementation of the Program was world class and provided the club with a point of difference from other Rugby Clubs in Victoria. I have been coaching Professionally for 20 years and the Program initiated at the Club this year was the equal if not better than Professional Franchises I have been involved in around the world.

I would absolutely recommend the Program to any other University Club who aspire to become the best they can be.

Best regards

Jason Jones
General Manager
Coaching Director