



Sacred Heart College
AUCKLAND

International Rugby Programme





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Sacred Heart College is a Catholic, Marist and Champagnat day and boarding school for 10-18 year old boys based in Auckland, New Zealand.

With a Boarding Hostel, on-site Chapel, performing arts centre, aquatic centre, gymnasium and multiple sports fields, Sacred Heart College provides students with opportunities to succeed in every area.

Our campus is one of the most picturesque in the country, with tree-lined grounds spanning 22 hectares and an expansive sea view.



International Rugby Programme

High Performance Rugby Programme at Sacred Heart College

Sacred Heart College has a rich history in rugby, being one of the most popular sports on offer since the College opened in 1903. With an overarching philosophy to ensure that every student achieves to their potential, players are provided the opportunity to play rugby to the highest level of which they are capable.

In the last 15 years rugby has started to realise its potential at all levels: from restricted weight grades, where we have always been traditionally strong with consistent contenders and winner for semi-finals and finals, to the improvement in the open-weight rugby categories.

Sacred Heart College competes in the Auckland 1A rugby competition, which is often regarded as the toughest and most talent-laden schoolboy competition in the world. Improvement in our 1st XV results is demonstrated as we frequently contest the semi-final, with the most recent win of the competition in 2023. This means that more of our top players are gaining exposure at a high level and the very best have been selected to also represent New Zealand at schoolboy level. We have a proven track record of international students playing rugby at the highest level in our Rugby Programme. Their experience has enhanced their skills and performance, which in turn accelerated their selection for premier teams on their return home.

In the past two years, we have had 16 players contracted to rugby academies across New Zealand. This is wonderful from a rugby perspective but also benefits these players as they will receive support for ongoing study at a tertiary level.

Sacred Heart College is proud to offer International students an opportunity to apply for our International Rugby Programme and join one of New Zealand's most successful rugby schools.

Programme Overview

- The Student will be enrolled as an international student.
- The Student will attend timetabled classes from 8:40am to 3:15pm Monday to Friday, depending on their age and English competency.
- The subjects in the student's timetable may include EAL, Math, Science, Art, Social Studies, Technology, Religious Education, and PE.
- Specialised rugby lessons will be incorporated into the student's timetable.
- The Student will participate at rugby training outside of school hours for a minimum of two times per week, and represent Sacred Heart College to play in a competition game every Saturday during Terms 2 and 3.
- The Student will have the opportunity to participate in enriching excursions and activities, and experience unique New Zealand culture by staying with welcoming homestay families, or in our Boarding Hostel (subject to availability and acceptance by Deputy Headmaster, Boarding).

Timeframe

- The minimum duration that International Students can be enrolled in the Sacred Heart College Rugby Programme is one term (approximately 10 weeks).
- Pre-season trials start in late March/early April. It is recommended International Rugby Programme students participate in the team trials, where possible.
- To be considered for a position in the 1st XV and other school grade teams i.e 2nd XV, U15 Open etc, student must commit to playing for the whole rugby season (March – September, Terms 2 and 3), including participating in the team trials.

Sacred Heart College Rugby Statistics:

- 24 All Blacks
- 2 Wallabies
- 1 Welsh international
- 4 Tongan national team players
- 4 Samoan national team players
- 17 Junior All Blacks
- 30 New Zealand Colts
- 11 Maori All Blacks
- 23 New Zealand Schools representatives
- 3 New Zealand Sevens
- 10 New Zealand Universities
- 1 All Blacks coach
- 3 All Blacks selectors





Sherwin Stowers

(Sacred Heart College Director of Rugby)

Rugby Union Career:

Provincial

2008-2016 – Counties Manukau Steelers

Super Rugby

2011-2012 – Blues

National Sevens Team

2004-2017 – All Blacks 7s

School Coaching Record:

2017	Kings College U15 Boys 7s Head Coach
2020-2023	St Kentigern College 1st XV Assistant Coach
2023	St Kentigern College 1st XV, Auckland 1A Finalists (2nd Place Finish)
2023	St Kentigern College Senior Boys 7's Head Coach
2022-2024	New Zealand Barbarians Sevens Head Coach
2025-Present	Sacred Heart College Director of Rugby & 1st XV Head Coach

More Information

Eligibility of Enrolment

- Age: 13 - 18 years old
- Enrolled in high school in their home country with an acceptable level of the English language ability.
- Already involved in rugby, talented and hard-working
- Right attitude and motivated to realise the potential both in rugby and education.

Requirement for students

- Playing history including position
- Weight and height
- Date of birth
- Video footage of training/playing (if possible)

Cost of the Programme

- 1 term \$650
- 2 terms \$1250
- 3 terms \$1650
- Full year \$2200

Please note:

Student will also pay International Student Fees

For more information about this unique opportunity and an enrolment pack please contact:

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