

To reply please contact:

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22/05/2007

North West Girls Development Training Programme

Dear Rugby Player,

I hope you have had an enjoyable rugby season.

Following a review of the Regional programme, we are looking to start up a North West Development Squad with the aim of raising the standard of rugby in the region. Whilst the enthusiasm and determination of the players is unquestionable, core skills and understanding of the game is something that can be improved.

Therefore we have put together a provisional training programme for next season. The first two pilot sessions will run 10am – 3pm on Saturday 9th June and Saturday 7th July. Both will be at Broughton Park RUFC on Mauldeth Road West, Chorlton, Manchester.

Following these sessions we will then be holding monthly training days throughout the season starting in September. The objective of the programme is not only to improve your rugby skills and understanding of the game but also developing you as a young sportswoman. The provisional programme includes sessions on injury prevention, general fitness, setting your own goals/targets and position specific training.

Currently this opportunity is open to every female player in the North West under 18 whatever level you have played at. The only requirement is that you as a player work hard and show commitment to the training.

The cost of the training is still not confirmed but we aim to keep it to a minimum. It is £5 per day for the sessions in June and July (this can be brought with you on the day).

If you are interested in attending both or either of the days in June/July please contact me to book your place (via phone, email or returning the proforma).

If you or your parents/guardians have any questions regarding this programme please feel free to contact me

I look forward to seeing you in June.

Kindest Regards

Rachel Brown

North West Programme Manager
Community Rugby Coach, Manchester Rugby Development

Player Name: _____

Date of Birth: _____

Medical Conditions:

I hereby give permission for my daughter to attend the North West Development Days on (please tick):

9th June 7th July

Signed (Parent / Guardian): _____

Please bring this completed on the day or return to (having confirmed via phone/email):

***Rachel Brown (CRC)
Broughton Park RUFC, 2 Houghend Crescent, Mauldeth Road West, Chorlton
Manchester. M32 9PF***

