

EASTWICK AFTER SCHOOL RUGBY CLUB (Year 1, 2 and 3) SPRING TERM 2018

I am delighted to offer an after school Rugby Club during the Spring term. Building on the popularity and success of last year's infant rugby group, I am aiming to provide an opportunity for Year 3 students to join the group developing and building a team spirit. New students from all year groups will benefit from training with more experienced students and my aim is for the new integrated group to form the nucleus of an Eastwick Rugby team for future years. Experience is not necessary, as the course will aim to develop core fitness, rugby skills and game awareness, whilst working within the RFU's Core values. Each session will be roughly split in half between learning skills/practice and applying these skills during a game.

The club will run for 10 sessions, starting on Friday 12th January 2018 and the last session on 23rd March (the club will not run over half term or 29th march – Trainer Trek). The club will run from 3.15 – 4.15pm.

I am an RFU qualified coach, with 6 years coaching experience at Effingham and Leatherhead RFC and have been running the Rugby club at Eastwick for 2 years.

Sessions will be limited to a maximum of 20, on a first come first served basis and will take place on the upper field.

Each session will be fun, inclusive, develop fitness and rugby skills and will be appropriate for all including current rugby players, those new to the game and boys or girls

The cost will be £6 per session for 10 sessions (£60), payable by 5.1.18.

Kit List

Players will require warm sports clothing (that you don't mind getting dirty) and preferably boots (either football or rugby specific), but if not trainers will be fine. A water bottle and a change of clothes for after the session are advised.

If your son or daughter would like to join, please complete the form below and return, together with payment

If you have any questions and to register your interest, please contact me via the email below.

Martin Keay
Mkeay8691@hotmail.co.uk

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Child's Name _____ Child's Class _____

I enclose £60 in cash/cheque (cheques payable to Martin Keay)

Parent's Signature: _____ Emergency contact telephone number _____

Please provide details if your child has a medical condition _____

