

# Edenbridge Rugby Club

## Summer Programme



Week	Day	Event	Age group involved	Details		Timings
6 <sup>th</sup> June	Sunday	Presentation day	All age groups	Club Presentation Day Training following but presentations and club bbq		Training 10am – 11am Presentations 11am – 12pm BBQ 12pm onwards
9th June	Wednesday	Touch rugby tournament	U10 - Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 - Seniors		U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
16th June	Wednesday	Boot camp	U10- Seniors	Assault course and boot camp style session - Run in teams and timed. Mixed teams U10 - U13 & U15 - Seniors Touch rugby being played on a rotation		U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
23rd June	Wednesday	Club barbecue	Club wide	Variety of activities being run - Ultimate frisbee, American football, rugby golf, touch rugby, rounders		U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
26th June	Saturday	Lions V Japan		Members only, Ticketed event - details to follow.		KO TBC
30th June	Wednesday	Strength and conditioning	U10 - Seniors	Hayley to run S&C session for different age groups 6pm - 7pm & 7pm - 8pm		U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
3rd July	Saturday	Lions V Stormers		Members only, Ticketed event - details to follow.		KO 7PM
7th July	Wednesday	Lions V South Africa Inviational		Members only, Ticketed event - details to follow.		KO 7PM
		Touch rugby tournament	U10 – Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 – Seniors		U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
10th July	Saturday	Lions V Sharks		Members only, Ticketed event - details to follow.		KO 7PM
14th July	Wednesday	Lions V South Africa A		Members only, Ticketed event - details to follow.		KO 7PM
		Touch rugby tournament	U10 – Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 - Seniors		U10- U13 - 6pm -7pm

					U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
17th July	Saturday	Lions V Stomers		Members only, Ticketed event - details to follow.	KO 7PM
21st July	Wednesday	Strength and conditioning	U10 - Seniors	Hayley to run S&C session for different age groups 6pm - 7pm & 7pm - 8pm	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
		Ladies Night		Free Drinks for Ladies that attend training	
24th July	Saturday	Lions V SA 1st Test		Members only, Ticketed event - details to follow.	KO 5PM
28th July	Wednesday	Club barbecue	Club wide	Variety of activities being run - Ultimate frisbee, American football, rugby golf, touch rugby, rounders	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
31st July	Saturday	Lions V SA 2nd Test		Members only, Ticketed event - details to follow.	KO 5PM
4th August	Wednesday	Touch rugby tournament	U10 - Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 - Seniors	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
7th August	Saturday	Lions V SA 3rd Test		Members only, Ticketed event - details to follow.	KO 5PM
11th August	Wednesday	Touch rugby tournament	U10 - Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 - Seniors	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
18th August	Wednesday	Boot camp	U10 - Seniors	Assault course and boot camp style session - Run in teams and timed. Mixed teams U10 - U13 & U15 - Seniors  Touch rugby being played on a rotation	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm
25th August	Wednesday	Touch rugby tournament	U10 - Seniors	Mixed teams - Based on attendance to training on the evening. U10 - U13 & U15 - Seniors	U10- U13 - 6pm -7pm U15 – Seniors 7.15pm - 9pm Ladies 6pm - 7pm