



SHELFORD RUGBY CLUB

Supporting Schools Rugby

Club link with Shelford Rugby Club for the 19/20 season!

With the 2019 / 2020 rugby season now officially underway, Shelford Rugby Club is launching its Supporting Schools Rugby Program and offering local schools the opportunity to form a club link with the rugby club and its community coaching team. A club link is an agreement between your school and Shelford Rugby Club to work together to develop the very best sporting opportunities for young people.

Shelford Rugby Club have been delivering rugby programmes within schools and the local community for over a decade. Our reliable team of qualified and professional rugby coaches are passionate about the game of rugby and providing opportunities for player development. We also support the development of the various formats of the game within schools, with our coaches being qualified to deliver touch, tag, sevens and fifteen aside rugby sessions and programs. Our goal is to support the growth of the game through increased participation and accessibility to the sport for everyone as well as assist schools grow sustainable rugby programs through teacher education and coaching support. The club link with Shelford Rugby Club also provides an excellent route for students wanting to continue their rugby as an extra-curricular activity within one of the best serviced youth rugby programs in the region.

By forming a club link with Shelford Rugby Club, you can receive:

- Rugby sessions for students
- Staff Development Opportunities
- Entry to Shelford Rugby Club School Festivals

More information on the packages we offer can be found below:

Primary Schools

Secondary Schools

Sixth Form Colleges

Alternatively email **Will Cotterill** on rdo@shelfordrugby.co.uk for more information

Shelford Rugby Club Supporting Primary Schools Program

Primary schools play a very important role in introducing children to physical activity and sports as well as core values like teamwork, enjoyment, discipline and respect. Through Shelford Rugby Clubs Supporting Schools Program, we aim to provide opportunities for schools to offer their students access to the game of rugby by delivering quality, safe and fun rugby sessions, providing professional development for teaching staff and hosting rugby festivals, camps and clinics at our wonderful rugby club in Great Shelford.

Shelford's Supporting Schools Programs can be tailored to suit individual schools' requirements, with delivery outcomes aligning with the English Rugby Football Union's age grade rugby regulations. We believe in player focused, empowering coaching that nurtures students love of the game and allows them to develop appropriately for their age and ability. With our holistic approach to sports coaching we aim to develop the person as well as the player, by creating a positive environment that encourages autonomy and produces a sense of belonging, while improving the students' competence.

Establishing a club link with Shelford Rugby Club will allow our community coaching team to introduce rugby to your school and deliver the RFU designed Activate & Quilter Kids First Rugby Program, that has been professionally designed to teach children from U7 to U13, age appropriate physical development and rugby skills which will allow them to safely and confidently play rugby for their school as well as potentially join their local rugby club.

What you can expect from our Community Coaches:

- ✓ RFU / UKCC Level 2 Qualified
- ✓ RFU Rugby Ready and Play it Safe Qualified
- ✓ RFU Enhanced DBS Checked
- ✓ Advanced Safeguarding Children Qualified
- ✓ First Aid Trained
- ✓ Professional, Friendly and Enthusiastic Coaching

What you can expect from our Rugby Sessions:

- ✓ Safe sessions designed appropriately for your schools' facilities and student abilities
- ✓ Person centred coaching focusing on individual development within a group setting
- ✓ Combination of fun, small sided games and core skill development
- ✓ Development of students understanding of RFU's core values: Teamwork, Respect, Enjoyment, Discipline & Sportsmanship
- ✓ Staff development for increased confidence in delivering contact variations of the game and appropriate, effective sessions

Shelford Rugby Clubs Coaching Philosophy: P.E.O.P.L.E

- ✓ Person Centred
- ✓ Empowering
- ✓ Organised
- ✓ Positive
- ✓ Learning
- ✓ Engaging



Shelford Rugby Club Supporting Secondary Schools Program

Secondary Schools play a very important role in creating pathways for students to maintain physical activity and participate in sports. Shelford Rugby Clubs Supporting Schools Programs can be tailored to suit individual schools' requirements, with delivery outcomes aligning with the English Rugby Football Union's age grade rugby regulations. We believe in player focused, empowering coaching that nurtures students love of the game and allows them to develop appropriately for their age and ability. With our holistic approach to sports coaching we aim to develop the person as well as the player, by creating a positive environment that encourages autonomy and produces a sense of belonging, while improving the students' competence.

Establishing a club link with Shelford Rugby Club will allow our community coaching team to provide your school with a multitude of different opportunities for supporting the development and growth of the game. Our team can design a tailored package to suit your requirements using some of the following support methods:

- Committed and professional rugby coaching to increase participation and assistance in growing the game at your school
- Support in developing a rugby program for a competitive rugby team
- Staff development for increased confidence in delivering contact variations of the game and appropriate, effective sessions
- Strength & conditioning plus nutrition workshops and sessions
- Hosting of school fixtures and festivals at The Davey Field, Great Shelford
- Linked exit route to one of the region's best serviced youth rugby programs

What you can expect from our Community Coaches:

- ✓ RFU / UKCC Level 2 Qualified
- ✓ RFU Rugby Ready and Play it Safe Qualified
- ✓ RFU Enhanced DBS Checked
- ✓ Advanced Safeguarding Children Qualified
- ✓ First Aid Trained
- ✓ Professional, Friendly and Enthusiastic Coaching

What you can expect from our Rugby Sessions:

- ✓ Safe sessions designed appropriately for your schools' facilities and student abilities
- ✓ Person centred coaching focusing on individual development within a group setting
- ✓ Combination of physical conditioning, skill development & game-based training
- ✓ Development of students understanding of RFU's core values: Teamwork, Respect, Enjoyment, Discipline & Sportsmanship
- ✓ Collaboration with school staff to facilitate their rugby coaching development

Shelford Rugby Clubs Coaching Philosophy: P.E.O.P.L.E

- ✓ Person Centred
- ✓ Empowering
- ✓ Organised
- ✓ Positive
- ✓ Learning
- ✓ Engaging



Shelford Rugby Clubs Supporting Six Form Colleges Program

Sixth Form Colleges play a very important role in creating pathways for students to maintain physical activity and participate in sports. Shelford Rugby Clubs Supporting Schools Programs can be tailored to suit individual colleges' requirements, with delivery outcomes aligning with the English Rugby Football Union's age grade rugby regulations. We believe in player focused, empowering coaching that nurtures students love of the game and allows them to develop appropriately for their age and ability. With our holistic approach to sports coaching we aim to develop the person as well as the player, by creating a positive environment that encourages autonomy and produces a sense of belonging, while improving the students' competence.

Establishing a club link with Shelford Rugby Club will allow our community coaching team to provide your college with a multitude of different opportunities for supporting the development and growth of the game. Our team can design a tailored package to suit your requirements using some of the following support methods:

- Committed and professional rugby coaching to increase participation and assistance in growing the game at your college
- Support in developing a rugby program for a competitive rugby team
- Staff development for increased confidence in delivering appropriate and effective sessions
- Strength & conditioning plus nutrition workshops and sessions
- Hosting of college fixtures and festivals at The Davey Field, Great Shelford
- Linked exit route to one of the region's best serviced youth rugby programs

What you can expect from our Community Coaches:

- ✓ RFU / UKCC Level 2 Qualified
- ✓ RFU Rugby Ready and Play it Safe Qualified
- ✓ RFU Enhanced DBS Checked
- ✓ Advanced Safeguarding Children Qualified
- ✓ First Aid Trained
- ✓ Professional, Friendly and Enthusiastic Coaching

What you can expect from our Rugby Sessions:

- ✓ Safe sessions designed appropriately for your colleges' facilities and student abilities
- ✓ Person centred coaching focusing on individual development within a group setting
- ✓ Combination of physical conditioning, skill development and game-based training
- ✓ Development of students understanding of RFU's core values: Teamwork, Respect, Enjoyment, Discipline & Sportsmanship
- ✓ Collaboration with college staff to facilitate their rugby coaching development

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