



BMW and RFU
Partnership



The Ultimate
Driving Machine

DRIVING THE ULTIMATE PERFORMANCE.



PRE-MATCH TIPS TO HELP IMPROVE YOUR GAME.

Nick Walshe, England Under 20s Assistant Coach, recommends the following to ensure optimal pre-match preparation.

TOP TEN TIPS.

- ✓ Maximise rest time by getting an early night.
- ✓ Get up at a decent hour to reduce that lethargic feeling later.
- ✓ Eat a wholesome breakfast to set yourself up for the day.
- ✓ Fit in some gentle morning exercise. A walk will help stimulate your body before the match.
- ✓ Drink plenty of fluids the day before. If you wait until you're thirsty, you're already dehydrated.
- ✓ Eat a high-carb meal at least three hours before the match.
- ✓ Have a few quiet moments to focus the mind before kick-off. Concentrate on your own role and how you will help the team success. Make sure you know all the calls.
- ✓ When you get to the ground, stick to your normal routine and don't get distracted by others.
- ✓ Have your kit ready in advance. You don't want to be panicked in the build up to the game.
- ✓ Take your mind off the game by developing your own relaxing pre-match rituals. This will stop you burning nervous energy which can leave you feeling drained during the game.



BMW. PROUD PARTNER OF ENGLAND RUGBY.

Handling. Power. Efficiency. Agility. Attributes shared by both BMW cars and England Rugby in driving the ultimate performance and qualities that can develop in young players. Working in a ground-breaking partnership with the RFU, we aim to demonstrate our passion for the sport with engagement at local club level through to initiatives such as the BMW Performance Academy.

To find out more visit www.bmw.co.uk/rugby or contact your local BMW Dealer.



 @BMWRugby

© 2009 Rugby Football Union.

ASK YOUR COACH ABOUT THE
BMW JUNIOR PLAYER OF THE SEASON AWARD AND A CHANCE
TO WIN VIP TICKETS TO TWICKENHAM.