

I LOVE RUGBY because my coach always...

Keeps
me safe
& supported

Helps me
improve

Helps me
achieve

Makes
sessions fun

Respects me
and listens
to me

Puts me
before
winning

Your coach should be...

ORGANISED

PROFESSIONAL

HELPFUL

ENTHUSIASTIC

KNOWLEDGEABLE

APPROACHABLE

Please talk with your parents or carers about what your coach should/shouldn't do....

If you're unhappy about your coach, you should tell a trusted adult, don't stay quiet, it will not affect you taking part in your sport.

scottishrugby.org