

## Tackle Rugby 2019

Stirling County are proud to present Tackle Rugby 2019.

Tackle Rugby will aim to improve every player that comes through the tunnel at Bridgehaugh Park, in a way that is both enjoyable and challenging and ensures that at the end of the day players go home, better, happy rugby players.

We will look after players of all abilities and experience, utilizing the most up to date forms of coaching to develop each individual.

Sessions are a mixture of outdoors and indoors work, focusing on key skills, physical literacy and game understanding.

For more details contact:  
[tacklerugby@outlook.com](mailto:tacklerugby@outlook.com)

Cost : £105 (£30 per day) Second Child: £75  
Cheques made payable to:  
Stirling County Rugby Football Club  
Or  
Bank Transfer to: Bank of Scotland,  
Sort Code: 80-91-29, Account Number: 01575621,  
with reference: TACKLESurname with online  
registration at:

<https://forms.gle/Ba4q1dZtzWjfDhUk8>



The participants will take part in a range of activities including handling, tackling, and physical literacy, as well as learning about nutrition, game understanding and positional skills.

The mini camp runs for P4—P7 players (by school year 2018-19), for boys and girls and will cater for players of all levels of experience, be they novice players or regular rugby participants .

The S1 & S2\* camp will prepare players for the season of Youth rugby ahead of them.  
(\*by school year 2018-19)

Players do not need to be Stirling County RFC members to attend, indeed we welcome players from all schools and clubs to join us for a week of rugby fun!!

Stirling County RFC  
Bridgehaugh Park  
Stirling  
FK9 5AP

Tel: 01786 478866

Office Hours: Mon / Wed / Thursday / Friday: 9-12.30



## TACKLE Rugby 2019

July 29th —August 1st

Time: 10.00 am—4.00 pm Daily  
Players can be dropped off from 8.30am and  
can be collected between 4—5pm ,  
only by prearrangement



## TACKLE Rugby 2019!!!!

### To book:

<https://forms.gle/Ba4q1dZtzWjfDhUk8>

#### What to Bring:

##### **1) Clothing:**

Participants are required to bring all playing kit. This should include:

- Boots and training shoes (appropriate for ground conditions).
- Gum shield (essential for all contact including practices)
- Indoor training shoes (clean soles!)
- Rugby jersey, shorts, underwear, and socks.
- Warm-up track suit or similar and rain top

##### **In the event of seriously inclement weather**

**participants must also carry at least one complete change of clothing and a towel for each day.**

Due to a number of participants from the same club, it can be difficult to distinguish kit. It is recommended that all items of clothing be clearly named.

##### **2) Food & Drink:**

Participants are required to provide their own lunch. Suitable food to replenish the players after their hard work, please try and avoid fizzy drinks and ensure they have a water bottle for the whole day, on and off pitch.

#### Registration:

Personal belongings should be deposited in one of the changing rooms, no valuables to be left in the changing rooms. Participants should then assemble in the Crichton Lounge (signposted) where registration will take place.

On the first morning there will be a brief welcome when the coaching staff will be introduced. After this participants will be taken for a warm-up before beginning their coaching.

Drop-off is available from 8.30am A prompt start to coaching each day is at 10.00am At 3.30pm each day, coaching groups will return to the main stand to review the day and highlight achievement within each group. Each day will finish at 4.00pm with pick up possible until 5pm by prior arrangement.

#### Sensible Precautions:

Due to the nature of the activity there are one or two precautions that participants should consider :

##### **Wear a gum shield.**

**(No gum shield = No contact games!)**

Participants who require to use inhalers or other medication should carry this out to their coaching area and alert their Coach that this medication is on hand.

Use sun cream regularly in sunny weather and bring a sun cap.

#### Personal Belongings:

Please note that 'Tackle Rugby 2018', including the organiser, all coaching staff & assistants and Stirling County Rugby Football Club, will not be held liable for loss or damage to any personal belongings.

#### Emergency Contact Details:

Stewart Milne  
Stirling County RFC—Development Officer  
Mobile: 07940 559883  
tacklerugby@outlook.com

### **Why not become a member of Stirling County RFC**

***Caledonia's Premier Rugby Club.***



Membership Details and Application Forms available to download at:  
[www.stirlingcounty-rfc.co.uk](http://www.stirlingcounty-rfc.co.uk)