



Kelso RFC in Partnership with Kelso High School



Youth Rugby 2022/23 Season

Here at Kelso High School, we work in partnership with **Kelso Rugby Football Club** to provide pupils the best opportunity to become the best player/person they can be both on and off the pitch. Through team training, small group sessions and specific skills sessions, players are given the opportunity to develop all aspects of their game. This is achieved through the support from Head of PE, HE and Head of sport, Mr Brown, and through our many volunteer coaches at Kelso Rugby Football club.

School of Rugby

School of Rugby is primarily a programme which focuses on the development of social, physical and academic skills of young boys and girls. Developing these skills in a rugby environment and by monitoring the progress of learners in their school, sporting and social life. Pupils who sign up will be extracted from one period of their P.E time per week to participate in the School of Rugby programme.

The **School of Rugby Programme** for S1-S2 pupils will be based around the Fundamental skills that are required to play any team sport. The majority of sessions will be non-contact but I would encourage that your child brings a gumshield with them. We will also spend some in Kelso High Schools fitness suit and the PE classroom.

The **Developing Player Programme** is for S3-Senior pupils aimed at maximising potential and aims to raise performance and attainment by creating a player-centred environment. Providing opportunities for pupils to develop resilience and reflective skill set, improved physical conditioning as well as understanding of performance athlete behaviours, additional opportunity and accreditation within subject of interest (SQA qualification).

If your child wishes to be part of the School of Rugby programme, they will be asked to sign the School of Rugby code of conduct and player discipline code of conduct and for it to be return to the P.E office.

Training

Day	Age Group	Time	Venue
Monday	S1 & S2 Boys	4pm-5pm	KHS 3G
Monday	U15 & U16 Boys	6pm-7.15pm	Croft Park
Tuesday	Girls Skills	1.30pm-2pm	KHS Games Hall
Wednesday	U15 & U16 Boys	6pm-7.15pm	Croft Park
Wednesday	U12-U18 Girls	6pm-7pm	Lower Poynder
Wednesday	S1 Boys	6pm-7.15pm	Croft Park
Thursday	S2 Boys	6pm-7.15pm	Croft Park
Friday	U12-U18 Girls	5pm-6pm	Lower Poynder

Fixtures

A fixture list will be sent out to you via your team leads (coaches) at the beginning of the season and will also be put up on the school Rugby notice board. For S1-U15 boys rugby, games will take place on either a Friday afternoon or a Saturday morning. This will be agreed by both schools. U16 boy's games will take place on a Wednesday night or a Sunday and for U12-U18 girls the games will take place on a Sunday morning/afternoon.



Parents/guardians will be updated on the upcoming fixture at the start of the week. We ask that you let your coaches know if your child is or is not available for the game as early in the week as possible, so coaches have a rough idea of numbers.

Membership

This year we will be asking for a Youth Rugby membership from all players who represent Kelso High School and Kelso Youth Rugby. A player membership will cost **£30** and this will help support the cost of travel and other expenses. Below are the benefits of becoming a member of Kelso Youth Rugby.

- Entrance to all Kelso RFC home games (excluding Scottish Cup and National play offs)
- 10% discount on Kelso Youth Rugby online store
- U15 & U16 exclusive use of Gym facilities (supervised sessions)

An online membership form will be sent out to via your age group coaches. The form will include key contact details and parent/guardian support. Please contact us if you have any concerns around payment or you would like some more details around player membership.

Playing Kit

Parents only need to buy new kit if their old kit is too small or they are a new player. We will be placing a separate kit order for new S1 pupils, this will cost **£40** and will include playing top, shorts & socks. Training kit can be purchased via our online club shop via the link below. We play in red socks, black shorts and a black & white jersey.

<https://rugbygear.co.uk/collections/kelso-rf-final>

For more information on rugby at Kelso High School or to sign up to The School of Rugby Programme, please contact:

Murray Hastie
Kelso RFC, Youth Development Officer
ydo@kelsorfc.co.uk
07496475617





Rugby Return Slip
New Player 2022/23



If your child is interested in playing rugby for Kelso High School and Kelso Youth Rugby this season, please fill out the below details and return to the P.E Office.

Players Name: _____
(Print Name)

Parent/Guardian Name: _____
(Print Name) (Sign Name)

Emergency Contact Details (Name, relation, contact number and email) will be used for getting information out about training and games.

Name & Relation:

Contact Number(s):

Email:

Any medical conditions we need to know about, and details of medication taken:

Many thanks
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