Ellesmere College Rugby

SEASON 2019-20

Welcome...

▶ Welcome to what we all hope will be another great season for every player, parent and coach at Ellesmere College. If it is your first season with us welcome to the family. Rugby success is measured in many different ways and our drive is to increase the number of players participating in sporting activity and support them all to develop and reach their potential.

Did you know…

Did you know…

NHS Guidelines on physical activity advise that to maintain a reasonable level of health youngsters aged 5 to 18 need to engage in:

- At least 60 minutes of physical activity every day.

- Activities, such as rugby, to strengthen muscles and to develop strong bones on three days a week.

- Age Grade players tell us they enjoy playing the most when they are with their friends (79%).

Source: RFU

WHEN KIDS ARE **PHYSICALLY** ACTIVE:

THEY PERFORM BETTER **ACADEMICALLY** SOURCE: LET'S MOVE

THEY HAVE BETTER **ATTENDANCE** SOURCE: LET'S MOVE

THEIR **BEHAVIOR** IMPROVES SOURCE: LET'S MOVE

STUDENTS WHO ARE CONSIDERED PHYSICALLY FIT RECALL NEARLY TWICE THE AMOUNT OF **INFORMATION** THAN STUDENTS WHO HAVE POOR PHYSICAL FITNESS
SOURCE: THE PUBLIC LIBRARY OF SCIENCE

CHILDREN WITH **HIGH LEVELS** OF PHYSICAL FITNESS HAVE HIGHER GRADES AND THOSE WITH **LOWER LEVELS** OF FITNESS HAVE LOWER GRADES
SOURCE: THE JOURNAL OF PEDIATRICS

CHILDREN NEED AT LEAST **1 HOUR** OF PHYSICAL ACTIVITY A DAY
SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

CHILDREN SPEND MORE THAN **7.5 HOURS** A DAY IN FRONT OF A SCREEN (E.G., TV, VIDEOGAMES, COMPUTER)
SOURCE: PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

2 OUT OF **3 KIDS** TODAY ARE INACTIVE
SOURCE: LET'S MOVE

A Player centred approach

► Ellesmere College strives to ensure that rugby provides its pupils with a positive, inclusive and fun experience which reflects a 'Player Centred', 'Development Driven' and 'Competition Supported' approach to rugby. It does this through following the RFU Player Pathway progression from U11s through to Sixth Form. This pathway can be found on the next slide.

Age Grade Rugby at Ellesmere

+ Waterfall Tournaments

+ Knock out Tournaments

+ Leagues (Boys only)

(+ Girls U18 Age Band)

U12
Max numbers - 12
Max Pitch Size(m) - 60x43
Max mins per half - 20
Max mins per day - 70

+ 5 player scrum - strike, no push
+ Ruck and maul - unlimited
+ Fend-off below armpits

U13
Max numbers - 13 (girls 12)
Max Pitch Size(m) - 90x60
(girls 60x43)
Max mins per half - 25
Max mins per day - 80

+ Boys 6 player scrum - strike and push
+ Boys kicking - flyhack
+ Girls as for U11 but with 5 player scrum - strike, no push

U14
Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 25
Max mins per day - 80

+ 8 player scrum - Number 8 pick up and run
+ Kicking at goal
+ Uncontested lineout

U15
Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 30
Max mins per day - 90

+ Boys & girls uncontested lineout - lift permitted

U16
Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

+ Contested lineout - lift permitted

U17
Max numbers - 15
Max Pitch Size(m) - 100x70
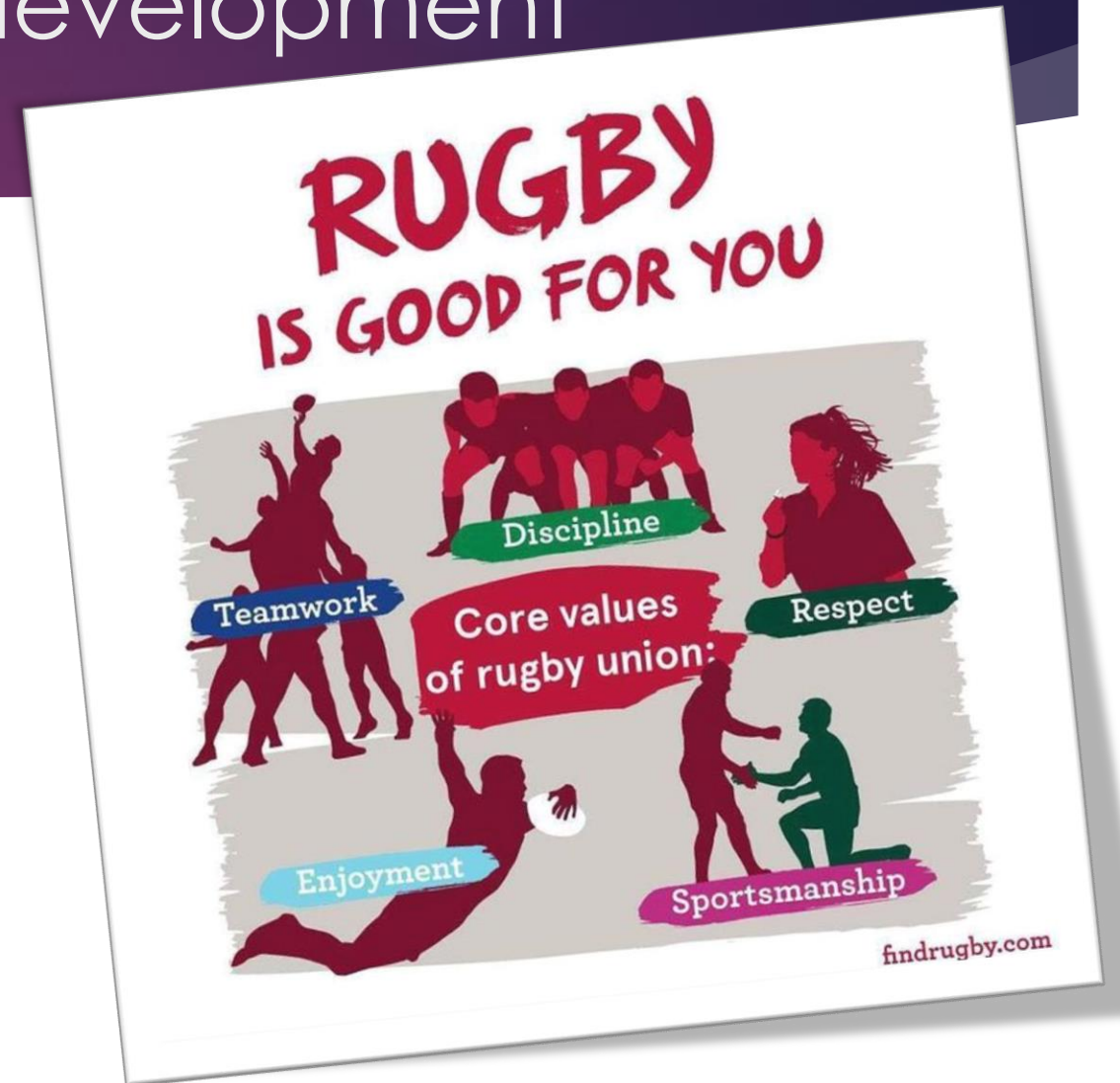Max mins per half - 35
Max mins per day - 90

U18
Max numbers - 15
Max Pitch Size(m) - 100x70
Max mins per half - 35
Max mins per day - 90

Boys play single age band rugby. Girls play joint age band rugby at U13, U15 and U18.

Rugby and Character development

- It has been well documented that rugby does not come without its risk of injury as is the case with most sports. However, the benefits far out weigh the risks. Many qualities can be developed.

- Rugby is unique in that it is a selfless game that suits all shapes and sizes.

- **Rugby can help:**

- Children problem solve

- Learn social skills

- Develop self esteem and build confidence

- Can help children avoid mental health disorders such as depression.

- Improve their academic performance

RUGBY IS GOOD FOR YOU

Teamwork

Discipline

Core values of rugby union:

Respect

Enjoyment

Sportsmanship

findrugby.com

"In rugby there's a place for everyone: big, small, thinker, grafter, slow or quick. Everyone in the team is equal and you can all bring your own personality. I think, as well, the realisation that you are part of something bigger, the values, it makes you a better person."

Jonny Wilkinson
2003 Rugby World Cup winner

England Rugby

RUGBY IS GOOD FOR YOU

5 Ways that rugby is good for you

1. Welcoming

Family friendly club environment

Many ways to play:

Creating friendships
Sports Club — Girls
81%

2. Team Sport

Teamwork — Discipline — Respect

Core values of rugby union:

Enjoyment — Sportsmanship
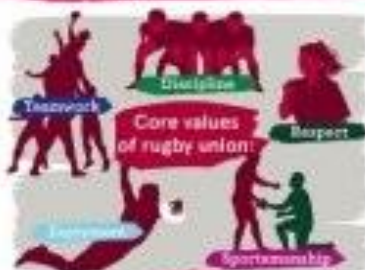
Rugby union builds:

Where can I find rugby?

Parks and beaches
Your local rugby club
O2 Touch centres and leagues
Your School, College or University

Via findrugby.com

3. Health Benefits

Health benefits of physical activity

The NHS recommends:
should spend 60 minutes per day

Vigorous physical activity

Rugby is recommended for:
Vigorous physical activity
Muscle strength development
Bone strength development

4. Player Safety

Player welfare **is at the heart** of everything we do
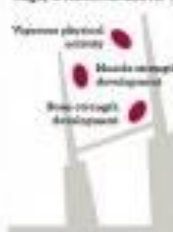
5. Life-long connection

Rugby family

Player — Referee — Spectator
Coach — Volunteer
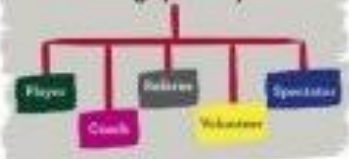
Girls and boys, men and women of every body shape and size have a place in rugby union

You can be involved from 6 to 106 years old

"Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can"

Nelson Mandela
Rugby World Cup 1995

findrugby.com

Rugby opportunities for all

▶ Here at Ellesmere we appreciate that there is a wide range of rugby ability and experience. In addition to the usual pathways there are also opportunities for those who lack confidence in the contact aspect of the game to play variations of the game such as Tag and touch rugby.

▶ In addition to this Ellesmere College will follow the new 2019 RFU directive of "Half Game" where every pupil will play at least half a game.

Opportunities for all…

The Ellesmere Rugby Family

- Ellesmere College counts itself lucky to be made up of enthusiastic pupils, trained coaching staff and supportive parents.

- We appreciate the effort and support that parents provide through touchline support and transporting children to fixtures.

Parents

Pupils

Staff
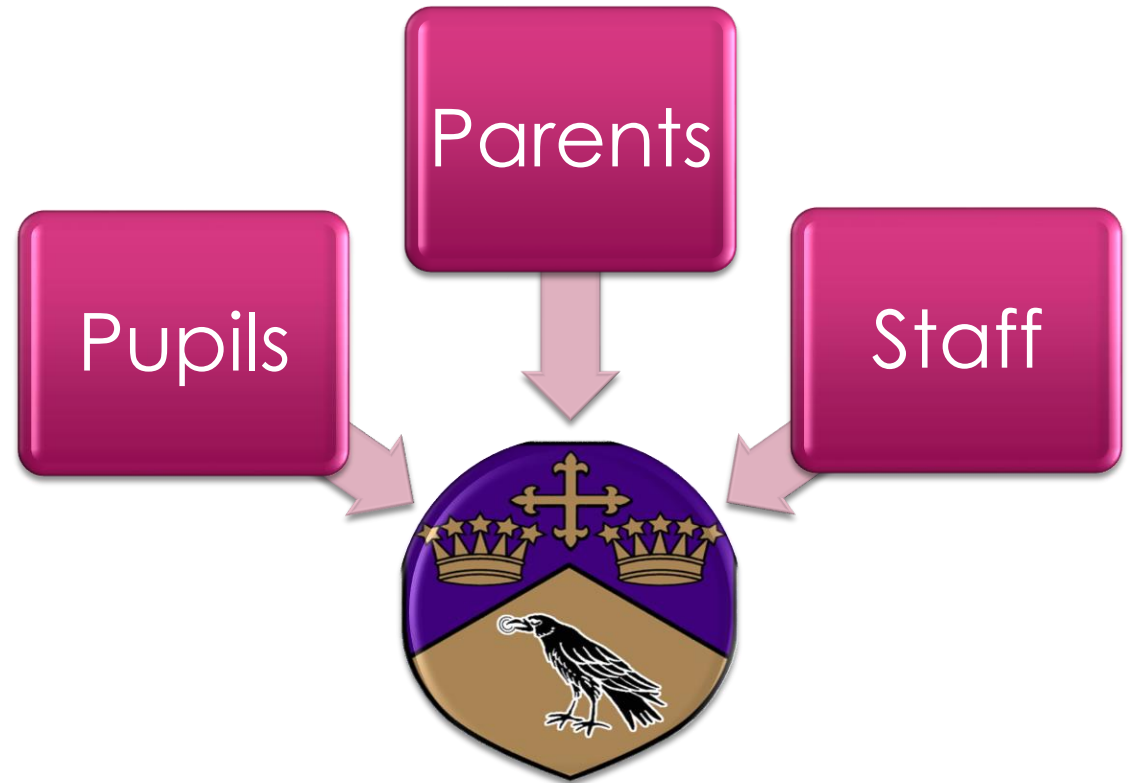
Here's to a good season

▶ It is evident that rugby can act as a vehicle for the physical, mental and moral development of young people.

▶ Ellesmere College works closely with the RFU to ensure that players follow the correct pathway. The College provides rugby opportunities for all ages and levels of development.

▶ It is my great hope that the 2019-20 season will be an exciting and enjoyable one and that our current pupils help keep our rich rugby tradition alive.

▶ If you have any questions about the schools rugby policies then please do not hesitate to contact me.

▶ I hope to see you pitch side

Alex Murphy

Director of Rugby