



Norfolk Training Calendar 2016-17

Dear Club Colleagues,

Please see below this coming season's Norfolk Training Calendar. The CPD offer is there to support the Award Courses and not a definitive list of the courses that will run this season. We will run more and other CPD courses based on the demand from the game.

Just to remind you courses will only run if there is a minimum of 10 people booked onto them. This is so that we can logistically deliver the practical elements of the courses. To request a course please speak either to me or your Community Rugby Coach (Stewart Cameron/Lee Parry). A request form will be completed with you and you will need to provide three dates to run the course with at least six weeks lead in time. Can you ensure that when you are making requests that you have the minimum numbers to run a course, even if this is a combination of your club, other local clubs, schools, colleges and universities. The Local Delivery Team can help you with this. The following link will take you to the new RFU Course Descriptor Booklet.

<http://view.vcab.com/?vcabid=geaSeprlgScnrajhe>

Courses are booked online via the England Rugby website using the course search function: www.englandrugby.com/courses There will be other courses available in Suffolk & Cambridgeshire, and you are not limited to where you participate in courses.

Course	Course Description	Venue	Date & Time
Rugby Ready	To help attendees educate, aid and support players, coaches, match officials on the importance of sufficient preparation for training and playing in order for rugby to be played and enjoyed while reducing the risk of serious injury.	Swaffham RUFC	14th September 2016 1830-2130
		Lakenham-Hewett RFC	17th October 2016 1830-2130
		Crusaders RFC	09th January 2017 1830-2130
Scrum Factory	The course is designed to help coaches and players to understand individual and collective techniques, as well as position specific conditioning. Meaningful sessions can be delivered regardless of numbers attending training and with minimal equipment and expense to the club or school.	Fakenham RUFC	21st November 2016 1830-2130
		Crusaders RFC	16th January 2017 1830-2130
		West Norfolk RFC	20th March 2017 1600-1900
		Lakenham-Hewett RFC	15th May 2017 1600-1900
UKCC Leve 1: Introducing children to Rugby Union (under 7 - under 13)	Provides those working with children with the knowledge, skills and attributes essential to developing children's social, personal, physical and mental skills through the technical and tactical aspects of the game of Rugby Union	Easton College	13th, 27th November and 11th December, 0900-1700

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	Prerequisites: Attend face to face Worls Rugby (IRB) Rugby Ready, Complete WorldRugby (IRB) online Rugby Reacy Course, Complete 'New Rules of Play' laws test, Complete online Headcae concussion course for Coaches.		
UKCC Level 2: Coaching the 15-a-side game	For teachers and Coaches working in the 15-a-side game who wish to further develop their knowledge, skills and attributes needed to coach the 15 a-side game of Rugby Union, through a fun, well -organised, well-planned and safe learner centred coaching programme. Must have attended Rugby Ready (or hold UKCC Level 1 Coaching Rugby Union Award) and RFU Scrum Factory course before applying for this course.	Easton College	5th, 19th February and 5th March, 0900-1700
Rugby Union in Secondary Schools	Using Rugby Union as a vehicle for developing a young person's personal and social skills alongside their rugby skill can have a dramatic impact on all aspects of their life and has real whole school ipmact. Upon competition of the Rugby Union in Secondary Schools Course you will: Be fully aware of tehe importance of the Course Vales of Rugby Union, the 5C's and how to apply them to your teaching. Be able to use Rugby Union to meet the outcomes of the new National Curriculum for Physical Education. Have an understanding of how to teach Rugby Union in a fully inclusive, age, appropriate, engaging and enjoyable manner. Have gained confidence in teaching and refereeing the contact elements of Rugby Union in a safe and effectative manner, and how to buid the game progressively to enable sytudnets to play competitive rugby.	Venue TBC	w/c 19th June and w/c 26th June 2017 1600-2000

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<p>Level 2: Refereeing the 15- a-side game</p>	<p>This course is for developing referees wanting to referee the 15-a-side game and will equip candidates with the skills and confidence to do so effectively. Upon completion of the course you will be able to: Understand how to plan and prepare to referee. Understand how to referee players of different ages and levels of experience. Be able to referee Rugby Union matches. Analyse their own performances and feedback from others and improve performances as a referee.</p>	<p>Easton College</p>	<p>6th and 20th November 2016</p>
<p>Kids First U12s</p>	<p>The workshop will combine the Kids First philosophy with developing skill at each grade and following the incremental progression through the age grades. Each workshop will look at player welfare, movement skills, coaching through adaptive games, game management/referee and modeling how the game looks for that specific age grade.</p>	<p>TBC</p>	<p>TBC</p>
<p>Kids First U13s</p>	<p>The workshop will combine the Kids First philosophy with developing skill at each grade and following the incremental progression through the age grades. Each workshop will look at player welfare, movement skills, coaching through adaptive games, game management/referee and modeling how the game looks for that specific age grade.</p>	<p>Norwich RFC</p>	<p>19th September 2016 1830-2100</p>

I do hope that your season goes well.
Yours in Rugby,

Sam Carpenter
Rugby Development Officer

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