



NLD RFU Girls Programme & Player Expectations 2017-18



Important Dates:

Date	Event	Venue	Times
Sunday 1.10.17	U15/U18 Trials	Southwell RUFC	13.30-16.00
Sunday 8.10.17	U15/U18 Training	Southwell RUFC	13.30-16.00
Monday 23.10.17	U15/U18 Training	Southwell RUFC	19.30-21.00
Sunday 29.10.17	RFU U15/U18 Match (H) Leics/Staffs/Warks	Southwell RUFC	13.00-17.00
Friday 17.11.17	U15/U18 Training	Southwell RUFC	19.30-21.00
Sunday 19.11.17	RFU U15/U18 Match (A) Staffordshire	Away tbc	13.00-16.00
Sunday 26.11.17	U18/Ladies Training	Southwell RUFC	14.00-16.00
Sunday 1.12.17	U15/U18 Training	Southwell RUFC	19.30-21.00
Sunday 3.12.17	RFU U15/U18 Match (H) Warks/N.Mids/Staffs	Southwell RUFC	13.00-17.00

Player Expectations:

Please note that for the trials all players should attend wearing a plain white T Shirt.

As competition increases for places within NLD W&G's Representative rugby sides and in-line with the W&G's Committee's expressed intent to make NLD CB rugby more aspirational there will continue to be a minimum expectation for ALL players selected for U15/U18 and Senior Representative Squads. Although not a definitive list this is a minimum expectation NLD is placing on ALL Women & Girls Representative players this season. This is to ensure that players selected for the programme get the best possible experience and opportunity to progress.

- All Representative players are expected to attend a minimum of **3 out of 4 training sessions**. (If individual players are unable to make certain training dates they must contact their Head Coach with an explanation as to why. Failure to do so may result in removal from the Representative squad. Individual's circumstances will always be taken into account).
- All Representative players are expected to make themselves available for a minimum of **2 out of 3 Festival/Matches**. (If individual players are unable to make certain training dates they must contact their Head Coach with an explanation as to why. Failure to do so may result in removal from the Representative squad. Individual's circumstances will always be taken into account).
- All Representative players will be encouraged to complete an Individual Feedback Form and submit to their Head Coach within 2 weeks of completion of their CB programme. (NLD coaches have committed to providing player feedback within the same timescale IF feedback has been requested).

This is a two-way commitment between interested parties and ALL players can expect the following from their NLD Coaches and Managers.

- Timely, open and honest communication.
- Constructive feedback on individual's performance whether at trials or after a game.
- Support and guidance throughout the programme to aid player development.
- An emphasis is on player development not "win at all costs".
- As a Representative Player we will endeavour to give you at least minimum game time.

For clarification or further information please contact the NLD Office on 01636 640800 or nldrufu@therfu.com or Neil Clack, NLD W&G's Chairman neil.clack@outlook.com 07734 179339. Alternatively you can speak with your age group Head Coach / Manager:

Name	Position	Telephone	Email
John Payne	U18 Head Coach	07732498827	Johnpayne6@aol.com
Neil Speechley	U18 Manager	07479683484	lightshow20@msn.com
Neil Whitehead	U15 Head Coach	07818362831	n.whitehead85@btinternet.com
Clare Dobbs	U15 Manager	07971115014	Clarecrofts2001@aol.com