

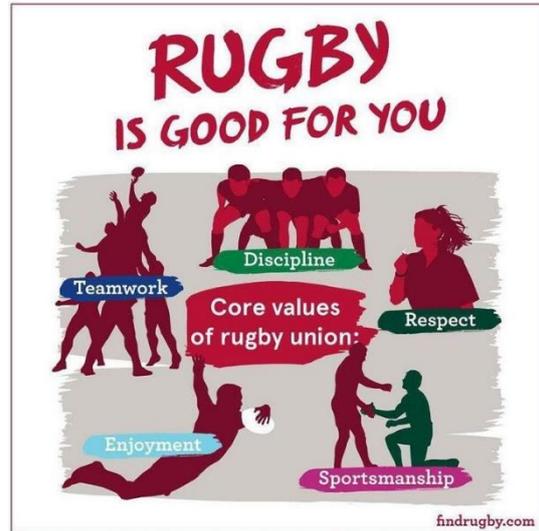


1. Aim:

To introduce and engage children into playing a new sport (Rugby Union). To increase playing numbers within the sport across Nottinghamshire, Lincolnshire, and Derbyshire (NLD). To create better pupils, increasing their wellbeing, aspirations, and engagement with education for their own advancement and for the benefit of society by the education of the core values of Rugby Union: **Sportsmanship, Enjoyment, Discipline, Respect & Teamwork.**

2. Contents.

1. Aim
2. Contents
3. Rationale
3. Introduction
4. Objectives
5. Program Overview
6. Cost
7. Contact Details



3. Rationale:

To introduce Rugby Union in the form of tag, touch and contact rugby to schools linking into clubs across The Three Counties NLD (Nottinghamshire, Lincolnshire, and Derbyshire)

The NLD 'Club School Link' Coaching Programme will provide a vehicle for children to enter the sport of rugby union. Offering a wider curriculum delivery, forging strong links between schools and local rugby clubs to sustain benefits beyond the school day and encouraging positive action in the community beyond the school gates.

Both tag and touch rugby games are excellent sports for fitness and team building as they are played by teams of mixed sexes, ages and abilities, as well as games of rugby the curriculum delivery will include several invasion games and games to improve catch and throw skills to help develop hand eye coordination.

Recent research provides evidence that, even when controlling for affluence/deprivation, young people involved in rugby clubs and rugby playing schools achieve better exam results and have an improved attendance and discipline record. Case studies indicate that playing rugby has a positive effect on the attitude and behaviour of teenagers out of school too. Both lead to improved employment prospects and active engagement within the community. Rugby helps to create more balanced, socially integrated citizens.



4. Introduction

NLD's Constituent Body (CB) NLDRFU is made up of three counties, Nottinghamshire, Lincolnshire, and Derbyshire. These three counties all share a common challenge for children entering the sport of rugby union. If a sport is not in the windscreen for a child, then it is unlikely that that child will enter that sport, NLD Rugby Union's aim is to put Rugby Union front and centre to give children the opportunity to play rugby at school, to then go on to join a local rugby club, and to continue with their sporting activity into adulthood.

The RFU have removed most of its field staff of Community Rugby Coaches and Rugby Development Officers from England. NLDRFU feels that this an exciting opportunity to deliver an effective school/club rugby programme through our local clubs.

The recently formed NLD Age Grade team are fortunate to have committee members who have had extensive experience in delivering these programmes within local Primary and Secondary schools through clubs in a mixture of different delivery models. This gives us the confidence to be able to successfully bid for funding, manage and deliver an effective gateway project into sport for children within the NLD CB.

5. Objectives:

- To engage with schools and rugby clubs across Nottinghamshire, Lincolnshire, and Derbyshire to offer pupils who would not typically play rugby or participate in physical activity.
- To increase the number of children participating in sport.
- To develop strong localised school-club links.
- To support rural schools with no previous club link.
- To engage children in physical activity by way of the sport of rugby union and to address childhood obesity.
- To improve school and individual social performance.
- To give children the opportunity to engage in a long-term sporting activity into adulthood.

6. Program overview:

To offer schools across the three counties in NLD the opportunity to engage with a rugby programme, with the assistance of the NLD Age Grade Team and RFU, in the delivery of Tag, Touch & Contact and Rugby. This will be delivered by approved club coaching representatives in either curriculum time or after school club and to link with its local rugby club.

The local rugby club will need to show that it has the correct environment, structure, and resources in place to support the children and parents joining the club. The club will be also able to access some "Club matched funding" to support its increase in coaches by way of the NLD Coach Educator and applicable funded RFU award courses.

The school program can consist of a range of rugby coaching sessions with a class or group of children. The school will be expected to provide teaching and /or support staff who will be engaged in the delivery of the programs so that they can continue the program at the end of the project. The expectation is that at least one member of staff will be prepared to attend the sessions.



NLD Schools Charter 2022-23



NLD will provide the local rugby club with support on how to set up the correct environment at their club to welcome and accommodate the new players and parents. Along with contact details and recourses for ongoing support from the NLD coaching team.

7. Cost

The costs shown below are the delivery costs incurred by NLD RU, not costs to be incurred by the Rugby Club or school. The NLD 'School Club Coaching Programme' is free of charge to all schools and clubs who successfully meet the criteria to enter the programme. To apply please see contacts below.

Item Delivery Team Unit Cost Number Total Option

NLD CRC = NLD Community Rugby Coach

NLD CE = NLD Coach Educator

Option 1 & 2 – A combination of both options is permitted.

* The hours above are suggested hours only. Coaching sessions can be adjusted to suit the school's specific needs.

8. Contact Details:

NLD Club-Schools Link Coordinator – Alan Staines alan.staines@sky.com

NLD Head of Age Grade Rugby – Tim Wilbraham timwilbo@gmail.com