NLD RFU Coaching Conference 2026

Nottingham RFC , Lady Bay, Holme Road, West Bridgford NG25AA

Sunday July 5th 2026

9.00am-4.00pm

" Be the Best Coach you Can"

Join:

- **Hetty Rudman, Sports Psychologist "Imposter Syndrome"**
- **Dan Richardson, Nutritionist (Leeds United Academy)**
- **Jon Finn, Fitness Strength and Conditioning**

Hosted by:

Paul Westgate

NLDRFU Head of Coach Development

Level 5 Coach

Head of Performance Rugby, University of Nottingham

Senior Coach Developer and Mentor, England Rugby

Attendance fee; £15

Registration form: https://forms.gle/c1ju4K7HZLNbZqNN8

Contact: office@nldrfu.co.uk for more information