

Welcome...



HERTFORDSHIRE
RUGBY FOOTBALL UNION



Middlesex
RUGBY



RUGBY **FOOTBALL** **UNION**

Area 2 Newsletter: March 2013

www.rfu.com

Welcome to the Area 2 Newsletter

We hope you find the information in this new quarterly newsletter from the training team useful and informative.

The purpose of this newsletter is to keep you up to date with information from the world of coaching, refereeing and medical, and also to share ideas and models of good practice.

So if you want to share something you're proud of from your club or society, then get in touch (details below).

2012 was a phenomenal year for British sport, and with the Rugby World Cup 7s in Moscow this year, Women's Rugby World Cup in 2014, the Rugby World Cup here in England in 2015 and then Rugby 7s at the Olympics in 2016, the next few years are set to be the best yet in the world of rugby.

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Online Course Booking System

It is with great pleasure that we can announce that the Online Course Booking System for coaching and refereeing courses is now available. This means that as from now, all delegates wishing to attend courses will have the ability to book their place on the course online.

The new Online Course Booking System is accessible via this link - <http://www.rfu.com/takingpart/olcb>.

To book onto a course, a delegate will be able to perform a simple search for a course which will bring up a list of courses which they can filter in order to find the course that they wish to attend.

Delegates can book onto the course individually or alternatively a group booking can be made by the club. In order to make a booking via the system, the delegate or course organiser must have a login for RugbyFirst. If they do not have a login for RugbyFirst, one can be obtained via the system during the booking process.

The Online Course Booking System will accept both credit cards and debit cards. Please note if a group booking is made payment will still have to be made by credit or debit card. A receipt will be produced automatically by the system upon completion of the booking.

Once the delegate has been accepted onto the course, joining instructions will be sent to them automatically by the system, this will normally be within 48 hours of the booking being made. If you would like to arrange a course at your club, please get in touch.

QBE Coaching Club

The RFU is working in partnership with QBE, the business insurance specialist, to increase the quantity and quality of rugby coaching in England.



As we look ahead to hosting the Rugby World Cup in 2015, it provides a huge opportunity for us to grow the game. Coaching is one of the most crucial factors in developing, sustaining and increasing participation in rugby union, so it's important we build this capacity in communities across England now. The QBE Coaching Club has been established to recruit and train 2,015 new Level 2 (Coaching the 15-a-Side Game) coaches by September 2015, delivered through dedicated RFU run courses, the target audience for which is coaches from clubs, schools, colleges & university's with a commitment to continue coaching 15 a-side rugby (U15-adult rugby) to 2015 and beyond.

To qualify for the sponsored courses (100% bursary), applicants must meet the following criteria at the time of applying:

1. Aged over 18 on day 1 of the course
2. Coaching U15 - Adults
3. Completed Scrum Factory Workshop at time of application
4. Completed Rugby Ready Workshop at time of application
5. Agrees to take part in RFU Coach Tracking Study
6. Apply on-line using the following link: [Online course booking](#)

To find a course in your area, click here – [London North & Southern Level 2](#)

RWC Legacy

World Cup 2015 Legacy-funded
Coach courses are now available.

Applicants must meet the following
criteria at the time of applying;



Legacy - Level 1 (Coaching Children in Rugby) - 75% Bursary
at a cost of £25

Criteria

1. Aged over 18 on day one of the course
2. Completed Rugby Ready Workshop at time of application
3. Agree to take part in RFU Coach Tracking Study

Legacy - Level 2 (Coaching the 15-a-side Game) - 75% Bursary
at a cost of £35

Criteria

1. Aged over 18 on day one of the course
2. Coaching U13 - Adults
3. Completed Scrum Factory Workshop at time of application
4. Completed Rugby Ready Workshop at time of application
5. Agree to take part in RFU Coach Tracking Study

Applications for Legacy courses can only be made through the RFU's online course booking system. Please click [HERE](#) and select Legacy coaching from the drop down menu. Places are subsidised by 75% and are expected to be popular. Course calendars can also be found at the following [Link](#). Applications will be held

Fancy some more reading...?

“Take time to consider the journey. Take time to consider why they weighed up those elements en route to your session and did not turn left to home but instead turned right on the road to the club.”

Richard Cheetham offers an appreciation of the ‘training journey’ as a consideration in choosing coaching behaviour. Click [HERE](#) to read more.



And finally...

If you can't explain it **simply**, you don't understand it well enough.

– Albert Einstein

