

KENT COUNTY RFU INFORMATION SENDOUT AUG 2023



1. KENT COUNTY RFU COACHING CONFERENCE

The KCRFU, in partnership with 'Coach Centred' are running a coaching conference at Maidstone Grammar School on Saturday 28th October from 10 am to 4 pm. This should provide plenty of time to get home for the Rugby World Cup Final, kicking off at 8pm.

There are high profile guest coaches attending the conference (see poster) from London Irish and Harlequins, delivering quality content to enhance individual coaching skills. This conference will inspire all coaches providing new insights which will raise your coaching team's enthusiasm and skills to deliver quality coaching in your club.

Kent is subsidising the course for the first 50 registered coaches who will pay £59.99 rather than the advertised £99.99. Investing in quality coaching will help the retention and recruitment of players, something all clubs have highlighted last season and again this season.

Please forward this advertisement as widely as possible within your club to get as many coaches as possible onto this conference to help our game. Lunch is provided with refreshments. Please use the QR code, on the poster to register.

2. USE ACTIVATE

COACHES ARE ENCOURAGED TO USE ACTIVATE

The RFU's Injury Prevention Exercise Programme is designed to be integrated into training and pre-match sessions, to improve functional and core strength, balance and agility, helping players with the game's physical demands. Go to the RUGBYSAFE ACTIVATE TOOLKIT to access the free resources including:

- Activate Kids for the U7 - U12 age groups
- Activate Youth programmes for U13-U14, U15-U16 and U17-U18

[HTTPS://KEEPYOURBOOTSON.CO.UK/RUGBYSAFE-TOOLKIT/ACTIVATE/](https://keepyourbootson.co.uk/rugbysafe-toolkit/activate/)



XV ASIDE COACHES CONFERENCE

IN PARTNERSHIP WITH 

Delivering inspirational content to influence positive change in coaching practice

KENT RFU SUBSIDISING 1ST 50 COACHES BY 40%

MAIDSTONE GRAMMAR SCHOOL
Barton road, Maidstone, Kent. ME15 7BT

SATURDAY 28 OCTOBER

COURSE CONTENT

- Attack transition
- Defensive principles and strategy
- Tackle execution & dominance
- Improving contact skills and speed of ball
- Attacking shape to manipulate defences

REGISTER HERE



enquiries@coachcentered.com
www.coachcentered.com
07764336709

COURSE TIMINGS

9.30 am Registration
10 am Start
4 pm Conference close
Finish time 4 Hrs before W.Cup Final

Kent RFU are sponsoring the 1st 50 Kent Club / School coaches with a 40% discount

Discounted Cost £59.99 **40% OFF**

FULL COST £99.99

CIMSPA Education Partner | **Training Provider**

3. VOLUNTEERING IN YOUR COMMUNITY

As the season starts again, it's a great time to be thinking of how you can help your local rugby club, which will be crying out for volunteers. In all clubs, many hours are devoted by groups of committed supporters, but there will always be a requirement for more help, and roles can be found to suit your availability/skills. Wherever, whenever and in whatever capacity you feel you are most suited, you really can make a difference. Contact your local club directly, or drop us an email <volunteering@kent-rugby.org> and we'll put you in touch with them.

4. KSRFUR INTRODUCTION TO REFEREEING COURSE


- Are you having to step up and referee your age-grade games?
- Don't feel qualified?
- Want to feel more confident refereeing?
- Injured and want to stay in the game?

If the answer is yes, then why not do a short referee course (2 evenings) run by Kent Referee Society.

Book now as this course is always oversubscribed.

Monday 15th October and Monday 30th October at Aylesford RFC - 7:00 pm 9:30 pm

Contact admin@kentref.co.uk to book your place.



Introduction to Rugby Refereeing Course 15-a-side Game

**Delivered by Kent
Referees Society**

**Evening 1: Monday 16th October
7.00-9.30pm @ Aylesford Bulls RFC**

**Evening 2: Monday 30th October
7.00-9.30pm @ Aylesford Bulls RFC**

**£35 p/p. Book your place by contacting admin@kentrefs.co.uk
[Both evenings must be attended to complete the course]**

5. ARTICLES FOR IN-TOUCH

Do you have some good news at your club that you want to shout about?

Is it an encouraging article that people would like to read?

Do not miss out on sharing your club news and be part of our October 2023 publication of In-touch?

Please send written articles with any good quality (large size) images for possible inclusion in the publication by the 25th Sept 2023, to office@kent-rugby.org



ENGLAND RUGBY REFEREEING AWARD

Venue	Part 1	Part 2	Time
Cranbrook School	08/10/23	12/05/24	09:00
Simon Langton Grammar School	25/10/23	29/05/24	09:00
Sevenoaks School	05/11/23	09/06/24	09:00
Maidstone Grammar School	19/11/23	16/06/24	09:00

AVAILABLE TO BOOK NOW

<https://gms.rfu.com/GMS/coursefinder>

The image shows two stacks of gold coins on a dark blue background. The stack on the left is taller, with one coin lying flat next to it. The stack on the right is shorter. The coins are shiny and have a textured surface.

Injured players fund

Had a serious Rugby injury that prevents you from working? Then you may be eligible for some time-limited and discretionary financial support from the KCRFU's Injured Players' Fund. Details of how to apply were set out in the July 2023 edition of the Information Sendout. Applications should be sent to HonSec@kent-rugby.org