

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



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 REFEREING COURSE

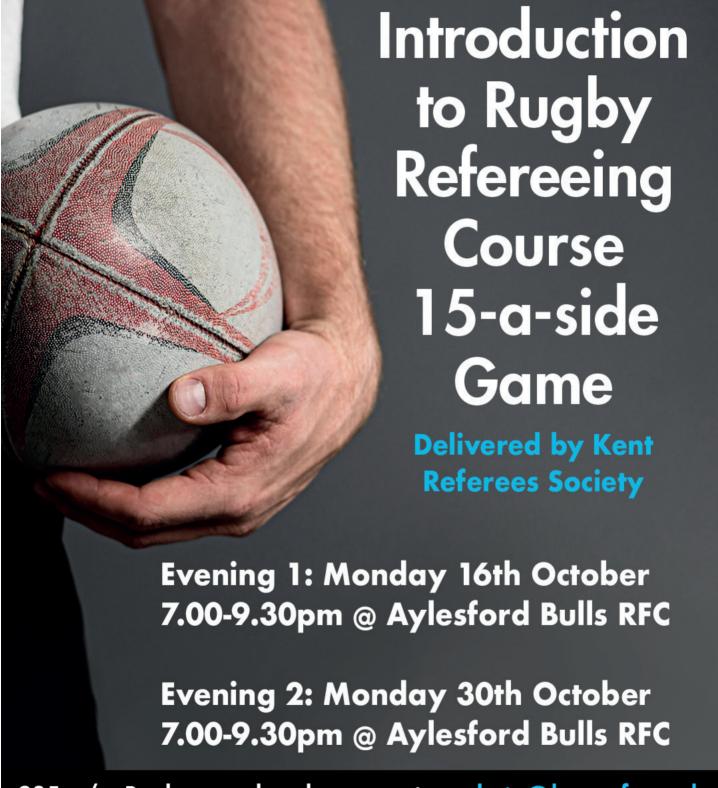
- Are you having to step up and referee your age-grade games?
- Don't feel qualified?
- Want to feel more confident refereeing?
- Injured and want to stay in the game?

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 oversubscibed.

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.



£35 p/p. Book your place by contacting admin@kentrefs.co.uk

[Both evenings must be attended to complete the course]

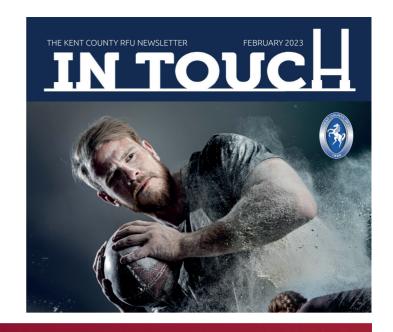
5. ARTICLES FOR IN-TOUCH

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
		08/10/23	12/05/24	09:00
		25/10/23	29/05/24	09:00
		05/11/23	09/06/24	09:00
		19/11/23	16/06/24	09:00



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



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 https://example.com/honSec@kent-rugby.org