



Friday 16th October 2015, 10:00am – 3:30pm @ Orkney RFC

October Break Rugby Activities Day

Orkney Rugby Club invites you to join us for another **Rugby Activities Day**. Once again, we will be hosting a beginner *and veteran alike* friendly day at Orkney Rugby Club from 10:00am through to 3:00pm.

Registrations Open from:

9:45am for P1-P3s

1:15pm for P4-P7s

Each session costs £3.00 per child

Our sessions will run as follows:

10:00am-12:00pm for P1-P3s

1:30pm-3:30pm for P4-P7s

P1-P3s

Join us for some fun, non-contact rugby games. Our P1-P3s will be looking to develop their fundamental movement skills through fun tag rugby activities. No experience is needed, all of our games are designed for budding Rookies and new players alike!

P4-P7s

Our P4-P7s will build on their tackling and game awareness skills; incorporating teamwork, tactics and technical development to introduce new players & boost existing players involved in our Mini Rugby.

*It is advised that players bring a water bottle that can be filled up throughout the sessions. All players should also bring suitable clothing and footwear for the conditions on the day. Parents/Guardians please note the start and finish times and ensure that your child has all clothing and footwear at the end of the day. **Please also remember to sign in and out.***

**** Please see overleaf for sign-up details ****

Registration Form

Please Return by October 15th, 2015 or Pay on the Day

Players Name :

Parent / Guardian :

Address :

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..... Post Code :

Contact Number :

Email Address :

Players Date of Birth : School Year :

Session Attending?
(Please Circle)

Primary 1-3, 10:00am—12:00pm
Primary 4-7, 1:30pm—3:30pm

Member of Orkney RFC?
(Please Circle)

Yes / No

School Attending :

Medical Details (is there anything we need to know about your child's health?) :

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Please complete this registration form and send it along with cash or a cheque (£3.00 per child), made payable to **Orkney RFC**; to the following address:

October Break—Rugby Activity Day (please add P1-P3 or P4-P7 depending on your child's age)
Rugby Development Office,
St. Ola & Kirkwall Community Centre,
Kirkwall,
KW15 1DH.

Alternatively, you can bring the completed form and pay on the day