



Under 13s Rugby Information Sheet 2019

Coaching Staff Contact Details:

13As:	Mr A.Toro:	atoro@oakhill.nsw.edu.au
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If you are unable to attend training session or a game, it is expected that you make contact with your coach to inform them of the situation.

TERM 1: TRAINING DETAILS

- Training days **Tuesday** (Wear Oakhill Rugby Jersey) and **Thursday** (House Jersey)
- All Oakhill Rugby Playing gear can be purchased from the uniform shop.
- All boys will require full playing gear for the first fixture v Knox College on Saturday 30th March.
- Meet in the CSC Driveway at the start of training – Training Oval (BC)
- Students changed and ready for training at 3.30. Training finishes at 5pm
- It is expected that all players wear a mouth guard during training sessions and is the student's responsibility to ensure they have it with them.
- Parents and Players should check the College website for game times. Unfortunately, we are unable to indicate games times well in advance as fixtures are placed on the College website at the beginning of each week. Click Link to Fixtures.

<https://www.oakhill.nsw.edu.au/sport/fixtures/> (this link will need to be refreshed each time you visit the page)

Thursday 14th March –	Induction into Oakhill Rugby (players to bring Rugby Gear) NSWRU Development Coaches to run introductory tackle session. Explanation of Mayday and Scrum Binding
Tuesday 19th March –	Catch and Pass, Tackling, Rucking and Mauling (session 1)
Thursday 21st March -	Players Divided into Tier 1. Experienced players Tier 2. Non Experienced Catch and Pass, Tackling, Rucking and Mauling (session 2)
Saturday 23rd March -	Internal Trials / Grading Day (Playing shirts will be provided) Internal Trials (Squad split into two tiers)
Monday 25th March -	U13s Teams announced and placed outside the Sportsmasters Office
Tuesday 26th March -	Training in selected teams for game v Knox
Saturday 30th March -	Trial Game v Knox (Check website for game times)
Saturday 6th April -	Trial Game v Barker (Check website for game times)
Tuesday 9th April -	No Training – Yr 7 Camp
Thursday 11th April -	No Training – Yr 7 Camp

Please note: Players can move up and down grades throughout the trials and ISA season. All players are encouraged to back up for the grade above. Our first ISA game is not till 15th June