



Under 14s Rugby Information Sheet 2019

Coaching Staff Contact Details:

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TERM 1: TRAINING DETAILS

- Training days **Monday's** and **Wednesday's** after school. Students are encouraged to bring both their Oakhill Rugby Jersey and House Rugby Jersey to all training as we will often split groups into teams and having different jersey's help.
- 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 are to be changed and ready for training at 3.30. Training finishes at 5pm
- 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.
- It is expected that all players wear a mouth guard during training sessions and it 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 game 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)

Schedule for Weeks 8 & 9:

Monday 18th March:	Session 1 - Catch and Pass, Tackling, Rucking and Mauling. Players intentions to be made known for team they would like to try for (A, B, C or D)
Wednesday 20th March:	Session 2 – Internal Trial Teams announced and divided into level abilities (A's & B's together and C's & D's together) Internal Trials / Grading . We will aim to have the A's and B's divided into 3 teams of 10-12 and to play against each other in one grouping and then do something similar with the C's and D's to play each other in the other grouping.
Monday 25th March:	Internal Trials / Grading continues. U14's Teams announced/listed outside Mr Hickey's office (Liesse Building) Tuesday
Wednesday 27th March:	Teams will train under the coaches of their selected teams.
Saturday 30th March -	Game v Knox Trial (Check website for game times)

***Please note: Players can move up and down grades throughout the trials and ISA season as required.
All players are encouraged to back up for the grade above.***