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Dorset & Wilts U17s Development Day

The management and coaching staff have great pleasure in announcing a development day for the current squad players at U17 and for those who are no longer involved in Academy rugby. This is also for any players that you as club/school coaches feel are at the county standard that would like to attend the day, on the possibility of joining the current U17 squad. There is great programme of matches with other counties and our aim is to improve and develop the players that attend. This will follow on through to U18 and South West Trials.

The purpose of this day is aimed at extending the development of our current squad players, alongside those who were considered ‘not quite ready’ for the level required at County rugby.

We are very focused on player development who may be considered to be the better players within a Club Team and those who are keen to develop their skills to a representative level. We have therefore introduced a Players Development Day to be held at Bryanston School on **Sunday 27th January** for all Squad Players. The session will be between **9.30am – 3.30pm** with a break for lunch at approximately 12.30pm. Please ensure you bring your own lunch and water.

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| Structure of the Day

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| Players will need to bring a small notebook and pen (for sessions with Physio and points from coaches).Timings:**9.30 am** Arrival and registration**9.45 am** Squad meeting and short feedback activity.**10.00-10.30am** meeting and practical examples on Injury management and individual warm up – **10.30am** Players will be split in groups. The groups will be rotating throughout the day on different exercises and games. There will be specific exercises to challenge all players, with focus on key skills.**12.30pm**  Lunch – PLEASE ENSURE ALL PLAYERS BRING A SUITABLE PACKED LUNCH AND DRINK**1.00pm** Team Warm up (Coach lead)**1.15 pm** Games for understanding**3pm** Cool down - **WITH** Star Medical Physio followed by review of the day**3.30pm** End of day. Players should write short action plan for their own development. |

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PLEASE ENSURE ALL PLAYERS BRING A SUITABLE LUNCH, PLENTY OF FLUIDS AND SNACKS FOR THE DAY. A CHANGE OF CLOTHES IS ALSO RECOMMENDED, PARTICULARLY IF IT IS RAINING. WE WILL HAVE A PHYSIO THERE FOR THE DAY AND SHOWERS/CHANGING ROOMS WILL ALSO BE AVAILABLE. (Parents and Coaches are also welcome to attend this stunning venue)

Our aim is to have a highly productive, but fun rugby event whilst taking another look at those players who originally trialled, alongside our selected squad, to see how they have worked on the feedback given from the assessors in previous trails.

**COACHES, SCHOOL MASTERS, PARENTS –**

WE WILL **NOT** ACCEPT ANY PLAYER ON THE DAY WITHOUT PRIOR CONFIRMATION OF INTENDED ATTENDANCE BY EMAIL TO kevdobie@hotmail.com OR IF WE DO NOT HAVE THE COMPLETED FORMS THAT WERE HANDED IN AT PREVIOUS TRIALS.

We look forward to seeing you all on the day!

Best regards,

**Kevin Dobie**

**D&W U17/18’s Manager**