LONDON SCOTTISH RFC

13-WEEK RUGBY DEVELOPMENT PROGRAMME



For aspirational Year 11, 12 & 13 rugby players (boys)

A **FREE** high-quality training opportunity for players who want to stretch their ability, deepen their understanding of the game, and prepare for the next stage of their rugby development.

Starts:
Monday 2nd November

Time:
6:00–7:30 PM

Latymer Upper School Sports Ground
Hartington Road, Chiswick, W4 3UH

Free parking available

PROGRAMME OVERVIEW

- High-level coaching delivered by Men's National League coaches
- Specialist input from Bishop Wand School ACE students
- Individual skill refinement
- Game understanding and decision-making development
- Strength and conditioning fundamentals for long-term athletic growth

BISHOP WAND
CHURCH OF ENGLAND SCHOOL

In partnership with
Bishop Wand School ACE

REGISTRATION

Please scan the QR code or complete the link to sign up before attending.

https://forms.cloud.microsoft/r/6vAgDvgEsW
London Scottish RFC Rugby Programme Registration and Consent – Fill in form

DEVELOP / IMPROVE / ACHIEVE