

The Letchworth Garden City Rugby Club Academy

What is the LGC RFC Academy?

The Letchworth Garden City Rugby Club Academy is a programme designed to develop core skills in players identified as our most talented, away from the pressures of game preparation. Based upon the Rugby Football Union's National Core Curriculum the Academy does not play matches and as such membership is regardless of playing position.

The purpose of the Academy is to provide an environment that will develop, test and extend the participants' rugby ability, and in so doing motivate players not involved to aspire to be part of it.

It is important that all stakeholders (players/coaches/parents) accept responsibility for development but ultimately the players need to accept responsibility for their own development.

Continued membership of the Academy is in no way guaranteed and player performance will be subject to continuous scrutiny. Failure to meet and comply with the required standard, both behaviourally and rugby related will result in the player being counselled and subsequently given the opportunity to improve. However, if after reasonable time the required improvement has not been made, players will be released back to their age group with guidance on areas to work on. Released players who are deemed to have reached the required entrance criteria at a date in the future maybe nominated for another screening and if successful win re-admission.

Where does the Academy fit?

The Academy is pitched at a level below the County School of Rugby which is only open to a handful of players in the County. As such the Letchworth Garden City Academy affords more opportunity for participation at a higher level than club for a wider population of our players.

The Letchworth Garden Rugby Club Academy is distinct from, and runs parallel to the Hertfordshire RFU representative squads and is open to players in the U13-U16 age groups. Whilst it is expected that some players in the U15-U16 age group may also be part of representative squads this neither rules them in or out of the Academy.

Why an Academy?

- To strengthen the future of senior rugby at Letchworth rugby club through the introduction of new ideas and a fresh approach to training and player skill development.
- To identify and develop young players/athletes with the required mindset and potential to play at a higher level above club.
- To offer a well organised and high quality coaching programme to the most talented youth players at Letchworth rugby club.
- To increase the visibility of our players through inviting in guest coaches to run sessions and actively promote our club's participation in County representative sides.
- To take the opportunity to promote excellence and share best practice within our coaching function through the adoption of a "coach the coach" approach.

Selection Process

Selection is based upon a combination of skills, fitness, and attitude. The chosen participants should display the necessary skills and attitude that will allow them to develop into excellent rugby players.

Likely candidates will receive an invite to attend an Academy screening session either through impressing the Head Coach of their age group or being identified in training or matches by a neutral Academy Coach. The final decision on admission will be made by an Academy Coach neutral of the respective age group.

Frequency

The sessions will take place every third Tuesday from 6.30-8.00 pm at St Christopher School in Letchworth.

- 1) Tuesday 3rd November 2009
- 2) Tuesday 24th November 2009
- 3) Tuesday 15th December 2009
- 4) Tuesday 5th January 2010
- 5) Tuesday 26th January 2010
- 6) Tuesday 16th February 2010 (Subject to half-term dates)
- 7) Tuesday 9th March 2010
- 8) Tuesday 30th March 2010 (Final Academy session)