



RUGBY FOOTBALL UNION

COMMUNITY RUGBY & OPERATIONS DEPARTMENT

**Notts Lincs Derby RFU
SCRUM HALF MASTER CLASSES
Spring 2010**

**U12 – U16 ASPIRING RUGBY PLAYERS AT CLUBS AND
SCHOOLS ARE INVITED TO ATTEND THE NLD SCRUM
HALF MASTER CLASSES**

<u>DATE</u>	<u>VENUE</u>
Saturday 6 March 2010	Derby RFC
Saturday 13 March 2010	Sleaford RFC
Saturday 20 March 2010	Nottingham Boots Corsairs RFC

DEAR PLAYER

YOU ARE INVITED TO ATTEND THE ABOVE MASTER CLASSES TO FURTHER DEVELOP YOUR RUGBY SKILLS AND ABILITIES WITH OTHER SIMILAR PLAYERS FROM CLUBS AND SCHOOLS.

THESE MASTER CLASSES WILL BE MOVING ON FROM THE SESSIONS THAT WERE RUN IN THE AUTUMN (YOU **DO NOT** HAVE TO HAVE ATTENDED THE PREVIOUS CLASSES TO ATTEND THIS COURSE) AND WILL FOCUS ON DEVELOPING THE SKILL AND KNOWLEDGE OF THE PLAYER. THE SESSIONS ARE AIMED AT ASPIRING SCRUM HALVES AND WILL BE RUN BY MATT JEFFERSON WHO HAS PLAYED FOR NOTTINGHAM ACADEMY, LOUGHBOROUGH UNIVERSITY AND COACHES NLD U18'S SO REST ASSURED YOU WILL BE IN VERY CAPABLE HANDS.

THE ABOVE COURSES WILL RUN FROM 9.30AM – 12.30PM AND COST ONLY £5.00 **PER DAY**. TO BOOK A PLACE PLEASE COMPLETE THE APPLICATION FORM AND FORWARD WITH A CHEQUE MADE PAYABLE TO “**NLD RFU LTD**” TO NICOLE STOKOE, NLD RFU, 24 CARTER GATE, NEWARK, NOTTINGHAMSHIRE, NG24 1UB. THE CHEQUE WILL BE BANKED ON THE DAY OF THE COURSE.

PLACES ON THE COURSE ARE LIMITED AND WILL BE ALLOCATED ON A FIRST COME, FIRST SERVED BASIS SO BOOK NOW TO AVOID DISAPPOINTMENT.

PLEASE BRING PLENTY OF DRINKS. GUMSHIELDS ARE ADVISABLE AND AVAILABLE CHEAPLY THROUGH MOST GOOD SPORTS SHOPS. FOR UPDATES AND ALL INFORMATION ON WHAT IS HAPPENING IN NLD PLEASE VISIT OUR WEBSITE AT www.nldrfu.co.uk