

2025 RUGBY 10's

ELIGIBILITY:

Year 11-13 only (no experience needed).

Note: Registrations for Y9 & 10 Rugby 7's will be taken in Term 3.

GAMES:

Term 2 – 3 : Mondays afterschool

TRAININGS:

Term 1 (Optional): Strength & Conditioning - **Mondays** (4.30pm – 6.00pm) & **Fridays** (3:45pm – 5:00pm) – at School

Skills sessions: Saturdays mornings, venue & time TBC

Term 2: Strength & Conditioning **Fridays** (3.45pm – 5.00pm) at School

On field trainings: Saturdays, venue & time TBC

Parental assistance will be required for transport from school across the course of the programme and it is expected that families assist on a roster system where required.

UNIFORM:

Players will be issued a uniform for the season.

Mouthguard is compulsory at trainings and Tournament

Rugby Boots.

COST:

TBC

Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing to teams.

Please ensure your daughter's online registration is completed by **Sunday 9th February 2025**

If you have any questions please do not hesitate to contact me.

Yours sincerely,



Jacqui Foote
Sport Manager



Sandy Pasley
Principal