



Trinity Grammar School Rugby 2009

SPECIALIST RUGBY

The Specialist Rugby Union Squad is offered to as part of Trinity Grammar School's Co-curricular initiative.

The focus for 2009 will be on gaining a better knowledge of the game through attendance at coaching and refereeing courses. The members of the squad will use this knowledge to support Trinity's rugby program through mentoring younger players and refereeing matches. Attendance at rugby strength and conditioning sessions will not be directly monitored as it is an expectation that members of this squad will train with diligence to ensure that they are able to play at the highest standard they are capable of.

The commitments for each member of the squad are outlined below:

- *Full involvement in the Track and Field Programme during Term III.*
- *Completion of Level 1 - Foundation Course.*
- *Obtain referee badge before Friday 8 May 2009.*
- *Referee a minimum of two Trinity fixtures during the season.*
- *Mentor two junior (U10 – U14 year old) player.*

Peter Stokes
Director of Rugby