

EVOLUTION RUGBY

TRAINING SCHEDULES



2016-2017 SEASON

TERM 3 (23 APRIL – 1 JULY)

EVOLUTION RUGBY **AGE GUIDE**

AGE GROUP	AGE AS OF SEPT 1 ST 2016	GUIDE
UNDER 6 (LITTLE RUGGERS)	3, 4 OR 5 YEARS OLD	MAY TURN 4, 5 OR 6 THROUGHOUT THE YEAR
UNDER 9	6, 7 OR 8 YEARS OLD	MAY TURN 9 THROUGHOUT THE YEAR
UNDER 11	9 OR 10 YEARS OLD	MAY TURN 11 THROUGHOUT THE YEAR

YOU'RE CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2016.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2016-2017 SEASON (MUCH LIKE SCHOOL GRADES).

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACH'S DISCRETION.

EVOLUTION RUGBY

TERM 1 TRAINING SCHEDULE 2016/2017

23 APRIL - JULY 1



AL WAAB 2 X PER WEEK

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
UNDER 6 (LITTLE RUGGERS)		4.00-5.00		4.00-5.00	
UNDER 9			4.00-5.00		4.00-5.00

WEST BAY 1 X PER WEEK

TEAM	SATURDAY
UNDER 9	4.30-5.30
UNDER 11	5.30-6.30