

Belmont Academy of Rugby

Dear Parent/Carer,

Your daughter/son has expressed an interest in participating in the Academy of Rugby elective during session 2023/24. Some information about the course is provided below:

Structure

- The programme is run in partnership with Ayr Community Rugby Trust at Belmont Academy. It is delivered by the Ayr Rugby Trust Development team in partnership with Ayr Rugby Club.
- The Academy of Rugby gives pupils the opportunity to train in a rugby environment as part of their school curriculum.
- S1,2 &3 pupils will receive three periods out of their school timetable each week to take part in our rugby Programme. These periods have been selected to ensure that pupils will miss no more than 1 period of any one subject and no periods of Maths or English (S3 girls are the only exception to this). The timetable is shown below.

Monday						
1	2	3	4	5	6	7
S1 Boys				S2 Boys	S3 Boys	
Tuesday						
1	2	3	4	5	6	7
S2 Boys			S1-3 Girls	S3 Boys		
Wednesday						
1	2	3	4	5	6	7
			S1 Boys			
Thursday						
1	2	3	4	5	6	7
			S1-3 Girls			
Friday						
1	2	3	4	5	6	7
		S1 Boys	S2 Boys	S3 Boys	S1-3 Girls	

Objectives

The programme aims to develop the following areas:

- **Key National Themes** - Hand Catch, Tackling, Offload, Ball Presentation
- **Game Sense Skills** - Decision Making, Defence, Attack, 2 v 1
- **Physical Competencies** - Agility, Core Strength, Speed, Strength
- **Social Skills** - Meeting new people, Learn to work as part of a team
- **Mental Skills** - Focus, Discipline, Rugby Values
- **Lifestyle Management** - Nutrition, Hydration, Rest, Activity Management

Expectations

All young people participating in the Academy of Rugby will be expected to adhere to a number expectations in line with the values of Ayr RFC and Belmont Academy. In order to secure a place on the course, all participants must sign the contract overleaf which details these expectations. Should participants fail to meet these expectations, their continued participation in the Academy of Rugby will be in jeopardy.

Next Steps

Should you wish your daughter/son to participate in the Academy of Rugby, please sign and return the overleaf contract to Mr Murrie by no later than Friday 1st September. The Academy will begin on the week beginning Monday 4th September. If you require any further information, please feel free to contact Mr Phillips at iain.phillips@south-ayrshire.gov.uk.

Yours faithfully,

I Phillips (APT Physical Education)



Belmont Academy of Rugby Contract

By signing this contract, I agree to abide by the following expectations which reflect the values of Belmont Academy and Ayr RFC:

- **Attendance** and **behaviour** across all other subjects will be continually monitored and we expect this to be of the highest possible standard.
- Participants must arrive **prepared**, consistently bringing the equipment required for engagement in practical and classroom-based sessions
- Players must be fully committed and demonstrate they are **motivated** to improve their performance.
- Players must play for **enjoyment**. Enjoyment is the reason we play for and support our School. Enjoying what we do creates Team Spirit and can only help us to be successful.
- Players must **respect** coaches and each other. Respecting each other is the foundation that makes our sport. We hold the sport of Rugby in high esteem through its values and traditions, earning the respect of others in the way we behave.
- We encourage all members of our School to adopt a healthy **lifestyle** and build life skills through the enjoyment of rugby.

I acknowledge that if I fail to meet the above expectations, my position in the Academy of Rugby may be in jeopardy.

I agree to my daughter/son _____, Class _____

opting for 3 periods in Belmont Academy of Rugby per week. I understand the expectations required of them and agree that they are appropriate and achievable.

Parent/carer signature

Pupil Signature
