

# FAQS

## **Are Thursday and Saturday morning compulsory?**

Yes. We work incredibly hard to provide a wide ranging and varied fixture list. In order to be able to put out three to four teams in each year group we need a commitment from the boys who have chosen rugby as their games option. If selected we expect the boys to be available. We are confident that being part of a team, playing sport, and all of the challenges and experiences that go with it will be a hugely positive experience for your son. Doing this with their friends will be something they will talk about long after they have left school.

## **Why does my son's team not have as many fixtures?**

One of the challenges we face is to provide fixtures for all boys within the programme. However, this is not an easy task when it comes to the C and D teams in each year group. Other schools and clubs, for the most part, are not able to field the same number of teams that we are able to. Consideration also needs to be given to the level of the fixture. Accepting a fixture against another school B team, may result in a miss match that is also counterproductive and can dent confidence. With the appointment of Mr Edwards, as Head of Rugby, one of the key areas he will be looking to address is providing more meaningful fixture for our C and D teams.

## **Is Strength & Conditioning (S&C) safe for my son?**

Yes. We believe that strength and conditioning is a key part in not only developing athletic ability, but it plays a key role in injury prevention. Technique and safety are our only priority. We will not overload the bar, searching for fast gains, at risk of compromising technique and safety. Controlled S&C is proven to reduce the risk of injury and have significant health benefits, as outlined by the UK Strength and Conditioning Association.

## **Can my son attend all S & C sessions for his year group?**

Unfortunately we do need to limit numbers due to safe operating space in the school gym. At this time the A team squads will be prioritised, due to the demands of the game at the top level in each year group. However, we will continue to look for ways we can open this programme to a greater number of pupils. All boys will get access to the facility within PE as an example and can request tuition in Olympic lifts at these times.

## **Can my son attend lunchtime skills sessions?**

Yes. These sessions are open to all and we would encourage players from all teams to attend. They are a great way to receive high quality additional coaching from PE and rugby staff and improve basic fundamentals

## **Are we only interested in the success of the 1<sup>st</sup> XV in each year group?**

Absolutely not. We make no secret that we offer a lot to boys who achieve A team standard. However, all of our rugby players will have access to at least two training sessions a week at Inverleith, a skills session, and where possible a fixture on a Saturday morning.

We now take as many teams as possible, including all of S1 and S2 to Spartans during the worst of the winter months. This ensures that as many teams as possible benefit from access to the best facilities, and that boys in C and D teams so not lose the chance to practice rugby due to inclement weather.

We operate for the most part as a large squad consisting of the A and B team players to develop as large a group as possible. We are regularly looking for boys to promote from C and D team squads, and one of Bruce Ruthven's annual projects is to watch games at all levels to identify players who should be promoted.

We have a number of coaches out with the PE Department who are highly qualified to UKCC2 level, and we will look to increase this in the years to come. Our most qualified coaches in the PE Department regularly work with lower groups, particularly in the Primary School, where the staff work on a weekly basis with the C and D team groups to help develop the players and coaches. We also have a floating member of the PE Department at Tuesday games who moves around the different groups as required to increase technical expertise.

Bruce Ruthven works on an annual basis on coach education, ensuring that coaches are developed to a point where they can deliver high quality rugby sessions, and the boys benefit from the increased expertise.