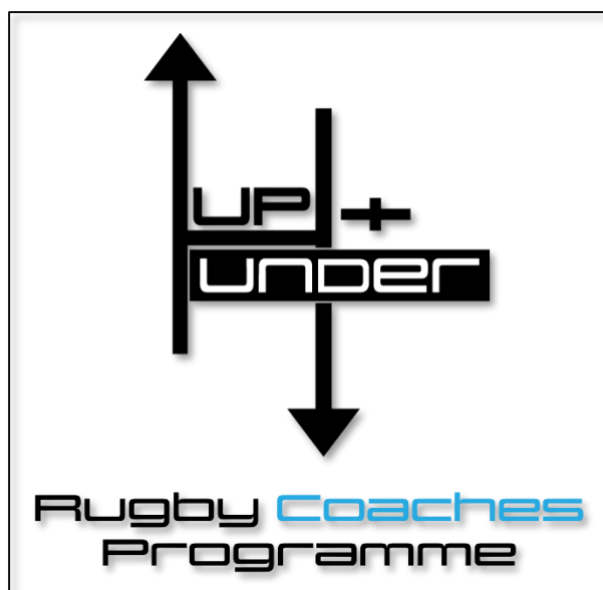


RUGBY COACHES PROGRAMME 2021/22



The Up and Under Rugby Coaches Program is designed with the purpose of awakening and developing potential world class rugby coaches. Our approach is to implement the needed discipline and work ethic to create and develop aspiring rugby coaches, through a disciplined program igniting a fun learning environment where we aim to create respected and humble rugby coaches.

Our class sessions will be at NTK Rugby Club in the clubhouse inside of the main stand.

RCP monthly membership:

R400 p/month – 2 sessions per week, & coaches will receive a 'Coaching Guideline Workbook'.

Weekly Schedule:

Day	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Time		17H00 till 18H30		17H00 till 18H30			
Session		Class Session		Class Session			
Location		NTK Rugby Club		NTK Rugby Club			

2021/2022 Year Schedule:

November 11th – December 16th (Post Season)

January 18th – March 24th (Pre-Season)

April 5th – June 24th (In-Season)

July 19th – September 30th (In-Season)