



RUGBYFIRST

Eastern Counties U13 School of Rugby

The School of Rugby (SoR) programme aims to identify and develop young players and athletes who have the potential to play at the elite levels of the game in England.

It provides a route for players into the England Rugby Academy system through the Elite Player Development Group (EPDG). The SoR provides an opportunity to identify emerging talent at ages 13-16, from Eastern Counties age group squads and an exit route for those players who do not continue to meet the SoR criteria.

The focus of the SoR is to develop core technical skills together with tactical appreciation of the game. Players will also be educated on the key lifestyle, fitness and mental components which will help them reach the highest levels of performance.

The Eastern Counties SoR also provides suitable players with one possible entry routes to the Elite Player Development Groups of Leicester Tigers and Northampton Saints, as well as the opportunity to be selected for Eastern Counties representative teams at U14, U15 and U16 level.

Finn ARBUCKLE / Daniel BAINBRIDGE / James BELLHOUSE / Reuben BIRD-TUCCOCIL / Charlie BOWEN / William BROWN / Tom BROWN / James BROWN / Matthew BUCKINGHAM / Toby BUCKLAND / **Henry BURTON** / Samuel CHARLTON / Stanley CLARK / Liam CLARKE / Tom CROPPER / Fraser DINGWALL / Charles DODDS / Sam DURMAN / Jack EDWARDS / **William FINDLAY** / **Fergus GREGORY** / Ben HARRINGTON / **Archie HAYNES** / **William HAYNES** / **Joseph HEGARTY** / Callum HEMPSTEAD / Tom INNES / Alex LEEDER / Thomas McALLISTER / Thomas McCARTHY / **Joe MILLIGAN** / James MURRAY / James PARRY / Ross PITCHER / Harry POPE / Edward POTTER / **Max ROSS** / Jonathon SAGE / Oscar SEAMAN /

Owen SHARPE / Luke SPEAR / Alex SHEMMING / Jolyon SUMMERS / Luke URU / Kit WARDE-ALDAM / Thomas WHITEHEAD

*Denotes Langley School

The SoR programme at U13 is about skills development in young players with limited match activity and will comprise nine sessions held over four days;

Sunday October 23rd, 2011 at Langley School, Norfolk

Sunday January 29th, 2012 at The Leys, Cambridgeshire

Sunday March 25th, 2012 at Framlingham College, Suffolk

Sunday April 29th, 2012 at Langley School, Norfolk