

## TGS Rugby – Internal Trials

**Date: Saturday, 18 July**

### **Instructions for players:**

1. Please meet at the venues at 12.10pm as outlined below (please do not arrive before 12.10pm – wait for the fields to be cleared after Football games)
2. Please bring your mouth guard and a clearly labelled water bottle
3. Please wear your regular TGS Rugby playing kit – please also bring your TGS rugby training shirt and another rugby jersey of different colour/design
4. Please bring afternoon tea if you require a snack between games
5. If you need to be strapped please meet at the lower level of the Pavilion at 11.45am (changing rooms level) and bring your own strapping tape

### **Venues and Times**

<b>Time</b>	<b>Mills</b>	<b>Barbour</b>	<b>Kent</b>	<b>Trustees</b>
	<b>All Opens (excluding 1st and 2<sup>nd</sup> XV squads) All U16s</b>	<b>All U15s All U14s</b>	<b>All U13s All U12s</b>	<b>All U11s</b>
<b>12.15 – 1pm</b>	<b><i>World Rugby Activate Warm up and Confidence in Contact session – all players</i></b>			
<b>1 – 1.20pm</b>	<b>Opens trial</b>	<b>U14s trial</b>	<b>U13s trial</b>	<b>U11s trial</b>
<b>1.20 – 1.40pm</b>	<b>U16s trial</b>	<b>U15s trial</b>	<b>U12s trial</b>	<b>U11s trial</b>
<b>1.40 – 2pm</b>	<b>Opens trial</b>	<b>U14s trial</b>	<b>U13s trial</b>	<b>U11s trial</b>
<b>2 – 2.20pm</b>	<b>U16s trial</b>	<b>U15s trial</b>	<b>U12s trial</b>	
<b>2.20 – 2.40pm</b>	<b>Opens trial</b>	<b>U14s trial</b>	<b>U13s trial</b>	
<b>2.40 – 3pm</b>	<b>U16s trial</b>	<b>U15s trial</b>	<b>U12s trial</b>	
<b>3 – 3.15pm</b>	<b>Opens trial</b>	<b>U14s trial</b>	<b>U13s trial</b>	
<b>3.15 – 4.15pm</b>		<b>1<sup>st</sup> XV v 2<sup>nd</sup> XV squad trial</b>		

- All age groups will commence with the World Rugby Activate warm up and a Confidence in Contact session from 12.15 – 1pm
- Trial games will run for 20 minutes at a time, age groups alternate on each oval between 12.45 and 3.15pm as per the schedule above
- Coaches will share refereeing duties and meet between games to discuss next round of games
- 1<sup>st</sup> XV and 2<sup>nd</sup> XV squads will trial between 3.15 – 4.15pm (Mr Enfantie and Mr Perrignon will provide more information to these squads)
- Players will be informed at the conclusion of the trials which team they will commence training with in week 2 in preparation for the trial v GT on Saturday, 25 July at TGS
- First Aid will be available on each oval and an ambulance will be on site throughout the trials