



SNC & Nottingham Rugby Launch New Rugby Performance Academy

South Nottingham College, the Education Partner of Nottingham Rugby, will be looking to launch a new Rugby Performance Programme for 16-19 year olds in September 2012. The college and NR will be recruiting a high performance programme of up to 20 athletes/ students that will work alongside the Nottingham Rugby Academy. The Scholars will have a tailored academic and training schedule that will include high quality coaching, nutrition support, strength and conditioning as well as a study programme of a Level 2 or 3 Sports Programme or A Levels.

This programme will be the first of its kind at Nottingham Rugby as the club embarks on its aim to reach promotion to the holy grail of the Premiership for the first time. Nottingham Rugby Academy Manager & SNC Sports Performance Manager John Widdowson said *'this programme has been on our radar for some time but now seems the right time to launch this new initiative.'*

Currently the RFU only funds Premiership clubs to run RFU accredited academy programmes but the college and NR have committed to developing their own initiative that will give aspiring rugby players a platform to develop their core skills, increase their fitness for rugby performance and develop the game knowledge for success.

This is exciting for both the college and Nottingham Rugby. South Nottingham College are inviting applications now.

Please contact
South Nottingham College on

0115 914 6431
for further information.

Further Elite Coaching dates for players U16/U17, to be held at South Nottingham College for those considering the programme above:

Wednesday 26th October 2011
10.00am – 3.00pm

Sunday 18th December 2011
10.00am – 3.00pm

Limited places available please contact **John Widdowson/Stephen Fowkes** on **0115 914 6431** – look for further information about this great opportunity to access elite coaching free.



SouthNottinghamCollege