

## **Info Sheet on Indoor Training Sessions**

Where: Indoor Sports Pavilion, 16 West Hanover Ave, Randolph, NJ 07869 Phone: 973-895-4007

When: Thursday evenings starting 1/4/07 thru 2/23/07 from 7-9pm.

Who: all registered players

Why: work on skills and fitness

Cost: \$5.00 per player per session payable at the session.

These indoor pre-season training sessions are held for the combined U15 & U19 teams to begin preparations for the upcoming season. Ball-handling, limited contact, rucking and mauling and scrimmages are all part of these sessions. While participation in these sessions is not mandatory as we understand that many of our players participate in school winter sports that conflict with rugby now, we encourage all players to come as often as possible.

Mouthguards are needed for every session so the player is prepared for any contact drills.

Regular sneakers are fine. If you have artificial turf shoes, those are fine, too.

Long pants/long sleeves are strongly recommended as the turf can give nasty scrapes.