

Eastern Counties School of Rugby U13 - U16 Programme 050711

Day	Date	Age Group	Seq	Programme	Venue
Sunday	September 4th	16	1	Fitness & Assessment -SoR 1	Culford School
Sunday	September 11th	16	2	Training-SoR 2	Culford School
Wednesday	September 21st	16	3	Match v SC Team	Thetford RFC
Wednesday	September 28th	16	4	Match v SC Team	Thetford RFC
Sunday	October 2nd	16	5	Training-SoR 3	Culford School
<i>Sunday</i>	<i>October 9th</i>	<i>14</i>	<i>6</i>	<i>Suffolk v Norfolk SC</i>	<i>TBA</i>
Sunday	October 9th	16	7	Training - SoR 4	Culford School
Wednesday	October 19th	16	8	Training - SoR 5	Thetford RFC
Sunday	October 23rd	13	9	Training - Assessment	Langley, Norfolk
Sunday	October 30th	16	10	Match v Essex (A)	TBA
Sunday	November 6th	16	11	Training - SoR 6	Culford School
Sunday	November 13th	16	12	Training - SoR 7	Culford School
Sunday	November 20th	16	13	Match v Kent (H)	Sudbury RFC
<i>Sunday</i>	<i>November 20th</i>	<i>14</i>	<i>14</i>	<i>Norfolk v Suffolk SC</i>	<i>TBA</i>
Sunday	November 27th	16	15	Training - SoR 8	Culford School
<i>Sunday</i>	<i>December 4th</i>	<i>14</i>	<i>16</i>	<i>Cambridge v Norfolk SC</i>	<i>TBA</i>
TBA	December TBA	16	17	Training - SoR 9	Culford School
Sunday	December 18th	16	18	Match v Herts (A)	TBA
Sunday	January 15th	13	19	Training - Assessment	TBA
<i>Sunday</i>	<i>January 15th</i>	<i>14</i>	<i>20</i>	<i>3 Way Tournament SC</i>	<i>TBA</i>
Sunday	January 29th	13	21	Training - SoR 1-3	The Leys, Cambs
<i>Wednesday</i>	<i>February 1st</i>	<i>14</i>	<i>22</i>	<i>Training - SoR 1</i>	<i>Thetford</i>
<i>Wednesday</i>	<i>February 8th</i>	<i>15</i>	<i>23</i>	<i>Training - SoR 1</i>	<i>Thetford</i>
<i>Wednesday</i>	<i>February 15th</i>	<i>14</i>	<i>24</i>	<i>Training - SoR 2</i>	<i>Thetford</i>
<i>Wednesday</i>	<i>February 22nd</i>	<i>15</i>	<i>25</i>	<i>Training - SoR 2</i>	<i>Thetford</i>
Sunday	February 26th	15	26	Match v Essex (H)	Colchester RFC
Sunday	February 26th	14	27	Match v Essex (H)	Colchester RFC
<i>Wednesday</i>	<i>February 29th</i>	<i>14</i>	<i>28</i>	<i>Training - SoR 3</i>	<i>Thetford</i>
<i>Saturday/Sunday</i>	<i>March 10/11th</i>	<i>15</i>	<i>29</i>	<i>Training Camp - SoR 3-7</i>	<i>Gt Finborough</i>
<i>Saturday/Sunday</i>	<i>March 10/11th</i>	<i>14</i>	<i>30</i>	<i>Training Camp - SoR 4-8</i>	<i>Gt Finborough</i>
Sunday	March 25th	13	31	Training - SoR 4-6	Framlingham, Suffolk
<i>Wednesday</i>	<i>March 28th</i>	<i>15</i>	<i>32</i>	<i>Training - SoR 8</i>	<i>Thetford</i>
<i>Wednesday</i>	<i>April 4th</i>	<i>14</i>	<i>33</i>	<i>Training - SoR 9</i>	<i>Thetford</i>
Sunday	April 8th	15	34	Match v Kent (A)	TBA
Sunday	April 8th	14	35	Match v Herts (A)	TBA
<i>Wednesday</i>	<i>April 18th</i>	<i>15</i>	<i>36</i>	<i>Training - SoR 9</i>	<i>Thetford</i>
Sunday	April 22nd	15	37	Match v Herts (H)	TBA
Sunday	April 29th	13	38	Training - SoR 7-9	Langley, Norfolk



**EASTERN COUNTIES
RUGBY UNION**

For up-to-date schedule
information please go to the
website

<http://www.ecrfu.com/playing/school-of-rugby>

