



Eastern Counties U14 Squad 2011/12 Season



Welcome

Congratulations !

- Team
- SoR Selection
- ECRU Squad Selection
- Objectives
- Schedule



Team

- John Naylor - Head Coach
- Russell Sheldon - Coach
- Stu Hudson - Coach
- Spencer Smith - Coach
- Nick Pressling – Coach
- Martin Webdale – Coach
- Dawn Davies – Physio
- Dan Emery – Team Manager



ECRU Squad Selection

- **ATTITUDE**

Determination, work-rate, ability to get on with others, team players, intensity, 'coachability'

- **ATHLETIC POTENTIAL**

- **GAMES PLAYER**

- **TOUGHNESS and RESILIENCE**

- **COMMITMENT**



ECRU Selection

RELEASE STRATEGY

- One on one interview with coach
- Written action plan
- Possible invitation to ECRU squad at later date
- EPDG, Sub-County, Club



Our Objectives

- For EVERYONE involved to have an enjoyable and positive rugby experience, and to develop as players and individuals
- To support the potential of players to succeed at a higher level (London & SE Division, EPDG)
- To support your continued rugby career into 2012/13 and beyond with Eastern Counties



Our Objectives

- Core skills
- Games player
- Want to win
- Player welfare



Our Objectives

Development of the individual

- More enjoyment
- Progress to reach potential
- Fitness and lifestyle
- Manage priorities



Your Objectives

- Manage your time – avoid overplaying
- Make ECRU your short term No. 1 priority
- Demonstrate commitment to the squad
- Work on the areas of your game we identify to make improvements
- Be HONEST with yourself and the team



Schedule

Wednesday February 1st Training - SoR 1

Wednesday February 15th Training - SoR 2

Sunday February 26th Match v Essex (H)

Wednesday February 29th Training - SoR 3

Saturday/Sunday March 10/11th Training Camp - SoR 4-8

Wednesday April 4th Training - SoR 9

Sunday April 8th Match v Herts (A)

