



VALLEY RUGBY FOOTBALL CLUB

SCHOOL SERVICES
JUNE 2019

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Valley RFC is proud to be offering a wide range for school coaching products and services for the upcoming school years.

In 2019 we have redeveloped our programmes to not only improve our services to better meet the needs of Hong Kong, but also further improve on the quality of coaching that we provide.

No matter whether your school is new to the sports we offer, have a long standing established programme, have a small number of participants or multiple teams; we are confident that we have a service option that is suitable for your needs.

While we have developed a core program framework, our services are easily tailored to your needs, ensuring we able to help you meet your goals.



CORE SERVICES

Hockey / Netball / Rugby

▲ After School Programme (Extra Curricular Activity: ECA)

We welcome schools to outsource your Hockey/ Netball / Rugby after school sports programmes to Valley RFC.

Schools to provide the training venue, and Valley RFC will then look after the rest; from the registration/ payment process right through to coaching delivery.

The 10-12 week block programmes are designed to provide a platform through which students can develop not only physical competencies but also an understanding of sportsmanship, teamwork, and training.

A great option for:

- Schools limited by internal resources for what services they can offer.
- Schools wanting to provide all year access to sport.
- Providing a pathway to the wider Hong Kong sporting community.

\$\$\$ - FREE

Fee payable to the school from Valley RFC where relevant for items such as school venue hire, equipment usage, internal marketing.



▲ In-Schools Programme

We can assist you with adding hockey/ netball/ rugby to your schools physical education program in a safe, fun and productive way.

The Valley RFC coaching team has been involved in developing and implementing sports programs to suit the needs of school physical education curriculums. Our coaching team work with school staff members to deliver the schools curriculum objectives.

\$\$\$ - Please contact us for a tailored quote

▲ School Teams

We will work with you to provide a program for inter-schools competition. All our school programs are assigned a lead coach who is responsible for adapting our development model to the needs of your school team.

These school programs also have access to our greater coaching network including specialist coaches for roles such as goalkeeping (Hockey), shooting (Netball), goalkicking (Rugby).

\$\$\$ - Please contact us for a tailored quote

Don't have enough people to form a team?

Let us know if you have a limited number of interested student and we will endeavour to arrange for opportunities for those interested to take part in a combined school team or our club programmes; ensuring that everyone gets a chance to take part!

CORE SERVICES

Hockey

▲ TNT Event (Train & Tournament)

We are excited to introduce our “Train & Tournament” Event. This is a free program for any school that wishes to take part.

It involves a coaching clinic run by the Valley RFC coaching team focused on introducing the elements of our development model to all participants. This clinic is followed up by a modified hockey tournament with small sided games. Each of the teams in the tournament will be assigned a designated coach to help guide them through the tournament event.

In addition to this, there will also be a pre-event coach the coaches workshop, as well as an umpiring development program which is open to staff and students from any participating school

Schools can enter whole squads of up to 30 players, or small groups and individuals.

\$\$\$ - FREE



OTHER SERVICES

If you would like to introduce or further develop hockey/netball/rugby at your school through a different program outside of our core services, please contact us and we can assess your needs on a case by case basis.

Other services that we have provided in the past include:

- ▲ **5 Session Taster Programmes for Primary Schools**
- ▲ **Demonstration and Promotion Events**
- ▲ **Skill Challenges**

VALLEY SCHOOL PROGRAMME BENEFITS

All schools that take part in a paid coaching service from Valley will have access to several benefits including:

▲ **Academy Affiliate** (2019 Hockey Only)

The Academy affiliate is available to any school which has an existing account with Valley RFC. The program is based on small group trainings and athlete support. This is aimed at not only developing elite level athletes but also applies Valley RFCs holistic player-athlete model. Through this we encourage and provide not only training support but also education and life skills.

- ▲ **Valley RFC hosted coach education workshops**
- ▲ **Access to specialist coaches**
- ▲ **Equipment borrowing** (when available)
- ▲ **Access to Valley suppliers for Sporting Equipment**