

Guildfordians RFC

Spotlight on... **Minis' Rugby**

The Minis' section of Guildfordians Rugby Club is its beating heart – and its growth engine.

We start at the age of 3 in Micros and run right through to Under 11's. We train on Sunday mornings between 10 and 12, with some ages running a one hour session and some running sessions up to 2 hours.

In **Micros** things start in a relatively simple way – even getting the children to run in a straight line is an accomplishment! We introduce ball skills and team games and, in a normal year, learning to have your tag taken without the need for floods of tears is an important aim. Sometimes this takes rather a long time! Don't worry! The tinies are not thrown into full contact rugby!



Throughout all the **Minis** age groups we try to give the children confidence, while instilling some discipline, but it's most important to have fun. Children learn best through fun.

We operate along the lines of the **RFU TREDs** approach. **TREDs** stands for:

TEAMWORK

RESPECT

ENJOYMENT

DISCIPLINE and

SPORTSMANSHIP.



Moving on from the Micros, the 'tag game' is played at under 7's and under 8's. Contact is not permitted until under 9's. Further aspects of the full 15 a side game are introduced at various age groups along the way. We play age grade rugby under RFU guidelines.

Great highlights of our 'normal years' are the festivals. At Guildfordians, we aim to hold 2 Mini festivals a year - one in the Autumn and one in Spring. Festivals are played from under 7's to under 11's with each age group playing games against other teams, within their own age grade rules. Teams from all over visit our club to take part, some coming from as far away as Guernsey. They are really long and tiring days, but everyone involved would agree they are well worth the effort, even if the weather isn't always kind to us.

In between the festivals, there will be home training and opportunities for joint training sessions with other local clubs. Sometimes these are at our home ground and others are held away at the another host club's

facilities. These sessions give our players a chance to hone their skills and interact with children outside our club. The coaches also get a chance to discuss training ideas with other like-minded people.

We are a very friendly, volunteer run club, with lots of social events throughout the year and a fantastic family rugby tour each May, Covid allowing!

We actively encourage parental participation and most of our coaches simply started off as willing parent helpers.

So, what's stopping you and your Mini? A warm welcome awaits you all at Guildfordians Rugby Club whatever age your child is.

We look forward to seeing you very soon!



Get dirty, play rugby!

Trudi Rowland – Minis Chairman and Coach
mini.chairman@grfc.co.uk

