

Crieff & Strathearn Microbes

Newsletter No.1 - September 2009

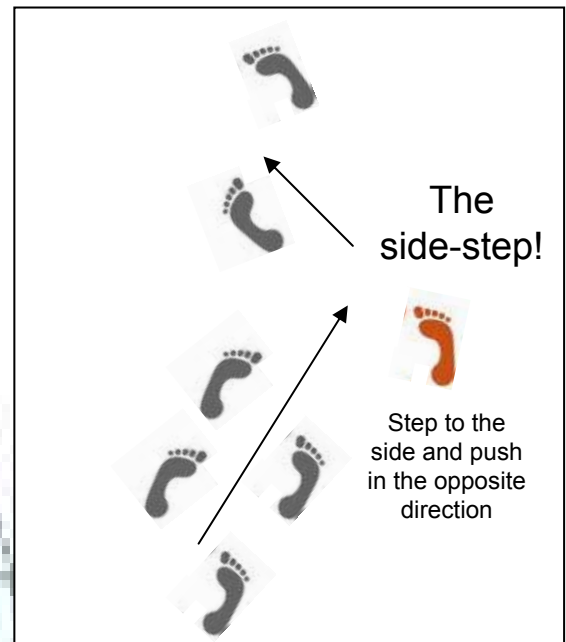
We would like to extend our warmest welcome as the 2009-10 season is now underway. We're delighted to see so many children getting involved with the Microbes, and would like to thank all parents for their continued support, and to welcome all new starters.

Skills Coaching

Over the coming weeks, we're going to begin introducing the children to some basic skills related to playing rugby. We expect that many of the younger ones may not fully grasp the skills, which is of course absolutely fine, as long as they're having fun in the process, but then again, they may just surprise us! The main idea is to give a focus to the session, and foster a sense of development and progress, whilst hopefully keeping it fun and light-hearted.

We'll focus on one skill at a time for several weeks, and then introduce further skills over time to keep the children engaged. We began last week by introducing them to the 'side-step'. If you would like to help reinforce this at home, the main learning points we're hoping to get across are:

- **Purpose** – to avoid being caught with the ball by beating the opponent with a rapid change of direction
- **Technique** – as shown, the idea is to make a sharp change of direction by pushing off one foot, and quickly moving in the opposite direction, whilst running at speed. Ideally, players should be able to do this in either direction.
- **Relevance** - We'll gradually introduce this to more game-like situations, as the children develop the skill, as appropriate to the children's ages and abilities.



Safety

Just a few safety reminders:

- **Clothing** – please ensure, particularly with the colder weather around the corner, that children are dressed appropriately. Club kit is available for purchase, however, this is entirely optional.
- **Toileting** – please ensure children are toileted prior to the session, and be on hand during the session should your child need to use the toilet
- **Eating** – it's very important that children are not eating/chewing during the session
- **Supervision** – please be immediately available at all times during the session. Children will sometimes need a break from the session, either due to fatigue or to allow us to maintain discipline when necessary – please be on hand to support the coaches in this to ensure everyone's enjoyment.
- **Weather** – the session will be cancelled if the weather is unsuitable. This is communicated via the information line on:

07704 180 974

Parent Involvement

We strongly encourage as much parent involvement as possible, in fact we could not run the Microbes without this. Absolutely no experience is necessary, and any hands on help with the session is much appreciated.

For those who would like to become a bit more involved, the club also occasionally runs coaching training sessions, which are put together and run for us by the SRU. If you are interested in participating in this, please let any of the Microbes coaches know.

We would also welcome your ideas and suggestions. The Microbes coaches are all enthusiastic volunteers, who enjoy seeing the kids having fun, and we're only too willing to hear feedback, both positive and negative, to help us improve the sessions. Please feel free to let us know your views.

Best wishes from the Crieff Microbes coaches