

APRIL 2024



AGE GRADE OUT-OF-SEASON SUMMER ACTIVITY GUIDE

		MAY	JUNE	JULY	AUGUST
TRAINING	FREQUENCY	1-2 SESSIONS PER WEEK (INC GAME FOR U11-18)	1-2 SESSIONS PER WEEK (INC GAME)	1-2 SESSIONS PER WEEK (INC GAME)	1-3 SESSIONS PER WEEK (INC GAME)
	INTENSITY	LOW	LOW - MEDIUM	MEDIUM	MEDIUM - HIGH
	TYPE	GENERAL FITNESS AND SKILLS NON-CONTACT TRAINING FOR U13 & BELOW MAX 20 MINS CONTACT FOR U14-18 PER WEEK	GENERAL FITNESS AND SKILLS- MAX 20 MINS CONTACT PER WEEK	GENERAL FITNESS AND SKILLS MAX 30 MINS CONTACT PER WEEK	POSITION/GAME SPECIFIC SKILLS MAX 40 MINS CONTACT PER WEEK MAX 20 MINS CONTACT PER WEEK
	TIME	MAX 45 - 60 MINUTES + ACTIVATE	MAX 45 - 60 MINUTES + ACTIVATE	MAX 45 - 75 MINUTE + ACTIVATE	MAX 45 - 90 MINUTE + ACTIVATE
FIXTURES	TAG	U11 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS
	NON-CONTACT/T1 RUGBY	U11 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS
	X RUGBY	U14-18 BOYS & GIRLS	U14-18 BOYS & GIRLS	U14-18 BOYS & GIRLS	U12 - 18 BOYS U12, 14, 16, 18 GIRLS BANDS
	GAME ON ADAPTED CONTACT FORMAT	X	X	X	U14 - 18 BOYS U14, 16, 18 GIRLS BANDS
	FIXTURES/FESTIVALS	1 X FIXTURE/FESTIVAL FOR U11-18 BOYS & GIRLS PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	3 X FIXTURES/FESTIVALS

THE FRAMEWORK IS A MENU TO CHOOSE FROM, YOU DON'T HAVE TO PLAY/TRAIN IN THE OFF SEASON. FOR THOSE THAT CHOOSE TO, THIS SHOWS THE MAXIMUM ACTIVITY PERMITTED EACH MONTH. ALL MATCHES ARE FRIENDLIES DUE TO BEING OUT OF SEASON.

PLEASE REMEMBER PLAYERS MOVE TO THEIR NEW AGE GROUPS/BANDS ON 1st AUGUST