

WIDNES VIKINGS SCHOOLBOYS DEVELOPMENT PROJECT 2014/15

Supported by:

Widnes Past Players Association; Widnes Amateur Rugby League; KT8 Photography; ACS; Halton Concrete; Jack's Barbers; Widnes Taxis; Halton Borough Council; Paul Stockton Assist Education UK; Halton R.L. Service Area; Sheridan Racing; Appleton Village Pharmacy

WIDNES VIKINGS SCHOOLBOYS INVITE YOU TO RUGBY LEAGUE - RELATED FITNESS SESSIONS

- Who is it for?** Boys who are now in Year 5 and will be moving into Year 6 in September.
- WHEN?** Four Saturdays during the "summer holidays":
Saturday July 26th; Saturday August 2nd; Saturday August 9th;
Saturday August 16th
- Where?** WILMERE LANE, WIDNES. (WA8 5UP)
- What time?** 10.00am - 11.00am each week.
- What will we do?** Lots of fitness exercises all related to Rugby League.
There will be lots of activities all squeezed into one hour.
There will be fitness exercises based on rugby skills.
There will be plenty of hard work but also plenty of fun!!
- You can use these sessions to get yourself a little fitter. You can use them to make yourself better at rugby league. You can use these sessions to make you better athletes. You can use these sessions to prepare you for the rest of your junior club season. You can use these sessions to get ready for your school rugby teams when you go back to school in September. You can use these sessions, if you want, to prepare for the Widnes Vikings Schoolboys Development squad trials in September. You can just come along to have fun. It really is up to you! YOU DON'T HAVE TO BE A RUGBY PLAYER. YOU DON'T HAVE TO BE A MEMBER OF A CLUB.*
- What do I need?** Training kit and a bottle of water.
- Do I need to book?** No, just turn up but it is a good idea to tell your school or club that you are going to attend.
- Do I have to pay?** No. The sessions are FREE due to the generosity of all of our sponsors and supporters.
- Who will be looking after us?** All the adults are volunteers attached to the Widnes Vikings Schoolboys Development Project. They all have various qualifications and where needed hold current CRB/DBS certificates.