



## Sevenoaks Rugby Club

### Contact person

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### Club address

Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks, Kent, TN13 3RP

### Email

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### Main activity

Rugby training sessions from U5's - Adults Men & Women teams

### Who is welcome or qualified to join?

Beginners

Experienced

Under 12's

Under 18's

### What is the route for a new starter?

Free taster sessions

### How can new members engage and try?

Please visit our website for more information on how to sign up/ get involved:

<https://sevenoaksrugby.com/>

### Costs

At a fundamental level, you need to be a member to play rugby at SRFC. However we do offer a free taster session for anyone who wishes to give rugby a try!

### If you offer support for low income families please give an outline

We are open to finding solutions that work for anyone for whom affordability becomes a concern - whether through payment plans, discounts or support with kit. If you'd like to talk discreetly with someone you can talk to your Age Group Lead or our Clubhouse Manager.

### We offer.....

For our Mini players there are 30+ sessions of rugby\* a season with qualified coaches and all equipment provided and Youth players additionally receive midweek training. Academy players and Men's Performance players also receive a stash pack and professional coaching as part of their membership.

\*subject to weather conditions and other unforeseen factors.

### What do new members need to bring?

Upon registering for a free taster session, our coaches can advise what to bring

### What do new members gain in the first 8-12 weeks

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
Improvement in memory
New friends
New skills
A pathway to joining a team

### What is the club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Increased participation by girls and women
Expansion of inclusive/adaptive participation
Developing youth talent opportunities
Strengthening volunteering/coaching
Keeping costs accessible