

## Rugby Training Course – How to book



Dear Parent / Guardian,



Premiership winger Matt Jess is delighted to be adding to the after school club opportunities once again at **Ladysmith Junior School** for children in **years 4 & 5**.

The course will be 6 sessions and will be run by Matt himself through his MSJ Coaching service (fully DBS checked). Matt is a level 3 Rugby Coach, with over 15 years professional rugby experience including a number of years playing at the highest English club level.

Course dates are below and each session will start after school and will finish at **4.30pm**. The cost of the 6-week course will be **£24** in total. Sessions will take place on Wednesdays from 21st Feb; the last session will be on Wednesday 28<sup>th</sup> Feb.

Children will meet and change in 4KW, Mrs Walsh's classroom, straight after school. Children will need appropriate footwear (trainers and rugby / football boots), outdoor kit appropriate for the weather conditions and a drink.

Places are limited so please ensure you sign up and pay online by **Wednesday 14<sup>th</sup> Feb 2018**

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Booking on and Payment:

At [www.msjcoaching.co.uk/shop](http://www.msjcoaching.co.uk/shop)

Click on the Ladysmith school item and add the password: term2

If you have any questions/queries, please feel free to contact MSJ Coaching.

**Sarah Jess**

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