

RUGBY EXPO 2018

CONFERENCE PROGRAMME: THE GRASS ROOTS GAME



WEDNESDAY 18 APRIL
15:30 – 21:00

MAIN CONFERENCE ROOM

15:30 Registration opens for community club delegates

16:00 – 16:45 Concussion and the RFU's Activate Injury Prevention Exercise Programme

Speakers
Rachel Brown – Player Welfare Manager, RFU
Shona McCallin – Rio 2016 gold medallist GB Hockey player

16:50 – 17:35 Open Q&A with the RFU

Speakers
Dean Ryan – Head of International Performance (Men's), RFU
Mark Bennett – Head of Sports Science and Medicine, RFU
Ben Lowe – Head of Rugby Growth, RFU

18:00 – 19:00 Wasps Community Conference
Including 'securing and managing club sponsorship' and 'advanced mouthguard technology and concussion'

Speakers
Mark Covington – CEO, SNAP Sponsorship
David Allen – Managing Director, OPRO Group

19:30 – 20:15 England Women's rugby: getting more females playing more often

Moderator
Catherine Spencer – former England rugby international and founder, Inspiring Women

Speakers
Nicky Ponsford – Head of Performance (Women's), RFU
Martin MacTaggart – Player Pathways Manager, RFU
Clare Cooper – Women and Girls' Growth Manager, RFU

INTERACTIVE ZONE

15:30 Registration opens for community club delegates

16:15 – 16:45 Interactive coaching session with Dan Cottrell

17:15 – 17:55 XRugby: a new format of the game

Speakers
Ed Curran – Touch Operations Manager, RFU
Dom Tripp – 7s Project Manager, RFU

18:15 – 18:45 Product demonstration: MVP|DRIVE

19:10 – 19:50 How CARDS is shaping England's next generation

Speakers
John Fletcher – Performance Manager and International Performance Coach (U18's), RFU
Peter Walton – International Performance Coach (U18's), RFU



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THE GRASS ROOTS GAME

SESSION SYNOPSES



INTERACTIVE ZONE: HOW CARDS IS SHAPING ENGLAND'S NEXT GENERATION

Creativity, Awareness, Resilience, Decision making and Self-organisation (CARDS) are the priority skills helping to develop the next generation of England Rugby players. In this interactive session, England u18 coaches John Fletcher and Peter Walton will demonstrate how these core skills are implemented in practical coaching sessions to help boost player performance both on and off the pitch.

INTERACTIVE ZONE: XRUGBY - A NEW FORMAT OF THE GAME

XRugby is a new form of the sport recently sanctioned by World Rugby and set to be launched in England this year. Aimed at boosting participation across all ages, the XRugby concept is an adapted form of sevens with less contact and no kicking above head height. In this session, Ed Curran and Tom Tripp will demonstrate the differences from the traditional game and showcase coaching methods and exercises to help implement XRugby at any age.

OPEN Q&A WITH THE RFU

In this unrivalled opportunity, senior figures from the sport's national governing body take to the stage to answer your questions. With representatives from both the professional and development pathways in attendance, this is the chance to have your say and get answers from those at the top of the game.

WOMEN'S RUGBY: GETTING MORE FEMALES PLAYING MORE OFTEN

England has experienced significant growth in the women's game over recent years and the RFU has set ambitious targets to grow the number of women and girls engaging in the sport. In this panel discussion experts from the women's game will outline the pathway, discuss strategies and highlight what clubs can be doing to boost female participation.

CONCUSSION AND THE RFU'S ACTIVATE INJURY PREVENTION EXERCISE PROGRAMME

Whilst the contact nature of rugby union means that injuries do occur, through the research the RFU carries out the understanding of the type of injuries and why these happen continues to advance. This session will outline the RFU's Activate programme, RugbySafe initiative and resources available to help clubs improve the safety of players. The panel will also welcome first-hand accounts of dealing with and managing concussion in professional sport.

INTERACTIVE ZONE: COACHING SESSION WITH DAN COTTRELL

In this highly practical session, editor of Rugby Coach Weekly Dan Cottrell demonstrates coaching exercises and drills for junior age groups.

PRODUCT DEMONSTRATION: MVP|DRIVE

Come and see live demonstrations of the MVP|DRIVE—the world's first mobile, self-righting, padded training dummy. The MVP|DRIVE is precisely engineered to replicate the size and speed of a skilled professional, weighing 86kg and reaching speeds of up to 30 kmh. The MVP|DRIVE enables live, match-relevant training reps without the impact, fatigue, and dangers associated with player-on-player contact.

