

HHRFC Girls Summer Rugby Camp

Thursday 31 August 2023

HHRFC invites all girls aged between 10 to 16 of all abilities for a fun-filled day of rugby action.

The HHRFC Girls Summer Rugby Camp will provide expert coaching designed specifically for girls to learn core rugby skills while keeping fit and having fun!

Rugby is more than just a sport. It's where you can create some fantastic memories, meet new friends and be part of a team.

The HHRFC Girls Summer Rugby Camp is where it can all start, providing a non-intimidating friendly environment for all girls aged between 10 and 16 to get their first taste of rugby, learn new and develop existing skills, discover opportunities and ultimately become inspired to play rugby.

Our expert coaches are all RFU certified working alongside current women's premiership players, all passionate about sharing their rugby knowledge whilst nurturing and developing young female rugby talent.

HHRFC Girls Rugby is committed to creating a space where the door is always open for girls to feel comfortable and confident about having a go at rugby whatever experience they have had so far – and expressing themselves through sport. We believe that the lessons learned through rugby crossover into all areas of life and will set girls up for the future.

Come and make new friends with like-minded girls in our thriving new HHRFC girls section.



Time and Location

10am to 3pm – Thursday 31 August
(9:45am arrival for registration)

At:
Haywards Heath RFC, Whitemans Green,
Cuckfield RH17 5HX

On Pitch Sessions

- Core rugby skill development
- Game-based coaching
- Game understanding
- Speedwork
- Agility exercises
- Core stability exercises

What to bring

- Boots (rugby or football) and trainers
- Appropriate rugby kit (shirt, shorts, socks, and wet weather kit if needed i.e. waterproof, warm jumper)
- Packed lunch/snacks
- Hat in case of hot weather (please apply sunscreen before arriving)
- Plenty of water
- Any personal medication or strapping needs

FREE

To sign up email rugby@hhrfc.co.uk

JOIN IN GIRLS TOUCH RUGBY EVERY SATURDAY THROUGHOUT THE SUMMER

Meet 9.30am at Whitemans Green – all ages and experience welcome.

Free T-Shirt

Limited spaces available



FOODBANK SUPERHERO

THE HORSHAM FOODBANK NEEDS YOUR HELP!

Over the summer, we are asking local children to become our foodbank superheroes! For 4 weeks, the superheroes need to come to our 'Love It Again' charity shop in West Street to find out our most needed item. They can then search their cupboards or the supermarket shelves and bring that item in to redeem a stamp. After 4 stamps, the superhero will receive a prize!

To find out more about The Horsham District Foodbank:

<https://horshamdistrict.foodbank.org.uk/>



Emotional Well-being Week

21st-25th August

Monday 21st Aug- 10am-11:30am
Self-Esteem and Resilience



Wednesday 23rd Aug 10am-11:30am
Emotional Well-Being Tool Kit



*Mental
Health
Matters*



CLICK HERE



Hurst Cafe

*Summer Holiday
Opening times*



Free drop in sessions

Monday- Friday
12pm-5:30pm



Phone/Whatsapp: 01403 885121

Email: hello@hurst.cafe

Web: hurst.cafe

Insta: [hurstcafe](https://www.instagram.com/hurstcafe)

Cafe menu with
hot and cold food
and drink

A space for young people
in secondary school to 18
years old

Free access to sofas, xbox, wifi,
pool tables and much more