



**GHA**  
RUGBY FOOTBALL CLUB

## GHA ACADEMY TRIAL

Hi All,

I would like to communicate the GHA Academy process with you all and welcome all interest in the 2016/17 Program.

The Academy process will run on a 1-month trial, beginning on the 25th July, for all S1 - Senior players. At the end of the month, the players will be allocated into the relevant groups: Level 1, 2 or 3.

**Level 3;** the players train between 5-12 extra hours on top of their team/school session, where they will be supplied with extra training kit, goal setting objectives and a GHA Coach/Player will mentor and work closely with them.

**Level 2;** they train 1-5 extra hours on top of their team/school session, with GHA Academy coaches.

**Level 1;** they aren't successful at an Academy level but they would be welcome to come back and re-trial in 4 weeks, after their trial review date, where they will be provided constructive feedback on how best to achieve a level 2/3 grade at the next trial.

The training and Academy experience will be more than just physical rugby; providing a holistic high performance environment, including individual recovery expectations, player/game analysis, nutrition planning, etc.

If they are to be successful to Level 2 or 3 we will be introducing a small charge of £100 for the 2016/17 season, only £10 per month for the duration of the Academy programme, which will be used to supply the player with Academy kit and equipment. We will encourage the players to go out and look for a local sponsor and the sponsors name/logo will be added to their player's kit and also included next to their player's profile on the new website.

If this would be of interest to your son, or you have any further questions, please email me at [euanlaingclark@gmail.com](mailto:euanlaingclark@gmail.com) and let me know your name and your son's year group and I will add you/him to the GHA High performance Facebook page.

Yours sincerely,

Euan

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GHA 1stXV Head Coach

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