

# **7 Bamboos Rugby School Programme**



**INSPIRE & ENTHUSE**

**7s Rugby and Life Skills Coaching**

Our coaching isn't just about rugby – it's a complete personal development programme

## **7 Reasons to go with 7 Bamboos Rugby**

### **Your students will:**

1. Be stimulated. No long tactics talks – we'll kick off with a game of 7s where everything happens in a very short and intense time frame: succeed, lose, run, pass, kick, all under pressure – so they'll learn fast.
2. Discover their motivation, refine their skills and learn how to build positive relationships, whatever their personal starting point.
3. Learn how to focus, build on strengths and ignore distractions.
4. Experiment, play, practice and reflect constantly – there's no tedious waiting around.
5. Accept responsibility for their decisions and mistakes, building the confidence to challenge us.
6. Learn how to think and act like a professional athlete.
7. Touchdown at the end of the programme with a tremendous sense of accomplishment.



## Programme Overview

The 7 Bamboos Rugby School Programme aims to inspire and enthuse young people by learning essential character building skills within the sport of 7s rugby. 7 Bamboos Rugby understands itself as an organisation that sees the development of each individual as its highest priority. We want to support young people in their personal and skill development to allow every individual the experience of sustainable and mindful learning.

Within our school programme we provide tool kits and create environments which help participants to face essential challenges in their future schooling, working and living. Our programme focuses on challenges which are appearing in familiar areas in- and outside the school environment.

The programme covers all essential areas of a modern 7s rugby environment including:

- Athletic performance

- Coaching individuals and teams

- Organising, managing and running a performance environment

Each session will be run by our own professional 7s rugby coaches, who also work with our senior teams. Their experience is based on potential development in individuals and teams. In addition our senior athletes and team managers will assist the coaches during the school programme in order to offer an exciting, holistic and realistic learn experience in a practical context.

During a term-length programme, the participants will discover and explore all areas of a modern sport environment. During this journey they will go far beyond the physical aspect of the game.



## About 7 Bamboos Rugby



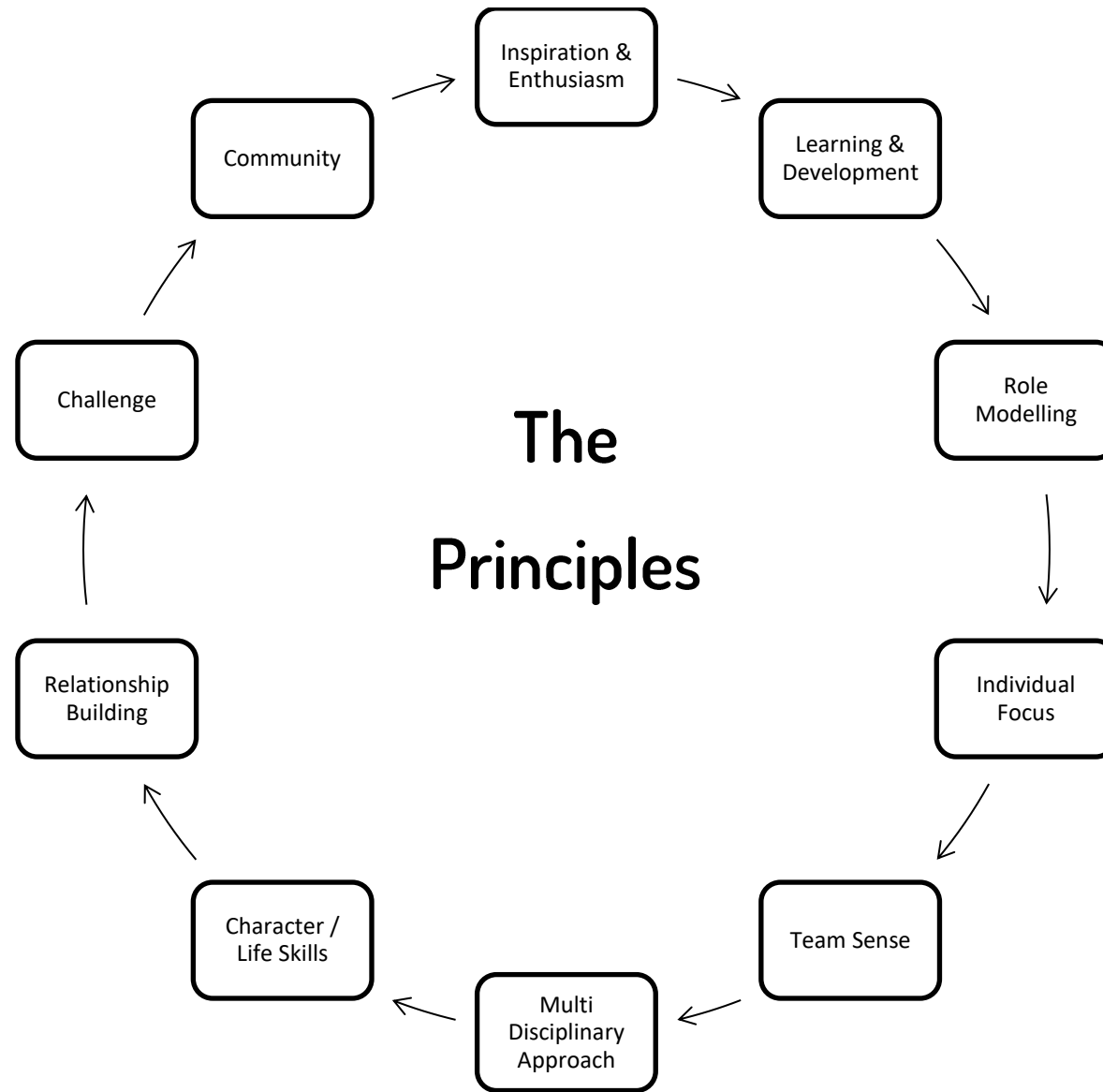
We identified that the sport of rugby sevens, combined with development-focused coaching, offers valuable opportunities for young people to play a fast growing, fascinating game and helps to improve fitness levels, consequently preventing long-term diseases such as obesity and overweight. Equally important, this combination also helps to gain vital character-building skills, which are essential in achieving better outcomes in education, health and economic productivity.

7 Bamboos Rugby is a social, creative and innovative venture, based on four areas: [A development squad](#), [coaching programmes for schools and colleges](#), [tailor-made events](#) and a range of [distinctive merchandise](#).

The unique selling point of 7 Bamboos Rugby is the creation of a venture that, in this way, simply does not yet exist: A carefully considered development-cycle based on a creative, well-designed brand, acting as a social enterprise.

Our idea takes a completely new approach toward young peoples' development. Most rugby sevens teams limit their offer to assembling experienced rugby players for tournaments only, without considering any development aspects. Instead of concentrating on creating a team with the sole emphasis on winning tournaments, our approach puts its focus on social change and an improved quality of life for young people.



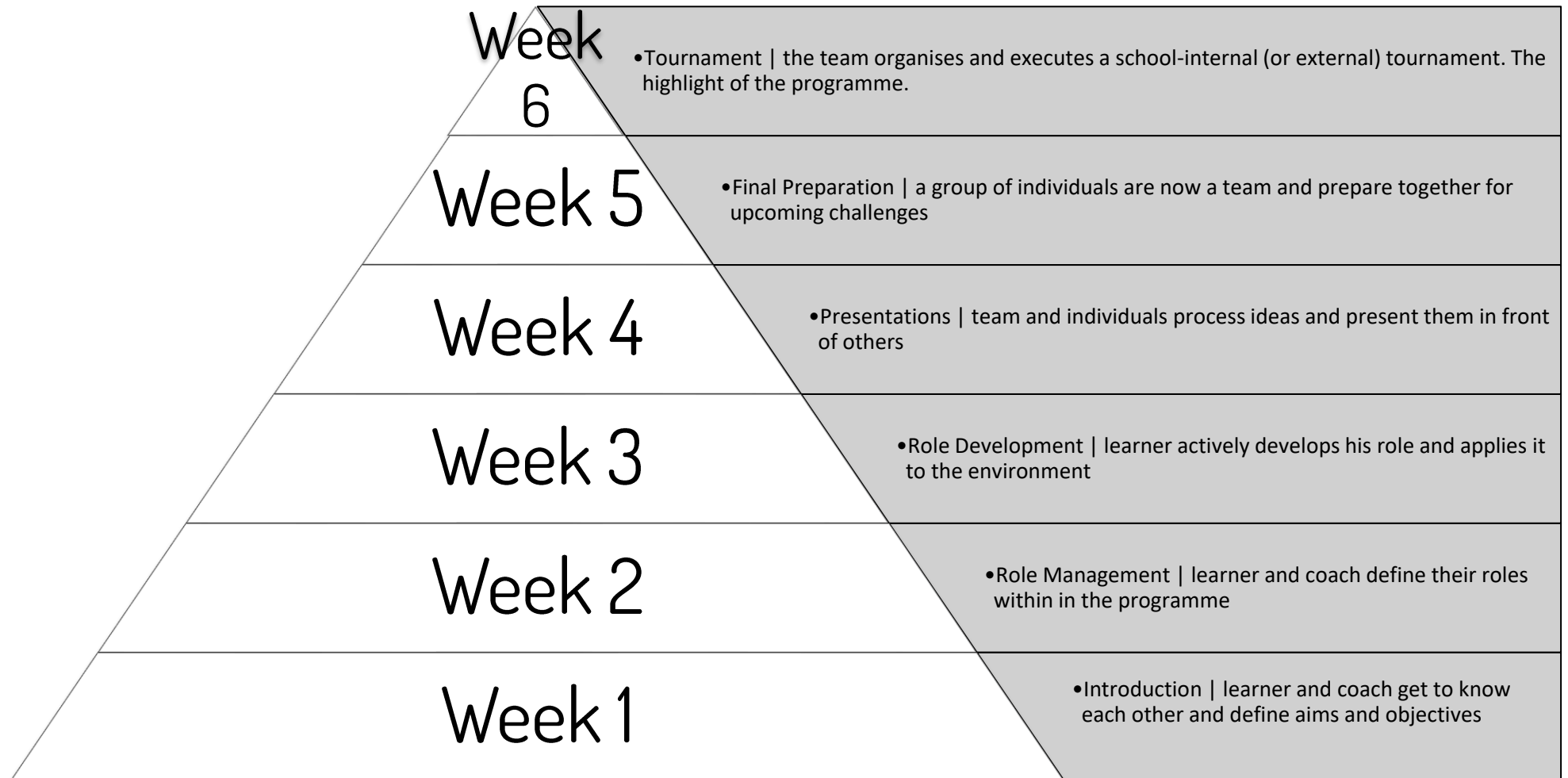


## We Offer:

- **Inspiration & Enthusiasm** to develop students positive attitudes and attention towards learning
- **Learning & Development** is the aim of the programme instead of the testing of hard skills
- **Role modelling:** influence of a Bamboo<sup>1</sup> role model to bridge the gap between the reality and ideal, with values tried to pass on to the students
  - <sup>1</sup>Bamboo: a modern 7s rugby athlete (mentally and physical fit, balanced and healthy nutrition, well organised and self-managed, team player, leader, caring)
- **Individual Focus** on everyone's potential trying to enlarge them
- **Team sense** as the learner creates and develops in a team
- **Multi-Disciplinary Approach** coaching different sub-disciplines i.e. physiology, psychology, nutrition, management
- **Character & Life Building Skills** such as perseverance, motivation, self-esteem, self-control, conscientiousness and forward-thinking behaviour to improve social skills
- **Relationship Building** as essential foundation to progress
- **Challenge** to find the right balance between competitiveness and attainability
- **Community**, to offer a secure and welcoming environment

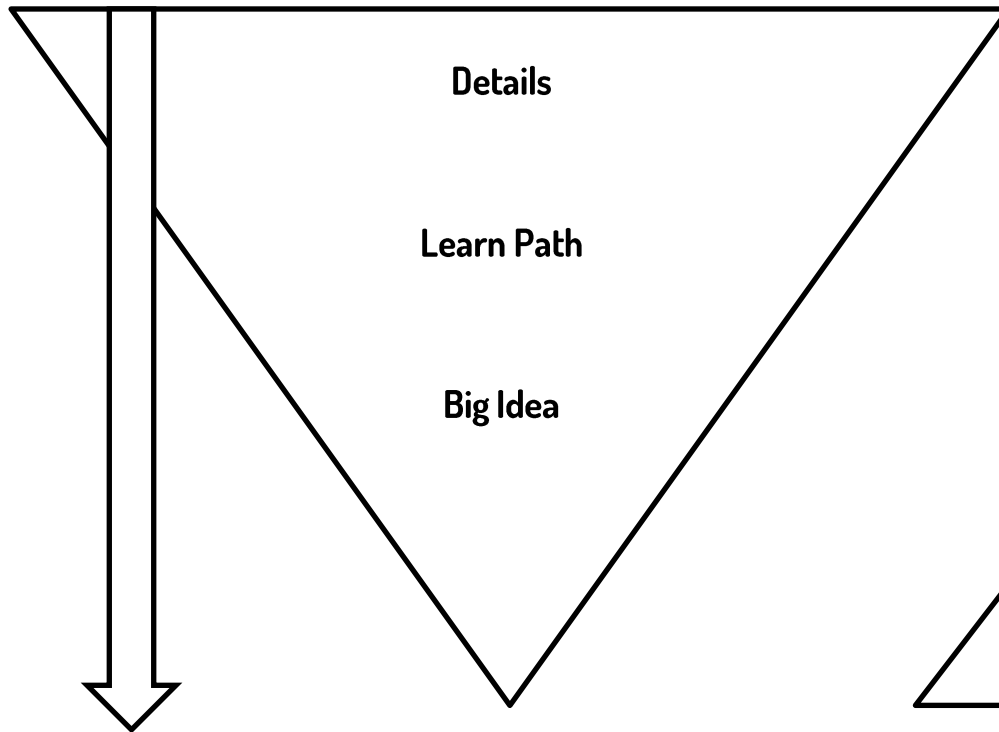


## Programme Structure

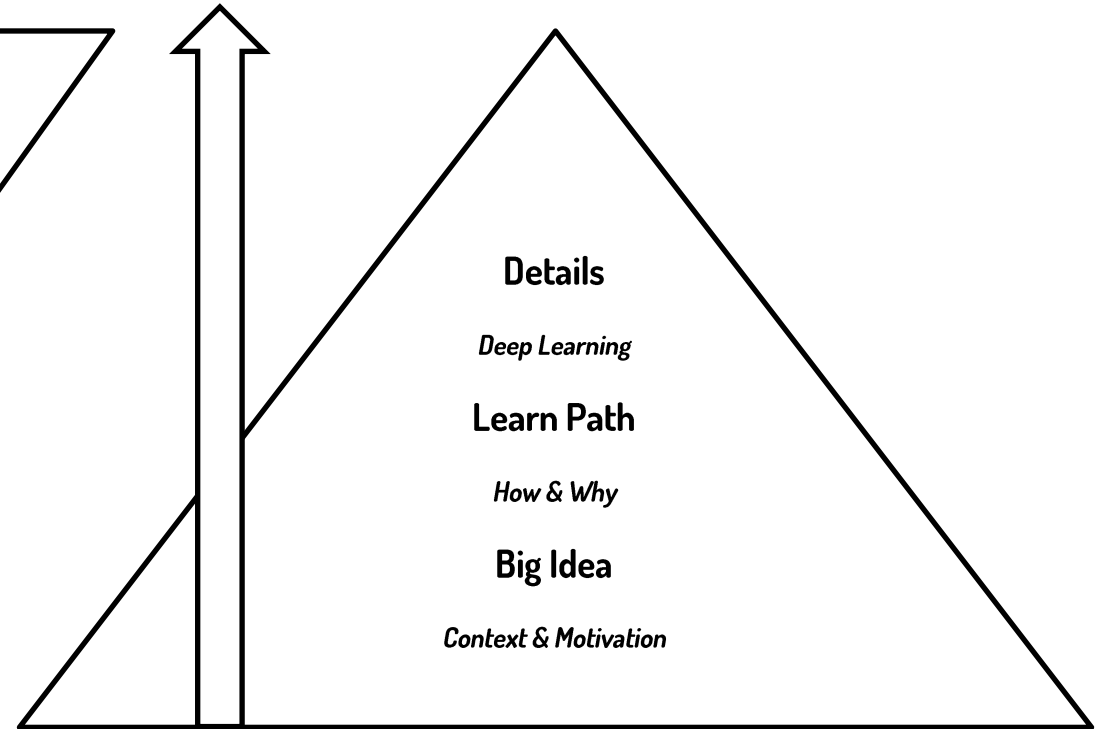


# Our Approach to Learning

*Traditional Approach*



*Our Approach*





## Main Outcomes of the Programme



**Body regulation**



**Attuned communication**



**Emotional balance**



**Response flexibility**



**Fear modulation**



**Insight**



**Empathy**



**Morality**



**Intuition**



## Costs and additional Information

Costs depend on your requirements and are fully flexible.

In general an hour of coaching is priced at £25/hour (incl.VAT). This rate varies, depending on the amount of hours booked.

We can offer our coaching programme as part of the curriculum or as an independent after-school club.

In addition to the school programme we can offer the complete organisation and management of a rugby sevens tournament at your school.

A standard programme is scheduled for 6 weeks with two hours of coaching a week.

All equipment will be provided through 7 Bamboos Rugby. All coaches are fully qualified and DBS checked.

Terms & Conditions of payment can be agreed on a flexible basis.

Please ask us for a [free taster session](#).





**Interested? Let's Talk!**

**7 Bamboos Rugby Ltd.**

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