

# MEDWAY RUGBY CLUB



# MEDWAY TOUCH RUGBY 2008





# What is Touch Rugby

- Started in Australia as a social "park" game and as a training technique for Rugby League teams during the 1950s and 60s
- There are currently well over 1 million registered players worldwide
- The 2007 World Cup, held in Stellenbosch, South Africa, played host to 15 nations.
- The next World Cup will be held in Scotland and because of its location is expected to attract great interest and a large showing by the many European countries who have embraced the sport.
- The England Touchrugby Association (ETA) is responsible for the governance and development of Touchrugby in England
- There are currently approximately 12,000 people (men and woman, aged 18 – 45) playing touch in organised leagues around the UK including: Aberdeen, Basingstoke, Bath, Bedford, Bournemouth, Bristol, Cambridge, Cardiff, Chesham, Coalville, Derby, Edinburgh, Glastonbury, High Wycombe, London, Manchester, Nottingham, Oxford, Reading, Slough and Tonbridge.

# Medway Touch Rugby Club

- Primarily a social club, aiming to provide a fun, social programme of fixtures throughout the summer
- Season runs from May to Sept
- Fixtures are going to be on Wednesday nights and possibly some Sunday Mornings
- We intend to run as many teams as we have players:
  - Competitive Mens
  - Competitive Mixed
  - Social Mens
  - Social Mixed
  - Social Womens
- A great way to get fit, have fun, play sport and meet new friends
- Going to be affiliated to Premiership Touch Rugby Ltd – London based league management company

# How does Touch Rugby work?



# FAQ's

- How do I know what team is right for me?
- Do I need to be really fit?
- I don't know the rules!
- I don't like the idea of physical contact!
- I'm not sure I can make it every week!
- What about my kids?
  
- What kit you will need
  - Trainers
  - shorts/tracksuit bottoms
  - Water bottle/drink
  - Sun Cream
  
- Any other questions?

# So what's next?

- Training starts in April
- Pre season training already happening on Thursday nights
- Spread the word!!
- Start thinking about getting a bit fitter!