

APRIL 2023



# AGE GRADE OUT-OF-SEASON SUMMER ACTIVITY GUIDE

		MAY	JUNE	JULY	AUGUST
TRAINING	FREQUENCY	1-2 SESSIONS PER WEEK (INC GAME FOR U12-18)	1-2 SESSIONS PER WEEK (INC GAME)	1-2 SESSIONS PER WEEK (INC GAME)	1-3 SESSIONS PER WEEK (INC GAME)
	INTENSITY	LOW	LOW - MEDIUM	MEDIUM	MEDIUM - HIGH
	TYPE	GENERAL FITNESS AND SKILLS NON-CONTACT TRAINING FOR U13 & BELOW MAX 20 MINS CONTACT FOR U14-18 PER WEEK	GENERAL FITNESS AND SKILLS- MAX 20 MINS CONTACT PER WEEK	GENERAL FITNESS AND SKILLS MAX 30 MINS CONTACT PER WEEK	POSITION/GAME SPECIFIC SKILLS MAX 40 MINS CONTACT PER WEEK MAX 20 MINS CONTACT PER WEEK
	TIME	45 + 60 MINUTE + ACTIVATE	45 + 60 MINUTE + ACTIVATE	45 + 75 MINUTE + ACTIVATE	45 + 90 MINUTE + ACTIVATE
FIXTURES	TAG	U12 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS	U7 - U18 BOYS & GIRLS
	THE TOUCH UNION	U12 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS	U9 - U18 BOYS & GIRLS
	X RUGBY	U14-18 BOYS & GIRLS	U14-18 BOYS & GIRLS	U14-18 BOYS & GIRLS	U12 - 18 BOYS U12, 14, 16, 18 GIRLS BANDS
	GAME ON ADAPTED CONTACT FORMAT	X	X	X	U14 - 18 BOYS U14, 16, 18 GIRLS BANDS
	FIXTURES/FESTIVALS	1 X FIXTURE/FESTIVAL PER FORTNIGHT FOR U12-18 BOYS GIRLS PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	3 X FIXTURES/FESTIVALS

THE FRAMEWORK IS A MENU TO CHOOSE FROM, YOU DON'T HAVE TO PLAY/TRAIN IN THE OFF SEASON. FOR THOSE THAT CHOOSE TO, THIS SHOWS THE MAXIMUM ACTIVITY PERMITTED EACH MONTH. ALL MATCHES ARE FRIENDLIES DUE TO BEING OUT OF SEASON.

**PLEASE REMEMBER PLAYERS MOVE TO THEIR NEW AGE GROUPS/BANDS ON 1st AUGUST**