





BANGOR UNIVERSITY MEN'S RUGBY UNION HIGH PERFORMANCE PROGRAMME

#ChwaraeonBangorSport

Bangor University Men's Rugby Union





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What is the men's rugby programme?

The High-Performance Rugby
Programme is a structured programme
offering a professional high-intensity
rugby provision for highly skilled
student players. The programme
consists of on-field training on the
state-of-the-art 3G pitch, weekly
structured gym sessions, match
analysis, 1-2-1 with Head Coach and
BUCS fixtures every Wednesday.

The program has seen success in multiple promotions up the BUCS leagues since its existence. The programme provides students with a weekly structure that works with their academic timetables, allowing students to enjoy success on and off the pitch. It also provides students with an opportunity to meet like-minded students creating a family atmosphere and support network to enjoy the whole student experience.

Performance Programme weekly schedule

Monday

Rugby session and S&C

Tuesday

Team run and S&C

Wednesday

BUCS GAME DAY

Thursday

Analysis, reviews and 1-2-1's

Friday

S&C, skills and social rugby

Saturday

LOCAL CLUB GAME

Sunday



How do we fit into the **RGC Performance** Pathway?





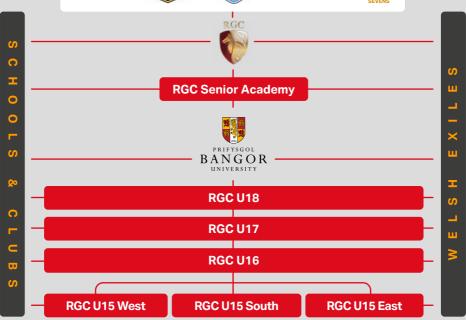














Josh Leach

RGC Director of Rugby jleach@wru.wales



Andrew Williams

Coleg Llandrillo Rugby Academy Co-ordinator willia18a@gllm.ac.uk



Billy McBryde

Head of Rugby bangorrugby@bangor.ac.uk



Daniel Lycett

Head of Physical **Education & Rugby** dlycett@stdavidscollege.co.uk







f Bangor University Men's Rugby Union



bangorrugby@bangor.ac.uk





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BANGOR UNIVERSITY RUGBY UNION SCHOLARSHIPS'

- Fantasic training facilities & staff
- » Fulltime, qualified & experienced coaches
- » 4 fitness rooms, including our elite performance gym, 'Platfform 81'
- » State of the art 3G stadium





Billy McBryde | Head of Rugby bangorrugby@bangor.ac.uk

Register your interest:



GOOGLE 'Bangor Sports **Scholarships'** for further information

Tel: Email: Web:

01248 382571 brailsford@bangor.ac.uk www.bangor.ac.uk/brailsford Canolfan Brailsford Ffriddoedd Road Bangor LL57 2EH

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