



Scottish Universities Rugby 7's Programme



From 12th-15th April 2010, the BUCS Home Nations Tournament will take place in Edinburgh. This is a Multi-Sport event incorporating over 400 participants from Institutions all over the UK. For the first time this event will incorporate a 1 day Male and Female Rugby 7's Competition. SUS Rugby 7s Squads will compete against English, Welsh & Northern Irish Universities contributing to the overall BUCS Home Nations Tournament Winner.

This is an excellent opportunity to play a fast paced and exciting game, requiring great skills, fitness & determination. With the inclusion of Rugby 7s in the 2016 Olympics and it already in Commonwealth Games in Delhi in 2010 & Glasgow 2014, this is an exciting time for Rugby 7s.

- To be considered for the Squads players must be currently studying at a Scottish University.
- Nominations **MUST** be made via your Athletic/Sports Union Office using the official spreadsheet.
- Deadline for nominations is Wednesday 17th February 2010.
- Players will be expected to attend the trials and all subsequent training sessions
- The squad will come together on Wednesday 14th April 2010 for training and an overnight stay prior to the tournament on Thursday 15th April 2010.
- The Championship is heavily subsidised, but a personal contribution of £60 will required from each athlete in the final selection. **This must be paid in advance.** Your Sports Union or Students' Association may be able to provide financial assistance, but **it's up to you to contact them and arrange this.** Contact details are available on the SUS website - www.susport.org.uk - under the "Resources" tab.

Players Currently in SRU/ SWR Player Development Pathway:

The Coaching Staff will be liaising with Scottish Rugby for release of players currently involved in the Player Development Pathways. Any player in this system who is interested must still complete the nomination form and get it sent in via their Athletic/Sports Union. Discussions will then take place between Scottish Rugby and SUS 7s Coaches to establish those who will be released to attend trials / play in this event.

Nomination Spreadsheet:

A copy of the sheet for nominations is available at <http://www.susport.org.uk/representative-sport.asp>

Key Dates:

Wednesday 17th February	Nominations Deadline
w/c 22nd February	Open Trials; 7-830pm; Location TBC
w/c 1st March	Extended Squad selection publicised
w/c 8th March	Extended Squad Training; 7-830pm; Location TBC
Monday w/c March	Extended Squad Training; 7-830pm; Location TBC
By end w/c 22nd March	Final Squad Announced
w/c 5 th April	Final Squad Training; 7-830pm; Location TBC
w/c 12th April	Final Squad Training; 7-830pm; Location TBC
Wednesday 14th April	Training PM (Edinburgh); Overnight stay in Edinburgh
Thursday 15th April	BUCS Home Nations Tournament, Peffermill, Edinburgh

Please note it is most likely that women's sessions will be on Monday evenings with men's sessions on a different night of the week.

For further information please contact:

Scottish Universities Sport
www.susport.org.uk

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