



MALVERN

COLLEGE

RUGBY

Our Ethos

Rugby is a sport which creates, in so many ways, a feeling of togetherness and the building of something important in the lives of young men. It entails running freely, diving for the tryline, jointly seeking success, taking knocks, getting back off the floor and going again. Rugby is very similar to life itself.

At Malvern College we place player welfare and player safety at the heart of our coaching. There is a great emphasis on small-sided games, and non-contact conditioned (decision-making) games. A specialist scrum coach runs a scrum clinic at the start of the season and this is reinforced throughout all age groups during the season. We aim to give attention to detail in all areas in order to prevent injury. We believe smaller-sided conditioned contact games reduce the injury factor and also give boys more confidence and accuracy in the contact areas.

Whilst nobody is forced to play rugby, we believe strongly there are great advantages in playing. The skills, knowledge and experiences gained from playing rugby are transferable to the classroom and to life. Rugby can also offer unique experiences: the elation of outmanoeuvring the opposition, alongside the challenge of facing apprehension and the satisfaction of overcoming one's fears better equip boys to face future adversity. Rugby promotes tolerance of discomfort, the demand for selflessness to meet team goals, and creates moments of magic remembered for a lifetime. Such benefits are open to all players of all abilities.

We take our first aid and safety responsibilities very seriously, ensuring that our provision and delivery of care fall in with the RFU guidelines/recommendations. We aim to minimise the risk of injury by creating and maintaining a purposeful rugby environment and believe that risk of injury can considerably be reduced by safe and informed coaching. As in any sport, injuries will happen from time to time, but we try minimise these risks with well-planned practice and preparation.

Nick Tisdale
Master in charge of Rugby