

HRFU Coaching Committee presents...

Activate – the RFU injury prevention and exercise programme

- Monday 10th February
- 1900-2130
- Eastleigh RFC (SO50 6LA)
- Register your attendance at the following link - <https://forms.gle/vdVzscdTybiyaLaq8>
- **FREE** – please note that this is an information/attendance session and not yet a formal RFU CPD



Special guest presenter Tom Mowbray (Hertfordshire CRC)

- Evidence that players' conditioning significantly contributes to reducing the risk of injury
- Exercises are designed to improve functional and core strength, balance and agility, helping players with the game's physical demands
- This 2½-hour session equips you to integrate the exercise programme into existing training and pre-match sessions

