Kelso RFC in Partnership with Kelso High School

Youth Rugby 2025/26 Season

Here at Kelso High School, we work in partnership with **Kelso Rugby Football Club** to provide pupils the best opportunity to become the best player/person they can be both on and off the pitch. Through team training, small group sessions and specific skills sessions, players are given the opportunity to develop all aspects of their game. This is achieved through the support from Head of PE, HE and Head of sport, Mr Brown, and through our many volunteer coaches at Kelso Rugby Football club.

School of Rugby

School of Rugby is primarily a programme which focuses on the development of social, physical and academic skills of young boys and girls. Developing these skills in a rugby environment and by monitoring the progress of learners in their school, sporting and social life. Pupils who sign up will be extracted from one period of their P.E time per week to participate in the School of Rugby programme.

The **School of Rugby Programme** for S1-S2 pupils will be based around the Fundamental skills that are required to play any team sport. We also have classroom sessions focusing on our values, sleep and nutrition. Finally, pupils will also be introduced to Kelso High School fitness suite to take part in circuit & Strength and Conditioning training.

The **Developing Player Programme** is for S3-Senior pupils aimed at maximising potential and aims to raise performance and attainment by creating a player-centred environment. Providing opportunities for pupils to develop resilience and reflective skill set, improved physical conditioning as well as understanding of performance athlete behaviours, additional opportunity and accreditation within subject of interest (SQA qualification).

If your child wishes to be part of the School of Rugby programme, they will be asked to sign the School of Rugby code of conduct and player discipline code of conduct and for it to be returned to the P.E office.

Training

U13 & U14 BOYS	U15 BOYS	U12 & U14 GIRLS
Monday | 4pm-5pm KHS 3G	Monday | 6pm - 7.15pm Croft Park	Monday | 4pm-5pm KHS 3G
Wednesday | 6pm-7.15pm Croft Park	Wednesday | 6pm-7.15pm Croft Park	Wednesday | 5.30pm-6.30pm Lower Poynder

Fixtures

A fixture list will be sent out to you via your team leads (coaches) at the beginning of the season. For U13-U15 boys rugby, games will take place on either a Saturday morning or a Friday afternoon. This will be agreed by both schools. U12 & U14 girls the games will take place on a Sunday morning/afternoon. Please note for the majority of the fixtures parents will be asked to drive players to games on a Saturday or a Sunday. Buses will be provided for some games outside the Border Region.

Parents/guardians will be updated on the upcoming fixture at the start of the week. We ask that you let your coaches know if your child is or is not available for the game as early in the week as possible, so coaches have a rough idea of numbers.

Membership

This year we will be asking for a Youth Rugby membership from all players who represent Kelso High School and Kelso Youth Rugby. A player membership will cost **£45** and this will help support the cost of travel and other expenses. Below are the benefits of becoming a member of Kelso Youth Rugby.

- Entrance to all Kelso RFC home games (excluding Scottish Cup and National play offs)
- 10% discount on Kelso Youth Rugby onsite Club Shop
- Discount on Kelso RFC venue hire for private functions
- Access to School of Rugby (Kelso High School Pupils)
- Access to Developing Player Programme (Kelso High School Pupils)

Follow the link to our website to purchase a Youth Rugby Membership for the 2025/26 season.

Kelso RFC - Membership

Playing Kit

Parents only need to buy new kit if their old kit is too small or they are a **new player**. We will be placing a separate kit order for new Youth Rugby Players, this will cost **£45** and will include playing top, shorts & socks. Training kit and Match day kit can be purchased via our online club shop via the link below. We play in red socks, black shorts and a black & white jersey.

Kelso Youth Rugby - Online Shop

For more information on rugby at Kelso High School or to sign up to The School of Rugby Programme, please contact:

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