



## **Chester Romans American Football – Wrexham Rookie Session Pack**

**Date:** Sunday 15<sup>th</sup> December 2019      **Time:** 11am (Sign in from 10.30am)      **Surface:** 4G Synthetic Grass

**Location:** All Weather Pitch, Cheshire County Officers Cricket Club, Mannings Lane, Chester, CH2 4EU

### **Session Brief:**

This is a taster session to try American Football and will include positional drills and training exercises, which are designed to give you a flavour of a position to see if you would like to play American Football. The session will last for around 2 hours and will conclude with a Q&A and an opportunity for you to sign up as a player or request to attend a further rookie session. **Please arrive from 10.30am to allow time to sign in and be assigned your coaching group.**

These sessions are not running as a player try out, there is a place for everyone within the club, so we want to encourage all ages, genders and backgrounds to our Rookie Sessions, to try the sport and see if you'd like to become a member of the Chester Romans.

### **What do you need to bring with you?**

- Sports Clothing
- Suitable Footwear: Football Boots, Rugby Boots, Trainers
- Water
- If the weather is wet a towel is also advisable
- We supply everything else!

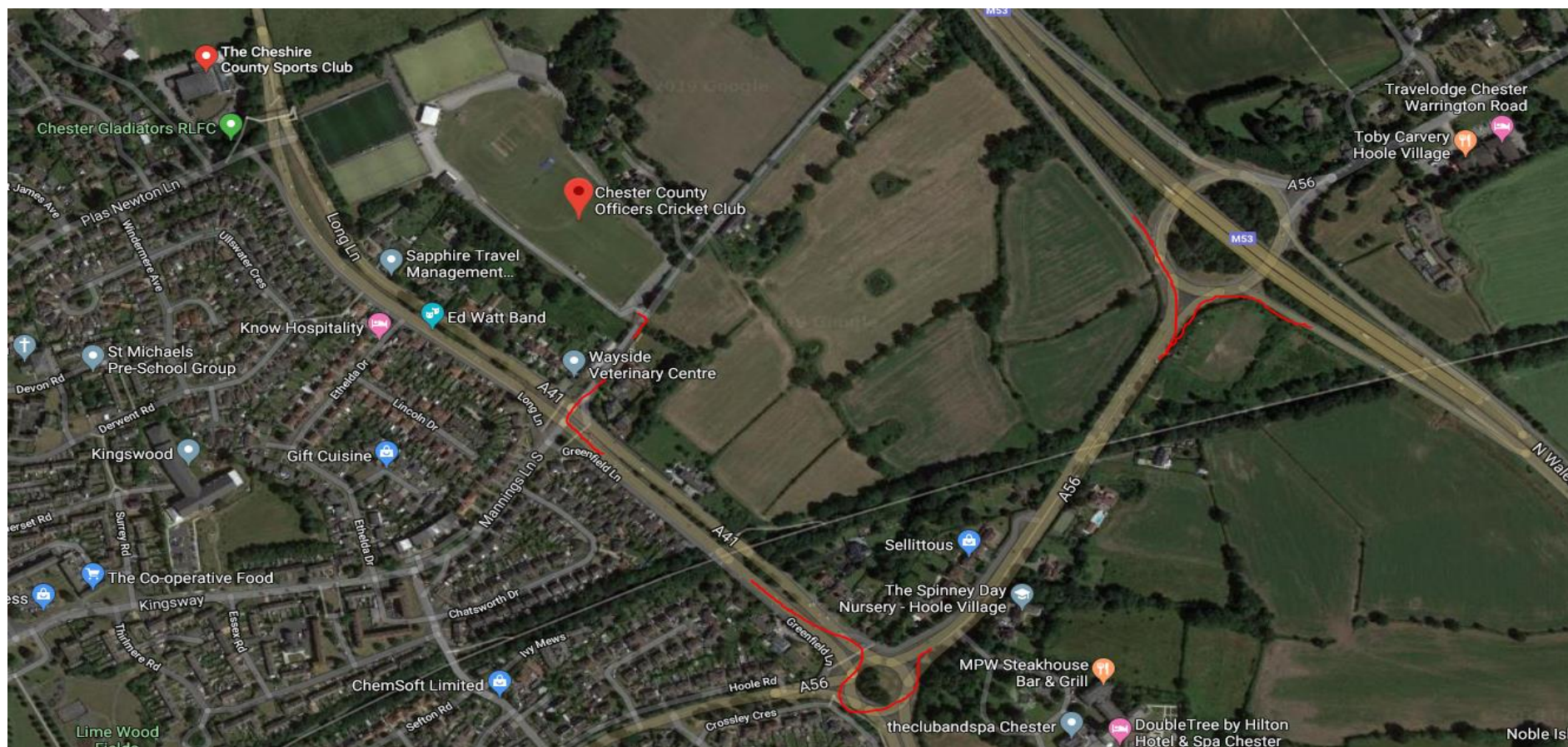
### **What happens after the session?**

After all the rookie sessions have concluded you will be given the opportunity to ask any questions to the club staff and then decide if you would like to join the club as a Player. We will assist with explaining all the costings and equipment requirements at the rookie sessions or via Facebook. Once signed up you will then be added to the team roster and invited to full team training sessions and training camp which will kick off in January 2020. Likewise, if you decide being a player isn't for you after the rookie sessions, but you do want to be involved in the club, we have many non-player roles up for grabs for 2020 season too that we can discuss with you.

**Feedback:** Following the session if you have any feedback for us on how you found the session or if there is anything we could work on for next time, it would be great to hear from you. Please send to feedback and comments to [chesterromans@gmail.com](mailto:chesterromans@gmail.com)



**Map:**



**Driving:** Junction 12 on M53, then take 3<sup>rd</sup> exit onto A41, then take the first right turn at the lights onto Mannings Lane. Then take first right through gates

**Bus:** A41 Summerhill Bus Stop is an 8min walk where the X1 Gold Bus can be picked up

**Train:** 28-minute walk from Bache Train Station