



Chester Romans American Football – Wrexham Rookie Session Pack

Date: Sunday 8th December 2019 **Time:** 1.30PM (Sign in from 1pm) **Surface:** Grass Pitch

Location: Wrexham Rugby Club, 19 Turnberry Ave, Wrexham, LL13 9GG

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 1am 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



Map:



Driving: Turn onto Bryn Estyn Road and follow the road for 500 Yards until turning right into the Rugby Club. A free car park is available on site.

Bus: Nearest Bus Stop is by the Greyhound Inn for the 5 Gold Bus from Chester

Train: 43 minute walk from Wrexham General Train Station