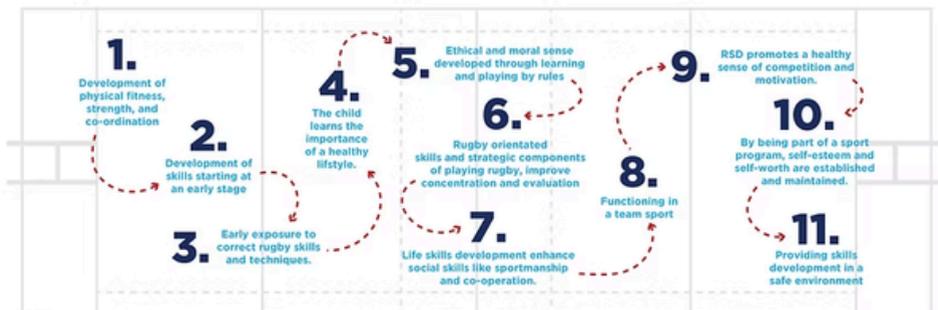




Your Rugby Journey Starts here!

HOW DOES THE RSD PROGRAM CONTRIBUTE TO YOUR CHILD'S DEVELOPMENT:



Pro-active involvement in the RSD program where life skills as well as physical skills are acquired, not only improve the lifestyle of the children but also contribute to that of the parents.

R Skills and Development offer children from the age of 3 years this wonderful, fun and safe way of learning the skills required for playing rugby. Learning important developmental skills and how to be safe when participating in sport is contributing to the successful outcome of the RSD program.

IN A NUTSHELL

Sport requires memorisation, repetition and learning - skillsets, that are directly relevant to class work. The determination and goal-setting skills that are acquired through the RSD program, can be transferred to the classroom, thus less children with learning disabilities. The RSD program teach the child how to adapt and integrate into a team environment.

Working towards a common goal with co-players and coaches, teaches building a collective team synergy and effectively communicate the best way to solve problems. This will be very helpful in life when encountering problems.