

RE: WALES TOUCH ASSOCIATION TRIALS FOR REGIONAL SQUADS

January 2016

Dear Parent / Guardian

In preparation for the 2016 Junior National Championships taking place in Swansea on Saturday 23rd April, the West Wales region, the *Red Kites* are holding a series of trials and training sessions

We aim to field teams in some or all of the following categories:

Under 15 Division – Boys, Girls and Mixed teams

Under 18 Division - Boys, Girls and Mixed teams

Your son / daughter has been identified as a player with potential and we would like him / her to attend the trials below. We encourage all players to attend both trial sessions if possible. The first is being held in Carmarthen (SA31 3NP) and the second in Llandysul (SA44 4HP).

Players that are selected to represent the region will then be asked to attend a further three mandatory training sessions (locations to be confirmed) prior to playing in the one day tournament in April.

NB - previous experience of Touch or rugby is not essential at this stage. Players must be a minimum of 13 years of age on the date of the trial.

Red Kites (West Wales) Junior Trial and Training Programme

All sessions are 9.45am – 12.00pm*

#	Description	Date	Location	Comments
1	Open trial for all teams	Saturday 6 February	Carmarthen Leisure Centre, Johnstown, Carmarthen, SA31 3NP**	Field behind tennis courts
2	Open trial for all teams	Saturday 20 February	Ysgol Dyffryn Teifi Playing Fields, Llyn y Fran, Llandysul, SA44 4HP	Field is located above the school on the opposite side of the road
3	Training Session	Saturday 5 March	To be confirmed	Selected players only
4	Training Session	Saturday 26 March	To be confirmed	Selected players only
5	Training Session	Saturday 16 April	To be confirmed	Selected players only
6	Wales Touch Junior Nationals	Saturday 23 April	Swansea University, Sketty Lane, Swansea, SA2 8QB	Selected players only *Game times TBC

***Toilet and cafe facilities are available in the adjacent leisure centre. Parents / guardians are able to use leisure centre facilities during the trial.*

National and regional WTA coaches will be in attendance to conduct exercises and observe player's response. The trials will be primarily drills with a small amount of game-time at the end

PTO

rather than mostly-game based. We are looking for potential in players rather than those who are closer to the finished article.

Trialists will need the following:

- Suitable clothing and footwear to play touch rugby on an outdoor field – N.B **metal studs are not permitted**
- Plenty of drinks (non fizzy)

If you would like to register your child's interest in the trial, please complete the online registration form either at www.walestouch.co.uk or the direct link to the form - <http://bit.ly/1S4MXd9>

Following registration you will receive further information about the trial process and training once details are confirmed.

The closing date for registration is: Friday 5 February 2016

The selectors will be looking for athletes who demonstrate the following:

- | | |
|---|---|
| 1. Responsiveness to on-field and off-field instructions and feedback | 5. Follow instructions |
| 2. Ball retention | 6. Leadership |
| 3. Defensive work-rate and communication | 7. Skills & decision making - 2v1 & 3v2 proficiency, planting proficiency, etc. |
| 4. Yardage | 8. Attacking skills - Set-up play / 1v1 skills / running lines |

Yours sincerely

Matt Adams
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Search for the 'Red Kites Touch Rugby / Barcutiaid Coch Rygbi Cyffwrdd' group on Facebook for regular updates

YNGLŶN Â: TREIALON CYFFWRDD GORLLEWIN CYMRU

Ionawr 2016

Annwyl Riant / Warchodwr

Er mwyn paratoi ar gyfer y Bencampwriaeth Genedlaethol Iau cynhelir yn Abertawe ar ddydd Sadwrn 23 Ebrill 2016, mae tîm Cyffwrdd Gorllewin Cymru, Barcutiaid Coch yn cynnal cyfres o dreialon a sesiynau ymarferol.

Rydym yn anelu at gynnal timau yn y categorïau canlynol:

Adran Dan 15 - Bechgyn, Merched, Cymysg

Adran Dan 18 - Bechgyn, Merched, Cymysg

Mae eich mab / merch wedi cael eu hadnabod fel chwaraewr gyda photensial a hoffem weld ef / hi ar y dyddiadau isod. Cynhelir un treial yng Nghaerfyrddin (SA31 3NP) ac un yn Llandysul (SA44 4HP) ac rydym yn annog chwaraewyr i ddod i'r ddau dreial os yn bosib.

Gofynnir chwaraewyr sy'n cael eu dewis i gynrychioli'r rhanbarth mynychu tair sesiwn ofynnol ychwanegol (lleoliadau i'w gadarnhau) cyn chwarae yn y twrnamaint undydd ym mis Ebrill.

D.S. - nid oes angen profiad blaenorol o 'Touch' neu rygbi ar yr adeg hon. Dylai chwaraewyr fod o leiaf 13 oed ar ddiwrnod treialon.

Rhaglen Treialon ac Hyfforddiant Barcutiaid Coch (Gorllewin Cymru) – Cynhelir pob sesiwn 9.45yb tan 12yp

#	Disgrifiad	Dyddiad	Lleoliad	Sylwadau
1	Treialon agored ar gyfer pob tîm	Sadwrn 6 Chwefror	Canolfan Hamdden Caerfyrddin, Johnstown, Caerfyrddin, SA31 3NP**	Cae tu ôl cyrtiau tennis
2	Treialon agored ar gyfer pob tîm	Sadwrn 20 Chwefror	Cae Chwarae Ysgol Dyffryn Teifi, Llyn y Fran, Llandysul, SA44 4HP	Lleolir cae uwchben yr ysgol ar ochr arall yr heol
3	Sesiwn hyfforddiant	Sadwrn 5 Mawrth	I'w gadarnhau	Chwaraewyr dewisol yn unig
4	Sesiwn hyfforddiant	Sadwrn 26 Mawrth	I'w gadarnhau	Chwaraewyr dewisol yn unig
5	Sesiwn hyfforddiant	Sadwrn 16 Ebrill	I'w gadarnhau	Chwaraewyr dewisol yn unig
6	Pencampwriaethau Touch Cymru Iau	Sadwrn 23 Ebrill	Prifysgol Abertawe, Sketty Lane, Abertawe, SA2 8QB	Chwaraewyr dewisol yn unig *amserau gem i'w gadarnhau

***Fe fydd cyfleusterau tŷ bach a chaffi ar gael yn y Ganolfan gyfagos. Gellir rhieni / gwarcheidwaid defnyddio'r cyfleusterau yn ystod y treialon.*

Cynhelir gweithgareddau ymarfer gan hyfforddwyr timau rhanbarthol a chenedlaethol CCC a byddan nhw yn edrych ar agwedd pob chwaraewr. Yn hytrach na gêm, fe fydd y treialon yn cynnwys gweithgareddau ymarferol yn ogystal â gêm fer. Rydym yn chwilio am chwaraewyr gyda photensial yn hytrach na chwaraewyr profiadol.

DROSODD

Bydd angen y canlynol ar eich plentyn:

- Dillad ac esgidiau addas i chwarae rygbi cyffwrdd ar gae tu allan - D.S. **ni chaniteir styds metal**
- Digion o ddiod (dim diod swigod)

Os hoffech gofrestru diddordeb eich plentyn, cwblhewch y ffurflen caniatâd ar-lein ar ein gwefan sef www.walestouch.co.uk neu gyda dolen benodol sef - <http://bit.ly/1S4MXd9>

Byddwch yn derbyn rhagor o wybodaeth ynglŷn â'r treialon yn ogystal â sesiynau ymarfer unwaith mae'r manylion wedi cadarnhau.

Mae rhaid cwblhau'r ffurflen erbyn: Dydd Gwener 5 Chwefror 2016

Fe fydd dewiswyr yn chwilio am athletwyr sy'n dangos y canlynol:

- | | |
|---|---|
| 1. Ymateb da i gyfarwyddiadau ar y cae ac oddi ar y cae | 6. Arweinyddiaeth |
| 2. Cadw'r bêl | 7. Sgiliau a phenderfyniadau cywir - hyfedredd 2v1 a 3v2, hyfedredd gosod y bêl ayyb. |
| 3. Gwaith amddiffyn a chyfathrebu | 8. Sgiliau ymosodol - sgiliau 1v1 / llinellau ymosod |
| 4. Ennill tir | |
| 5. Dilyn cyfarwyddiadau heb os | |

Yr eiddoch yn gywir

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Chwiliwch am 'Red Kites Touch Rugby / Barcutiaid Coch Rygbi Cyffwrdd ar Facebook i gael y newyddion mwyaf diweddar