

**Chwaraeon Bangor
Sport Bangor**

IN PARTNERSHIP WITH
WRU & RGC

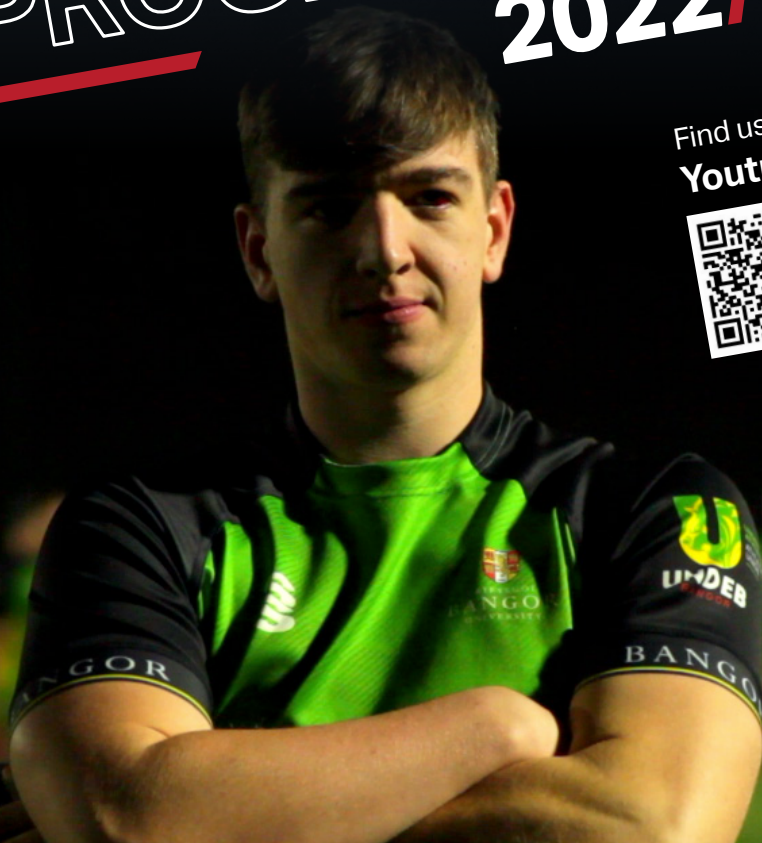


PRIFYSGOL
BANGOR
UNIVERSITY

#ChwaraeonBangorSport

BANGOR UNIVERSITY MEN'S RUGBY UNION PERFORMANCE PROGRAMME 2022/23

Find us on
Youtube



Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00	8	8	1	8	11	3	11
	9	9		9			
08:00	9	9	1	8	11	3	11
	9	9		9			
09:00	10	10	1	10	2	3	11
10:00	10	10	1	10	2	3	11
11:00	10	10	1	10	2	3	11
12:00	10	10	1	10	2	3	11
	10	10			11		
13:00	10	10	1	10	11	3	11
14:00	10	10	1	10	11	3	11
15:00	10	10	1	10	11	3	11
16:00	10	10	1	10	11	3	11
17:00	10	10	1	10	11	3	11
	10	10		7			
18:00	6	6	1	7	11	3	11
	4	4					
19:00	5	5	1	7	11	3	11
20:00	5	5	1	7	11	3	11

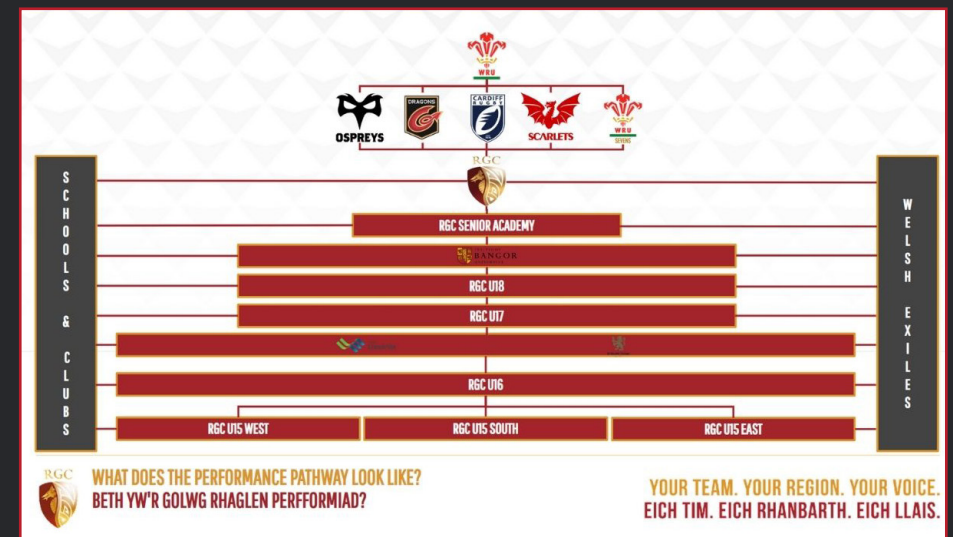
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|--|-------------------------------------|
| 1 Game Day/Student Social Night | 7 RGC/Club Senior Training |
| 2 Player Reviews | 8 Skills |
| 3 RGC/Club Game Day | 9 Gym Platform 81 |
| 4 Movement Prep | 10 Studies/Recovery/Reviews |
| 5 Bangor Uni Team Training | 11 Studies/Own Time/Recovery |
| 6 Team Meeting | |

What is the RGC Performance Pathway?

The aim of the **Rygbï Gogledd Cymru (RGC) Performance Pathway** is to provide young aspiring rugby players from North and Mid Wales with the opportunity to play at a higher or professional level. Whilst not every player will go on to achieve this, RGC aim to ensure that every player who enters the pathway enjoys their experience, leaves a better player, and takes pride in having represented their region.

The **RGC Performance Pathway** offers access to higher levels of coaching, holistic support, excellent facilities, challenging competition, and a direct route into Wales Age Grade and Professional rugby. Plus, through partnerships with some of the biggest and best educational providers across the region, there is opportunity for players to continue into further education and higher education whilst accessing quality rugby performance programmes.

How do we fit into the RGC Performance Pathway?



Josh Leach
RGC Performance Manager
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BANGOR UNIVERSITY MEN'S RUGBY UNION SPORT SCHOLARSHIPS **APPLY NOW!**

- » Fantastic training facilities & staff
- » Fulltime, qualified & experienced coaches
- » 4 fitness rooms, including our elite performance gym, 'Platform 81'
- » Brand new state of the art 3G stadium



CONTACT: **Joe Simpson** - Head of Rugby
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Register your interest:



GOOGLE
*'Bangor Sports
Scholarships'* for
further information



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