



PRIFYSGOL
BANGOR
UNIVERSITY

Chwaraeon
Sport



BANGOR UNIVERSITY MEN'S RUGBY UNION HIGH PERFORMANCE PROGRAMME

#ChwaraeonBangorSport

 Bangor University Men's Rugby Union

 @burufc  BangorUniRUFc

Find us on
Youtube



What is the men's rugby programme?

The High-Performance Rugby Programme is a structured programme offering a professional high-intensity rugby provision for highly skilled student players. The programme consists of on-field training on the state-of-the-art 3G pitch, weekly structured gym sessions, match analysis, 1-2-1 with Head Coach and BUCS fixtures every Wednesday.

The program has seen success in multiple promotions up the BUCS leagues since its existence. The programme provides students with a weekly structure that works with their academic timetables, allowing students to enjoy success on and off the pitch. It also provides students with an opportunity to meet like-minded students creating a family atmosphere and support network to enjoy the whole student experience.

Performance Programme weekly schedule

Monday

Rugby session and S&C

Tuesday

Team run and S&C

Wednesday

BUCS GAME DAY

Thursday

Analysis, reviews and 1-2-1's

Friday

S&C, skills and social rugby

Saturday

LOCAL CLUB GAME

Sunday

Rest



How do we fit into the RGC Performance Pathway?



RGC Senior Academy



RGC U18

RGC U17

RGC U16

RGC U15 West

RGC U15 South

RGC U15 East

SCHOOLS & CLUBS

WELSH EXILES



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BANGOR UNIVERSITY RUGBY UNION SCHOLARSHIPS'

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



CONTACT:

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Register your interest:



GOOGLE
'Bangor Sports
Scholarships' for
further information

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