

Time to Visit the Vaal

Written by Richard Graham

As one season closes another opens. We are setting aside Saturday 31st January 2015 for our annual training/coaching day. This event will take place in the Vaal this year at the Vanderbiljpark (Vaal Vikings) Rugby Club. Full details on this event will be forwarded to you at a later date, but please mark it down in your diary.

The day will consist of the fitness test, lunch and an afternoon discussing the laws and any changes that require to be implemented.

Last time we had a training day in the Vaal we had 57 persons attending, let's make it 70 plus attending this time. This will be a day that will assist you prepare for the new season and in the past, proven to be a day well spend so be there or be square. Please note this will also be a registration day.