



Dear Player

First I would like to introduce ourselves. We are South Dorset Giants Rugby League Club, the only rugby league club in Dorset, and this year we mark our third season in existence. We play and train at Weymouth Rugby Club, using that club as our home base. We play in the summer conference against teams from Exeter, Exmouth, Plymouth, Taunton and Torbay. This year also sees the introduction of two new teams from Yeovil and North Devon.

If you have ever wanted to play rugby league or have some experience in the game now is your chance to get involved. The season runs from May – July and we train on Tuesday and Thursdays and normally play on Saturdays so if you were to get involved there would be no conflict of interest with your union club's commitments.

You have been identified as having the necessary skills and attributes required for the game, but what can rugby league offer you?

You will be coached by two level II rugby league coaches and a number of level I rugby league coaches.

The advantages of playing and the skills required rugby league for the Giants include:

- Carrying the ball in 2 hands – this may sound simple but most union players carry the ball under one arm in broken field. By encouraging you to carry the ball in 2 hands whilst in broken field will give you greater options and will provide greater protection of the ball.
- Tackle technique – rugby league teaches you to dominate the tackle area. We will teach you how to double up in the tackle, prevent ball release (offloads) from the ball carrier and finish the tackle on top of your opponent.
- Defensive patterns – this is commonly referred to as mapping. We will teach how to work together with team mates to put the ball carriers into positions that they can be dominated.

Also playing for the Giants has other advantages:

- Representative honours – there is more of a clear line for representative rugby league than in union. There are only eight teams in the South West and the best players from the Giants will be pushed forward for any trials. The line is Giants – South West – South of England – England Lionharts. We have had already one player to represent the Lionharts and that was in our first season!
- Fitness – In order to play league you will need to be fit. You will need to work on your cardio vascular throughout the summer. In union once a tackle is made an offside line is drawn and defenders defend that line. In league once a tackle is made the rest of the defenders must retreat 10 metres (apart from two markers).

If you are interested in playing or just simply want more information please don't hesitate to get in touch either by calling us or logging on to the website, which is updated periodically.

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SOUTH DORSET GIANTS AMATEUR RUGBY LEAGUE CLUB

1/31/2010