



Leeds Rhinos Coach Education

Upskilling Coaches With Brian McDermott &

His Team

- ✓ New Methods
- ✓ Ethics of Coaching
- ✓ The Leeds way



Health & Nutrition for Rugby League Players

- ✓ Date - 25th April 2016
- ✓ Venue - TryZone, Headingley Carnegie Stadium, Leeds LS6 3BR
- ✓ Time - 6.45pm till 8.15pm

 @RugbyLeeds Web www.leedsrhinosfoundation.org



Meet Debbie
Smith

The Rhinos

Nutrition &
Fitness Team

Member on
our Work-
shops

**Join the LRCA
Our Network of
Coaches &
Share Good
Practice**

Find out more & book a workshop email LRCABooking@leedsrhinosfoundation.org



LEEDS RHINOS FOUNDATION *Changing Lives Through Sport*