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**Centurions**

**‘Learn to Lead and Play the Centurions Way’**

**Website Domain:** [www.centurions-flp.com](http://www.centurions-flp.com) (purchased through GoDaddy)

**Contact Us**: Bethan@Centurions-flp.com

**Programme Overview**

The Centurions have created a programme which enables each individual to maximise their learning potential so that you can be the best you can be. We provide a fun and healthy environment which is supported by highly motivated coaches which provide excellent individual care and attention. The programme is delivered over three Awards: Bronze, Silver and Gold.

**Bronze Award**

The Bronze Award is focused on the ‘Team’ and is aimed at Children between the ages of 11 and 13. During the Award you will improve your self-confidence and independence whilst having the opportunity to lead and inspire others. We will encourage your natural skills and help you identify any areas that you may wish to develop in the future. Each day we will build your skills through both physical and mental challenges both on and off the pitch. The Award is over delivered over 5 days. Days 1 and 2 are delivered at the Home of Rugby, Twickenham and days 3 to 5 are delivered at London Irish.

**Silver Award**

On completion of the Bronze Award you are eligible to enrol on the Silver Award which is focused on the ‘Individual’. This is aimed at 13 to 14 year olds and is again delivered over a 5 day period split between Twickenham and London Irish. During this award we will be empowering you to discover your own strengths and weakness in order to find your most natural leadership style so that we build transferrable skills for the future.

**Gold Award**

This is a 5 day residential course for all those who have successfully completed the Bronze and Silver Award. Aimed at 14+, this is the culmination of the Rugby Centurions Future Leaders Programme. During this award leaders will be challenged with a variety of practical exercises and on field activities in order to develop a rounded centurion leader. Individuals will learn how to tackle complex problems and plan missions whilst feeling confident that they can lead others. These skills will equip them for their future learning and workplace environments.

**Our Mission**

To educate, inspire, mentor and transfer key leadership skills to the next generation

**Our Values**

**Leadership.** For the team to be truly successful we believe in developing leadership at all levels.

**Courage**. We put the needs of the team ahead of the needs of our own.

**Selfless Commitment.** We have the physical and mental courage to possess confidence, bravery and resolution when faced with danger or fear.

**Resilience**. Our strength of character to overcome adversity and bounce back.

**Respect**. We respect those people who we train with and compete against. We believe in equal treatment and opportunity for all.

**Frequent Asked Questions**

**Will you provide lunch or snacks?**

*Water will be provided to refill water bottles. However, we ask that children bring their own lunch.*

**Who attends your Future Leaders Programme?**

*Children of all abilities, some who have played rugby before and some who have never played. The programme is available to both boys and girls.*

**When do I drop and pick up my child from the programme?**

*Venue timings are included in your welcome letter. Typically the drop off time is 0900 and collection time at 1600. Please ensure your child is handed over and registered to one of our coaches on the programme before you leave.*

**What should my child wear?**

*Activities will take place both indoor and outdoor; therefore, please ensure you bring appropriate rugby kit, including waterproofs and a change of kit, also trainers and boots.*

**What makes your programme the right choice for my child?**

*The programme is fun and designed to develop the child’s leadership skills on and off the pitch. These skills will help them grow as individuals.*

**How can I enrol on the silver or gold award?**

*In order to enrol on the Silver Award the child must have successfully completed the Bronze Award. In order to enrol on the Gold Award the child must have successfully completed the Silver Award.*

**Will I meet a Centurion?**

*Yes. Whilst on the programme you will have a chance to meet and learn from a Centurion.*

**How do you comply with safeguarding?**

*This is really important to us. We want all children to experience a fun, healthy and safe environment; therefore, our coaches and staff are educated and trained in safeguarding, child protection and are all DBS checked.*

**Events**

The events will be scheduled through Picatic.com and therefore the API needs to be directed to the Website

Bronze Award Part 1. £179. 22-23 October 2018. Twickenham.

Bronze Award Part 2. £179. London Irish. 21-23 February 2018

Bronze Award Part 1 & 2. £299. 22-23 October and 21-23 February 2018

**Centurions**

Rugby Centurions, a world first is the fulfilment of a desire to create a colossal force for good. It emanates from the recognition and unification of rugby’s finest warriors. This is a kinship of iconic men and women who have represented their countries in 100 international rugby test matches.

Only three in every 1000 international rugby players ever reach this massive milestone. As members of Rugby Centurions the Toughest Membership in the World; this rare and select breed of rugby players are uplifting lives by making the wonderful game more accessible and desirable to the growing number of rugby fans and players across the globe. Rugby Centurions are luminaries, gladiators and warriors. But above all they are people. They have given so much. And now, as a unified force, they’re giving back even more.

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Learn More: [www.rugbycenturions.com](http://www.rugbycenturions.com)

**What do we Teach at the Bronze Award**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TO**  **Number**  (a) | **Training Objective**  **(Performance)**  (b) | **Enabling Objective**  (c) | | **Key Learning Points**  (d) | |
| 1.0 |  | | | | |
| Demonstrate the attributes required to be a successful leader | 1.1 | Discuss the role of leadership | 1.1.1 | Describe who leaders are and how to become a leader |
| 1.1.2 | Identify the challenges a leader may face today |
| 1.1.3 | Describe the importance of leadership in a team |
| 1.2 | Describe the skills of a leader | 1.2.1 | Explain how a leader develops themselves and their team |
| 1.2.2 | Explain the attributes required to be a successful leader |
| 1.2.3 | Describe the most important qualities of a leader |
| 1.3 | Describe what makes a good team leader | 1.3.1 | Explain the difference between a good and a bad leader |
| 1.3.2 | Explain what a team needs from their leader |
| 1.3.3 | Discuss how you show your leadership in different areas |
| 1.3.4 | Explain how you think you could become a better leader in the future |
| 1.4 | Describe leadership opportunities | 1.4.1 | Explain what leadership opportunities here are within school |
| 1.4.2 | Explain leadership opportunities within the community |
| 1.4.3 | Explain leadership opportunities within sport |
| 1.5 | Describe what leadership skill set you have | 1.5.1 | Explain your potential leadership traits |
| 1.5.2 | Decide what attributes you need to develop to improve as a leader |
| 1.5.3 | Recognise the different areas for development and how to apply them |
| 2.0 | Demonstrate effective communication | 2.1 | Discuss the importance of communication | 2.1.1 | Describe what we mean by effective communication |
| 2.1.2 | Describe the barriers to effective communication |
| 2.1.3 | Describe some tactics to communicate effectively |
| 2.2 | Discuss verbal and non-verbal communication | 2.2.1 | Explain what verbal communication is and how its applied |
| 2.2.2 | Explain what non-verbal communication is and its effects on the team |
| 2.2.3 | Explain the benefits of both types of communication and when its best to use more of one than the other |
| 2.3 | Describe what the importance of communication | 2.3.1 | Show what forms of communication are important on the rugby pitch |
| 2.3.2 | Explain what happens if communication breaks down |
| 2.3.3 | What is the results of poor communication. |
| 2.4 | Describe being engaged listener | 2.4.1 | Explain what makes a good/bad listener and the results of each. |
| 2.4.2 | Describe what skill set do you need to become or improve on being a good listener |
| 2.4.3 | Describe what the benefits are of active listening |
| 3.0 | Demonstrate effective followership | 3.1 | Discuss the role of followership | 3.1.1 | Understand the role of a follower |
| 3.1.2 | Describe what followership is and what to means to you |
| 3.1.3 | Identify different types of followers |
| 3.2 | Define the term followership | 3.2.1 | Describe what followership is and how it is applied |
| 3.2.2 | Describe why followership is so important to success within a team |
| 3.2.3 | Describe how is followership different to leadership |
| 3.3 | How is followership applied and what is its influence | 3.3.1 | Describe the role of a follower and the importance in supporting the leader |
| 3.3.2 | Describe situations where followership is evident more than others |
| 3.3.3 | Discuss the influence of good and bad followership and the effect it has on the team |
| 3.4 | Discuss the essential qualities of followership | 3.4.1 | Explain the importance of self-management |
| 3.4.2 | Explain the outcome of having confidence |
| 3.4.3 | Describe what is meant by knowledge and focus in followership |
| 3.4.4 | Describe courage within followership |
| 4.0 | Demonstrate the attributes required to be a Team Player | 4.1 | Discuss the importance of teamwork in achieving a goal | 4.1.1 | Discuss why it is important to have a directed goal in a team |
| 4.1.2 | Describe what components make a successful team and the characteristics that effect team work |
| 4.1.3 | Understand the role you have in a team, what makes you a good or bad team player |
| 4.2 | Discuss the importance of being a committed team player | 4.2.1 | Describe why it is important to be fully committed to a team and a goal |
| 4.2.2 | Describe the impact of a team player not committing to the task |
| 4.2.3 | Explain how you can help other team mates be more committed |
| 4.3 | Discuss respect, how its applied within a team and the influence it has | 4.3.1 | Describe what respect is. How is this important to achieve a teams goal |
| 4.3.2 | Describe how the lack of respect effect team performance |
| 4.3.3 | Describe how you would you help someone improve their self respect |
| 5.0 | Demonstrate an understanding of the Rugby Centurion Values | 5.1 | Discuss what selfless commitment is | 5.1.1 | Define the term selfless commitment |
| 5.1.2 | Explain where you have put the needs of others before the needs of yourself |
| 5.1.3 | Discuss why selfless commitment is important to the team |
| 5.2 | Discuss the importance of having courage | 5.2.1 | Describe what we mean by the term courage |
| 5.2.2 | Explain when you have been courageous in your pursuit of a goal |
| 5.2.3 | Discuss how courageous behaviour impacts the teams performance |
| 5.3 | Discuss what we mean by the term resilience | 5.3.1 | Define the term resilience |
| 5.3.2 | Explain when you have been resilient |
| 5.3.3 | Explain how being resilient can effect a teams performance |