

## Rugby-a-thon, fitness/training short version

Here's a scaled down version of the rugby-a-thon that can be easily incorporated into an extended training session. As well as helping for kids in need and the environment, it's a robust and fun addition to the team's fitness preparation.

To be successful it needs just a small amount of planning by a motivated club member. Here are a few ideas and guidelines:

- You can structure your rugby-a-thon as you wish. Give priority to fun, participation and safety.
- Do touch footy with the participants split on half fields. If you do play rugby make sure you structure it carefully so it's safe and a success.
- Do a continuous game for two or three hours, but use a generous interchange system so participants get plenty for breaks. Be flexible to change the event structure mid way if needed, for example, add breaks if people are tiring.
- Have a strapper or physio oversee the event so everyone remains well hydrated and stretches regularly (the strappers can be sponsored for their role).
- Managers, committee and other support people can also join in as lines people, referees or whatever title they like to give themselves to be part of the event.
- Invite local businesses to donate prizes for those who raise the most sponsorship or perhaps as prizes for a raffle on the day.
- Ask the local newspaper to run a story and invite the community to sponsor the event.

## Steps for a successful rugby-a-thon

- Choose a motivated person to drive and be responsible for the event.
- Set your timetable: event date, distribution of sponsor forms, reminders and collection of forms.
- Download and edit a sponsorship form: [Sponsorship Form](#). If the form opens as "Read Only" then "Save As"; if the form does not appear on your screen check your downloads folder.
- Two to four weeks before the event give printed sponsor forms out at training or otherwise.
- Remind people at preceding meetings, training etc. Emphasise the due date for forms and sponsorship money.
- Keep a list of people with outstanding sponsors so you can give them a reminder if overdue.
- Deposit or send funds using the [Remittance form](#). If the form opens as "Read Only" then "Save As"; if the form does not appear on your screen check your downloads folder.
- Post or fax sponsorship forms (see remittance for details).

*Good luck and have fun.*