

YORK RLFC

ONE CLUB. TWO TEAMS.



#RiseUp / #WeAreYork

York RLFC is made up of the York Knights (Men's team) who play in the Betfred Championship and the York Valkyrie (Ladies team) who compete in the Betfred Women's Super League. The Club has over 150 years of history of rugby league throughout the City.

Details of fixtures for both teams can be found at yorkrlfc.com/fixtures-results.



Along with the 2 teams, the Club has a fantastic foundation which has an Academy for both boys and girls and runs their Future Stars sessions designed for children in Key Stage 1 and 2 who want to take part in fun, weekly, non-contact sessions.

Each week children are introduced to some of the basic ball skills associated with our sport, helping them grow in confidence week on week. All participants will be signposted to join a community club if they are not attached to one already. In order to achieve the aims of the programme



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we put the fundamentals of movement at the forefront of our sessions. Sessions are structured around the concept of play, allowing children to explore and discover different ways to move, whilst teaching how to catch, pass, kick and run with the ball and play as part of a team.

The York RLFC Excel Player Development Programme was initially launched in early 2017 and has an aim to help every player reach their potential. This is done through open-access training sessions, an introduction to strength and conditioning, nutrition and other lifestyle advice.

Although the Boys Excel programme is open to players from Under 12's through to Under 16's and is delivered in blocks of coaching. The Excel programme - which uses the same state-of-the-art York St John University sports facilities used by the Knights and Valkyries teams - forms part of the York RLFC player pathway programme and is rated as outstanding by the RFL.

The programme is free to participants, but



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booking is essential! For further information, please contact our Foundation Delivery Manager.

As part of their continued commitment to women's and girls rugby league, York RLFC have the RISE Development Academy for girls. This programme will take place every other Wednesday night at the York St John University Haxby Road facility, and will be working towards identified technical markers, such as core skills and tackle technique, as well as embedding the culture and standards associated with the Knights' philosophy.



These pathway sessions will run for u14s, u16s and u18s, with the hope of developing a younger batch of players to feed the women's game in the future, as well as the York Knights team.



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Players will continue to train and play as normal with their community club or schools, but will experience elite level coaching, basic strength and conditioning, and nutrition support from the RISE Development Academy. Those attending will receive Knights training kit and will become part of the Club with access to match day and first team events. They also endeavour to provide high quality CPD for club coaches and teachers, as well as relevant support for parents and carers.



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