MY SPORT TRACKER

Tag and contact rugby | Club details and kit

CLUB DETAILS

CLUB OR TEAM NAME

COACH

CONTACT NUMBER

AGE GROUP OR SQUAD

VENUE AND ADDRESS

TRAINING DAYS AND TIMES

WHO MAY COLLECT

KIT

- [ ] Boots, studs checked
- [ ] Gum shield for contact rugby
- [ ] Tag belt for tag rugby
- [ ] Shorts and socks
- [ ] Shirt and base layer
- [ ] Headguard if worn
- [ ] Towel and full change of clothes
- [ ] Water bottle
- [ ] Warm layer for afterwards
- [ ] Everything named
- [ ] Kit bag
- [ ] Spare bag for wet kit

MONEY AND PAPERWORK

SUBS AMOUNT AND HOW OFTEN

RENEWAL DATE

- [ ] Registration or membership completed
- [ ] Consent form returned
- [ ] Medical form updated
- [ ] Photo permission given
- [ ] Kit ordered and all of it named
- [ ] Club app or group chat joined
- [ ] Fixture list saved to the calendar
- [ ] Cancellation and bad weather policy checked

Notes: parking, lift shares, kit sizes, anything worth remembering:

MY SPORT TRACKER

Tag and contact rugby | The month ahead

SESSIONS AND FIXTURES

MONTH

DATE	STARTS	LEAVE BY	TRAINING OR FIXTURE	LOCATION	TAKEN BY	PAID

Journey notes, parking, kit swaps and anything else:

MY SPORT TRACKER

Tag and contact rugby | My month

SESSIONS I WENT TO

Tick a box for every session. Colour a star for how hard you tried.

Week 1	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 2	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 3	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 4	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆
Week 5	☐	☐	☐	☐	Effort	☆	☆	☆	☆	☆

THINGS THAT MATTER MORE THAN WINNING

- ☐ I listened to my coach
- ☐ I tried something I find hard
- ☐ I encouraged someone else
- ☐ I kept trying when something was difficult
- ☐ I practised at home
- ☐ I showed respect to other players or competitors
- ☐ I asked for help when I was stuck
- ☐ I enjoyed myself

What I got better at this month:

What my coach said:

Draw your best moment of the month:

MY SPORT TRACKER

Tag and contact rugby | Matches, progress and awards

MATCHES AND COMPETITIONS

DATE	WHO WE PLAYED OR THE EVENT	HOW IT WENT	ONE THING TO DO NEXT TIME

MY STATS AND MILESTONES

Totals, skills and milestones. Add your own in the empty rows.

	PROGRESS OR ACHIEVEMENT	DATE
Matches played		
Tries scored		
Tags made		
Tackles made		
Passes in a row		
Conversions kicked		

BADGES, AWARDS AND CERTIFICATES