

Session Title

Lessons from the World Cup

Reflections and Planning for the next 4-year cycle

As the start of a new 4-year Rugby World Cup cycle begins, this session will discuss the importance of establishing a nutrition service and curriculum. It will share the strategies that the male pathways at Scottish Rugby will use to develop the next generation of athletes. At the heart of the approach is ensuring alignment to the athletes' Individual Development Plans (IDP's), depth charts and the Scottish Rugby Blueprint.