

# NEWS RELEASE

Date: 15 October 2011

Immediate Release

## England Women's rugby team to train at Northampton Trampoline Centre

Members of the England Women's rugby team, who are the reigning RBS 6 Nations champions and 2010 Rugby World Cup finalists, will arrive in Northampton on Monday 24 October 2011 to train with staff at the Northampton Trampoline Centre including Olympic coach Tracy Whittaker-Smith who will be offering specialist coaching for areas that cross over from the two sports.

The training session arranged with the Rugby Football Union for Women (RFUW) will include the England line-out forwards as they work to improve jumping technique, body management in the air and high hand skills.

Members of the England coaching team will accompany the England players and help in the delivery of this unique training session as the players prepare for the forthcoming autumn internationals against France and world champions New Zealand in November and December.

"This is a brilliant concept as we work together with the Rugby Football Union for Women to use our expertise to enhance elements of their sport" says club director Tracy Whittaker-Smith, who is coordinating the training session.

**-Ends-**

### Notes for Editors:

- For further media information, quotes from the RFUW, interviews or visits to the Northampton Trampoline Centre please contact Tracy Whittaker-Smith, on 07711 586317 or email: [tracywhittaker@btconnect.com](mailto:tracywhittaker@btconnect.com)
- England Women will play France on November 2 (Marseille) and November 5 (Aix-en-Provence) and New Zealand on November 26 (Twickenham Stadium), November 29<sup>th</sup> (Esher RFC) and December 3<sup>rd</sup> (Esher RFC)..
- Staff at the Northamptonshire Trampoline Gymnastics Academy have previously worked with the Northampton Saints so have experience in working with line-out forwards