



# Gearing Up For Winter

**The weather can have a huge impact on sporting performance. As winter draws in the cold temperatures can make outdoor activities harder to endure!**

**Rugby is an example of a sport played throughout winter.**

**As a rugby coach, what advice would you give to your squad in order to encourage them to be prepared to train better in winter?**



**Extension: Think about a sport that you regularly take part in. What are the ideal weather conditions for maximum performance and why?**