



# LUXEMBOURG RUGBY UNION

## TRAINING & EDUCATION

### LUXEMBOURG FEDERAL TRAINING 1 EDUCATION ORGANISATION

### SEASON 2019-2020 CALENDAR

In Luxembourg on Monday, September 2, 2019

**To:** Trainers / Coaches wishing to register in Federal Training & Education pathway  
Luxembourg's Clubs Executive Committee Members

**From:** Alexandre Benedetti, FLR National Technical Director

**Re:** 2019-2020 Season Luxembourg Training & Education pathway

Dear Trainer / Coach,

Luxembourg Rugby Union (FLR) defines its domestic Training & Education portfolio in compliance with the National / European Qualification Framework and offers 2 separate but complementary training courses grouped under the name "Eise Formation":

#### 1. **FEDERAL TRAINING** => 5 levels of training

##### ▪ **2 Federal Certificate(s) :**

- ✓ **FLR 1 (EQF 1): Federal Certificate Trainer 1 (BFE1)** = Preliminary Cycle - Level 1
- ✓ **FLR 2 (EQF 2): Federal Certificate Trainer 2 (BFE2)** = Preliminary Cycle - Level 2

##### ▪ **3 Hierarchical State Diploma(s) :**

- ✓ **FLR 3 (EQF 3): Coaching State Diploma "Trainer C" (BEEC)** = Lower Cycle - Level 3
- ✓ **FLR 4 (EQF 4): Coaching State Diploma "Trainer B" (BEEB)** = Middle Cycle - Level 4
- ✓ **FLR 5 (EQF 5): Coaching State Diploma "Trainer A" (BEEA)** = Higher Cycle - Level 5

#### 2. **CONTINUOUS TRAINING** and/or Refresher

##### ▪ **Theme Workshops**

- ✓ **WPS: First Aid** in Rugby
- ✓ **WEDR: Junior Rugby (Grassroots)** = Game Philosophy & Refereeing
- ✓ **WSSJ: Player Health & Safety**
- ✓ **WCM: Scrum Ready**

##### ▪ **FLR's GiR Programme Animation(s) framework**

- ✓ **Rugby Initiation** in School
- ✓ **National Rugby Development Program**

All the Training & Education fixtures organised for 2019-2020 Season are attached to this letter. **The starting point for all candidates is the Pre-Training module which will take place on Sunday 29 September from 8:30 am to 12:30 am at the INS, 66 Rue de Trèves L 2630 Luxembourg.**

**For registration and/or any further information** do not hesitate to contact the National Technical Director Alexandre Benedetti by email at [dtm@rugby.lu](mailto:dtm@rugby.lu)



**LUXEMBOURG FEDERAL TRAINING FLR LEVEL 1  
FEDERAL CERTIFICATE « TRAINER 1 » 2019-2020 SEASON**

### PRE-FORMATION & WORKSHOPS

DATE	ACTION	PLACE	SCHEDULE
Sunday 29 September 2019	Pré-Formation	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 29 September 2019	Workshop First Aid (WPS)	Salle B1.01 & B1.02 Sportlycée INS	1:30 pm – 5:30 pm

### SPECIFIC RUGBY MODULE FLR 1 SESSION 1

The FLR Specific Rugby Module Registration Form can be downloaded from the Ministry of Sports / ENEPS website:  
<http://sport.public.lu/fr/formations/initiale/entraîneurs-moniteurs/kids-initiation/specifiques-ngf1/2019-Kids-Rugby-FLR1-session-1/index.html>

To be sent by email to the ENEPS Secretariat at [nisrine.hamouni@sp.etat.lu](mailto:nisrine.hamouni@sp.etat.lu) copy to [dtn@rugby.lu](mailto:dtn@rugby.lu)

DATE	ACTION	PLACE	SCHEDULE
October / November 2019	<i>Pre-Task for T&amp;E FLR Level 1 entry</i>		
Sunday 17 November 2019	Single Module	Salle B1.01 Sportlycée INS	8:30 am – 5:00 pm
November 2019 To July 2020	<i>Club Training Session Supervision</i>		

**Note:** 100% Attendance for each fixtures of this calendar is a mandatory requirement to complete the FLR Level 1 Training. Sessions 1 & 2 are identical !!! The opening of a second training session for FLR Level 1 is conditional on the registered candidate's number.



Le Directeur Technique National  
**Alexandre BENEDETTI**

**LUXEMBOURG FEDERAL TRAINING FLR LEVEL 1  
FEDERAL CERTIFICATE « TRAINER 1 » 2019-2020 SEASON**

### PRE-FORMATION & WORKSHOPS

DATE	ACTION	PLACE	SCHEDULE
Sunday 29 September 2019	Pré-Formation	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 29 September 2019	Workshop First Aid (WPS)	Salle B1.01 & B1.02 Sportlycée INS	1:30 pm – 5:30 pm

### SPECIFIC RUGBY MODULE FLR 1 SESSION 2

The FLR Specific Rugby Module Registration Form can be downloaded from the Ministry of Sports / ENEPS website:  
<http://sport.public.lu/fr/formations/initiale/entraîneurs-moniteurs/kids-initiation/specifiques-nqf1/2019-Kids-Rugby-FLR1-session-2/index.html>

To be sent by email to the ENEPS Secretariat at [nisrine.hamouni@sp.etat.lu](mailto:nisrine.hamouni@sp.etat.lu) copy to [dtm@rugby.lu](mailto:dtm@rugby.lu)

DATE	ACTION	ACTION	ACTION
October 2019 / January 2020	<i>Pre-Task for T&amp;E FLR Level 1 entry</i>		
Sunday 9 February 2020	Single Module	Salle B1.01 Sportlycée INS	8:30 am – 5:00 pm
February 2020 To December 2020	<i>Club Training Session Supervision</i>		

**Note:** 100% Attendance for each fixtures of this calendar is a mandatory requirement to complete the FLR Level 1 Training. Sessions 1 & 2 are identical !!! The opening of a second training session for FLR Level 1 is conditional on the registered candidate's number.



Le Directeur Technique National  
**Alexandre BENEDETTI**

**LUXEMBOURG FEDERAL TRAINING FLR LEVEL 2**  
**FEDERAL CERTIFICATE « TRAINER 2 » 2019-2020 SEASON**

### PRE-FORMATION & WORKSHOPS

DATE	ACTION	PLACE	SCHEDULE
Sunday 29 September 2019	Pré-Formation	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 29 September 2019	Workshop First Aid (WPS)	Salle B1.01 & B1.02 Sportlycée INS	1:30 pm – 5:30 pm
Sunday 6 October 2019	Workshop Junior Rugby (WEDR)	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 13 October 2019	Workshop Player Health & Safety (WSSJ)	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am

### SPECIFIC RUGBY MODULE FLR 2

*The FLR Specific Rugby Module Registration Form can be downloaded from the Ministry of Sports / ENEPS website:*  
<http://sport.public.lu/fr/formations/initiale/entraîneurs-moniteurs/kids-initiation/specifiques-nqf2/2019-Kids-Rugby-FLR2/index.html>

*To be sent by email to the ENEPS Secretariat at [nisrine.hamouni@sp.etat.lu](mailto:nisrine.hamouni@sp.etat.lu) copy to [dtm@rugby.lu](mailto:dtm@rugby.lu)*

DATE	ACTION	PLACE	SCHEDULE
October 2019 / January 2020	<i>Pre-Task for T&amp;E FLR Level 2 entry</i>		
Sunday 26 January 2020	Module 1	Salle B1.01 Sportlycée INS	8:30 am – 5:00 pm
February / April 2020	<i>Inter-module Homework n°1 + Training &amp; Competition Coaching Assessment n°1</i>		
Sunday 26 Avril 2020	Module 2	Salle B1.01 Sportlycée INS	8:30 am – 5:00 pm
Avril / Décembre 2020	<i>Inter-module Homework n°2 + Training &amp; Competition Coaching Assessment n°2</i>		

**Note:** 100% Attendance for each fixtures of this calendar is a mandatory requirement to complete the FLR Level 2 Training.



Le Directeur Technique National  
**Alexandre BENEDETTI**

**LUXEMBOURG FEDERAL TRAINING FLR LEVEL 3**  
**COACHING STATE DIPLOMA « TRAINER C » 2019-2020 SEASON**

### PRE-FORMATION & WORKSHOPS

DATE	ACTION	PLACE	SCHEDULE
Sunday 29 September 2019	Pré-Formation	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 29 September 2019	Workshop First Aid (WPS)	Salle B1.01 & B1.02 Sportlycée INS	1:30 pm – 5:30 pm
Sunday 6 October 2019	Workshop Junior Rugby (WEDR)	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 13 October 2019	Workshop Player Health & Safety (WSSJ)	Salle B1.01 Sportlycée INS	8:30 am – 12:30 am
Sunday 1 <sup>st</sup> March 2020	Workshop Scrum Ready (WCM)	Cessange	8:30 am – 12:30 am

### GENERAL ENEPS MODULE

*The General ENEPS Module Registration Form can be downloaded from the Ministry of Sports / ENEPS website:  
<http://www.sport.public.lu/fr/formations/initiale/entraîneurs-moniteurs/index.html>  
 To be sent by email to the ENEPS Secretariat at [nisrine.hamouni@sp.etat.lu](mailto:nisrine.hamouni@sp.etat.lu) copy to [dtm@rugby.lu](mailto:dtm@rugby.lu)  
 Several sessions composed of several modules are offered (generally 4 per year)*

### SPECIFIC RUGBY MODULE FLR 3

*The FLR Specific Rugby Module Registration Form can be downloaded from the Ministry of Sports / ENEPS website:  
<http://sport.public.lu/fr/formations/initiale/entraîneurs-moniteurs/entraîneur-c/specifiques/2019-Entraîneur-C-de-Rugby/index.html>  
 To be sent by email to the ENEPS Secretariat at [nisrine.hamouni@sp.etat.lu](mailto:nisrine.hamouni@sp.etat.lu) copy to [dtm@rugby.lu](mailto:dtm@rugby.lu)*

DATE	ACTION	PLACE	SCHEDULE
October / November 2019	<i>Pre-Task for T&amp;E FLR Level 3 entry</i>		
Saturday 30 November 2019	Module 1	Salle B1.02 Sportlycée INS	8:30 am – 5:00 pm
Sunday 1 <sup>st</sup> December 2019			8:30 am – 5:00 pm
December 2019 / March 2020	<i>Inter-module Homework n°1 + Training &amp; Competition Coaching Assessment n°1</i>		
Saturday 14 March 2020	Module 2	Salle B1.01 Sportlycée INS	8:30 am – 5:00 pm
Sunday 15 March 2020			8:30 am – 5:00 pm
March / June 2020	<i>Inter-module Homework n°2 + Training &amp; Competition Coaching Assessment n°2</i>		
July / September 2020	<b>Interview Oral Assessment</b>	To be defined	To be defined (30 minutes Exam)





# LUXEMBOURG RUGBY UNION

## TRAINING & EDUCATION

**Note:** 100% Attendance for each fixtures of this calendar is a mandatory requirement to complete the FLR Level 3 Training.

In order to reinvest knowledge, it is strongly recommended to participate in the General ENEPS Module before participating in the Specific Rugby Module.



Le Directeur Technique National  
**Alexandre BENEDETTI**

