



DIFFERENT: Seaforth's under-15 rugby side is being taught pilates by Sharon Evans.

Picture: ROS CANNON

Running, passing - scoring with pilates

A DISTRICT rugby club has taken a novel approach in preparing its junior players for the 2004 season.

The team management of the under-15 Seaforth Raiders has brought on board a pilates instructor who, they say, has been a big hit with the boys.

Instructor Sharon Evans says there is good reason for the popularity of the alternative routine.

"It's great for injury prevention," she said.

"A lot of sports are using it now - cricket, football.

"This is the youngest group I've ever worked with but



young guns
Cathie Sweeny

they're very switched on and have been very receptive to it."

Evans said pilates worked the stabiliser muscles and lengthened the body,

promoting better posture and core stability.

"With a stronger core centre, you have a stronger body," she said.

"That's why a lot of sports are getting into it."

In addition to pilates and personal fitness training, Evans has spent some time on the TV show *Beauty and the Beast*. Her high profile attracted the attention of the Raiders, who wanted to give their players an edge for the coming season.

"They wanted a trainer initially but I told them they

should be doing pilates as well," she said.

"We've had a few pilates sessions which have gone down really well and I've also been doing sprinting, cardiovascular workouts, aerobic and anaerobic work and stretching with them.

"They're very motivated for boys of that age."

Last year the team came fifth in their competition but with a new coach and approach, the boys are hoping they can improve on that this season.