

EVERYTHING RUGBY CAMPS SUMMER 2010

For boys and girls aged 7 - 17 years.

everything **rugby**

RUGBY IS OUR WORLD



VISITS FROM PREMIERSHIP PLAYERS!

Prepare for the new season with the pre-season Everything Rugby Camp in August 2010. A rugby camp to introduce, reinforce and develop all of your rugby skills.

Age appropriate curriculum for beginners, intermediate and advanced players!

Price: £115

(includes drinks and snacks)

Participants must bring a packed lunch

There will be a qualified first aid member of staff at every camp

Camps run 9.30am - 4.30pm

2010 Locations:

- 28th-30th July - Cannock RFC
- 2nd-4th August - Vigo RFC
- 4th-6th August - Morpeth RFC
- 11th-13th August - Northern RFC
- 16th-18th August - Eccleshall RFC
- 18th-20th August - Seghill RFC
- 23rd-25th August - Cranbrook RFC
- 25th-27th August - London Grasshoppers RFC



Typical day:

	Warm Up
9.30 - 10.45am:	Handling Drills
10.45 - 11.05am:	Drinks
11.05 - 12.20pm:	Tackle Technique/ Defence Drills
12.20 - 1.20pm:	Lunch
1.20 - 2.35pm:	Kicking/Catching
2.35 - 2.55:	Drinks
2.55 - 4.20:	Games

Nutrition, SAQ and Contact Drills will also be used.

To book: if you wish to pay by cheque or bank transfer please contact chrisg@everythingrugby.com or tom@everythingrugby.com for further details

For all Enquiries please email
Chris on chrisg@everythingrugby.com
or Tom on tom@everythingrugby.com

www.everythingrugby.com