

Pre-Season Rugby Camp

Elite Rugby Coaching Clinics are excited to announce the **2019 Summer Pre-Season Rugby Camp for Year 7 and Year 8 students (U12/13 as of Sept 2019)**. The course will be appropriate for all abilities. Ideal for total beginners that wish to develop their knowledge and understanding for the sport, right through to the more experienced players that wish to refine their skills before the start of the season. All attendees will be placed in appropriate ability groups.

The camp will provide organised, educational, inclusive and structured activities, utilising a team of experienced RFU qualified coaches led by Brett McNamee. Coaches will pass on expert advice and professional tips, creating a fun and enjoyable environment. Individuals can expect to cover content specific to their age group ensuring the best possible chance to further personal development on and off the field.

The focus of the camp will develop core skills as well as improve decision making and game understanding through adaptive game play. We will always provide gradual progressions of all techniques and skills reinforcing the player centred approach. Furthermore, each participant will be provided verbal feedback reinforcing their strengths and highlighting areas of their game that require further development.

An overview of the pre-season camp

	10.00	Registration	
	10.00 – 10.15	Warm up	
AM	10.15 – 10.45	Session 1	Contact Avoidance Speed Agility and Quickness
	10.45 – 11.15	Session 2	Fundamentals of Handling
	11.15 - 11.30	Break	
	11.30 – 12.00	Session 3	Decision Making
	12.00 – 12.30	Session 4	Offloading/Champagne Rugby
	LUNCH	12.30 – 13.30	Lunch
PM	13.30 – 13.50	<i>Transferable Skills Game</i>	
	13.50 – 14.20	Session 5	Tackling/Tagging Technique
	14.20 – 14.50	Session 6	Breakdown Management.
	14.50 – 15.20	Session 7	Game Play
	15.20 – 15.30	Conclusion	Review and Player Debrief

DETAILS:

Age: Year 7 (U12) and Year 8 (U13) (as of Sept 19/20)

Time: 10.00am – 15.30pm

Cost: £18 per day; £48 for 3 days; £60 for 4 days

10% Sibling Discount Off Total Booking Fee

Date/Venue:

- Tues 27th August @ **Richard Hale School**
- Wed 28th August @ **Richard Hale School**
- Thurs 29th August @ **Richard Hale School**
- Fri 30th August @ **Richard Hale School**

Yours Sincerely,

Brett McNamee

Please reply by completing this parental consent form no later than 16th Aug

No. of days Attending	Day 1 - Tues (27/8)	Day 2 - Wed (28/8)	Day 3 - Thurs (29/8)	Day 4 - Fri (30/8)
Venue	Richard Hale	Richard Hale	Richard Hale	Richard Hale
Please tick				

Name

Year/Age Group (as of Sept 19)

DOB

Parent/Guardian Name	Parent/Guardian Email address
Home Contact Number	Mobile Contact Number
Medical Conditions (if any)	
Emergency Contact Name	Emergency Contact Number

Consent: I give consent for my child/children to take part in the Elite Rugby Coaching Clinics and agree to pay the course fee in advance.

Please Print Name	Signed	Date
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WHAT TO BRING;

CLOTHING/EQUIPMENT

- Suitable sportswear clothing
- Wet weather clothing
- Boots and trainers
- Mouth guards

FOOD/DRINK

- Packed Lunch
- Water Rattle

MISCELLANEOUS

- Medication/Sun cream etc.

CONTACT DETAILS

For further information or any queries, please contact via;

✉ - Info@RuggerRooz.co.uk

💻 - www.RuggerRooz.co.uk/elite-rugby-coaching-clinics



www.facebook.com/eliterugbycc/



@EliteRugbyCC

IMPORTANT INFO

- Please enclose a cheque payable to **Brett McNamee**
- Please place a completed form and payment in a sealed envelope FAO **Brett McNamee/Pre Season Training Camp**
Address: 11 Brice Gardens, Buntingford, SG9 9GR

Booking Conditions

1. Payment constitutes your acceptance of the booking conditions.
2. On receipt of this form a booking confirmation/information letter will be emailed to you.
3. The camps are run on a first come first served basis and are subject to availability. In the case of your booking form not being accepted, we shall offer you a full refund. Bookings made less than a week before the camps start are unlikely to be accepted.
4. If you do need to cancel your booking, you must inform us immediately. All cancellations will be acknowledged by us and are subject to the following cancellation terms: 20+ days - full refund, less than 20 days - 50% refund, on or after the start date - no refund.
5. Neither Elite Rugby, the School nor any person involved with the organisation of the Elite Sports Coaching Clinics;
 - accepts liability for the personal injury of any participant unless caused by its negligence.
 - will be responsible for any losses or additional expenses incurred by any participant or their parents or guardians due to injury or sickness whilst at a rugby camp due to weather or any other causes beyond their control.