

Summer Rugby Performance Programme

Elite Rugby Coaching Clinics are excited to announce the first **Summer Rugby Performance Programme for Year 9 (U14 as of Sept 2019)**.

Pre- Season is a period of the year where it is essential that players work on their technical skills, conditioning and tactical awareness. This programme will promote and develop core skills with primary focus on distinguishing a more balanced array of skills required in today's modern game. This will ensure the best possible chance to further personal development as well as maximising each individuals skill set for the new season.

The camp will provide organised, educational, inclusive and structured activities, utilising a team of experienced RFU qualified coaches as well as guest RFU and Premiership Academy coaches led by Brett McNamee. Coaches will pass on expert advice and professional tips, creating a fun and educational environment.

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 visual and verbal feedback reinforcing their strengths and highlighting areas of their game that require further development ably supported by video analysis.

An overview of the Performance Programme

AM	10.00	Registration	
	10.00 – 10.15	Warm up	
	10.15 – 10.45	Session 1	Contact Avoidance; Speed Agility and Quickness
	10.45 – 11.15	Session 2	Ball distribution Skills
	11.15 – 11.30	Break	
	11.30 – 12.00	Session 3	Decision Making
	12.00 – 12.30	Session 4	Continuity Skills
LUNCH	12.30 – 13.30	Lunch	<i>Analysis and Feedback Classroom based Sessions</i>
PM	13.30 – 13.50	<i>Transferable Skills Game</i>	
	13.50 – 14.20	Session 5	Tackle Technique/Managing Contact
	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 9 (U14) (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

Cost: £18 per day; £45 for 3 days

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 19th 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
-------------------	--------	------

WHAT TO BRING;

CLOTHING/EQUIPMENT

- Suitable sportswear clothing
- Boots and trainers
- Mouthguards

FOOD/DRINK

- Packed Lunch
- Water Bottle

MISCELLANEOUS

- Medication/Sun cream etc.

CONTACT DETAILS

For further information or any queries, please contact via;

✉ - info@RuggerRooz.co.uk

💻 - <http://ruggerrooz.co.uk/summer-rugby-performance-programme/>



www.facebook.com/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 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.