

## Pre Season Rugby Camp

Elite Rugby Coaching Clinics are excited to announce the **2024 Pre Season Rugby Camp for students in Years 6 - 9 (U11-14 as of Sept 2024).**

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. This programme will promote and develop an array of core/advanced 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 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 be principles of play to 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 detailed feedback reinforcing their strengths and highlighting areas of their game that may require particular focus.

### An overview of the training camp

AM	10.00	Registration	
	10.00 – 10.15	Warm up	
	10.15 – 10.45	Session 1	Activate; Fundamental Movements; SAQ
	10.45 – 11.15	Session 2	Decision Making; Ball Distribution Skills
	11.15 – 11.30	Break	
	11.30 – 12.00	Session 3	Principles of Defence;
	12.00 – 12.30	Session 4	Principles of Attack; Continuity Skills;
LUNCH	12.30 – 13.30	Lunch	
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	Principles of Play
	14.50 – 15.20	Session 7	Showcase Games; Game Play
	15.20 – 15.30	Conclusion	Review and Player Debrief

### DETAILS:

**Age:** Yr.6 (U11); Yr. 7 (U12); Yr. 8 (U13); Yr. 9 (U14);

**Time:** 10.00am – 15.30pm

**Cost:** £25 - 1 day; £45 - 2 days; £60 - 3 days;

10% Sibling Discount Off Total Booking Fee

### **Date/Venue:**

- Tues 27<sup>th</sup> August @ **Richard Hale School**
- Wed 28<sup>th</sup> August @ **Richard Hale School**
- Thurs 29<sup>th</sup> August @ **Richard Hale School**

Yours Sincerely,

Brett McNamee

Please reply by completing this parental consent form no later than 16<sup>th</sup> August

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

Name .....

Year/Age Group (as of Sept 24/25).....

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;**

- Suitable sportswear clothing
- Boots and trainers
- Mouthguards
- Packed Lunch
- Water Bottle

**CONTACT DETAILS**

✉ - [info@RuggerRooz.co.uk](mailto:info@RuggerRooz.co.uk)

💻 - <http://ruggerrooz.co.uk/elite-rugby-coaching-clinics/>



[www.facebook.com/eliterugbycc/](http://www.facebook.com/eliterugbycc/)



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**MISCELLANEOUS** - Medication; Sun cream etc.

**IMPORTANT INFO – Please complete one of the following booking methods with payment**

- BACS: Mr B McNamee; £..... Acc No. 83850503; Sort Code. 60-15-55; REF (Childs Name)

Scan the QR code to complete an online booking form alternatively email consent form/details by photo screenshot.



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 may not 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.