

WIDDEN OLD BOYS RFC HALF-TERM RUGBY CAMP BOOKING FORM

Dear Parent/ Guardian

Widden Rugby Club will be holding a 5 day Rugby Camp on the 24th – 28th October 2011. 10am – 3pm.
The cost of the camp is £65 for the 5 days

This 5 day camp is aimed at players of all abilities and ages between 7 and 14 years old. The course will focus on developing and improving core skills such as:

- **Conditioning** – SAQ (Speed, Agility and Quickness)
- **Handling Skills** – push pass, spin pass, miss pass, loops and switches
- **Running & Evasion Skills** – side step, swerve, change of pace
- **Contact & Tackling Skill** - tackle technique, ruck, maul, managing contact
- **Positional Skills** – requirements for individual positions
- **Decision Making** – 2v1 and 3v2
- **Small Sided Conditioned Games** – Attack and Defence
- **Tag Rugby** – tag games for the under 8s

The Widden Rugby Camps will provide a fantastic learning environment for the participants to improve all aspects of their game through a varied mixture of challenging and fun sessions to help develop and improve their rugby skills

PERSON RESPONSIBLE FOR BOOKING

Name.....

Address.....

.....Post code.....

Emergency Tel 1 Emergency Tel 2.....

Email Address.....

COURSE ATTENDEE

First Name.....Surname.....DOB.....Age.....

Club (if any).....Age Group U.....School.....Play at school? Y / N

Medical Details / Allergies (Please list any medical conditions together with medication prescribed)

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Photos' may be taken at the camp, These images may be used in future for media and promotion of the Widden Rugby Camps. – Any objections – YES NO (Please tick boxes)

Parent/ Guardian SignatureDate.....

Cheque Amount £ Payable to Widden Old Boys Rugby Club
(Please put name of child on back of cheque)

Please return this form and payment to Andy Brown Widden Old Boys Rugby Club The Memorial Ground, Tuffley Avenue, Gloucester, GL1 5NS