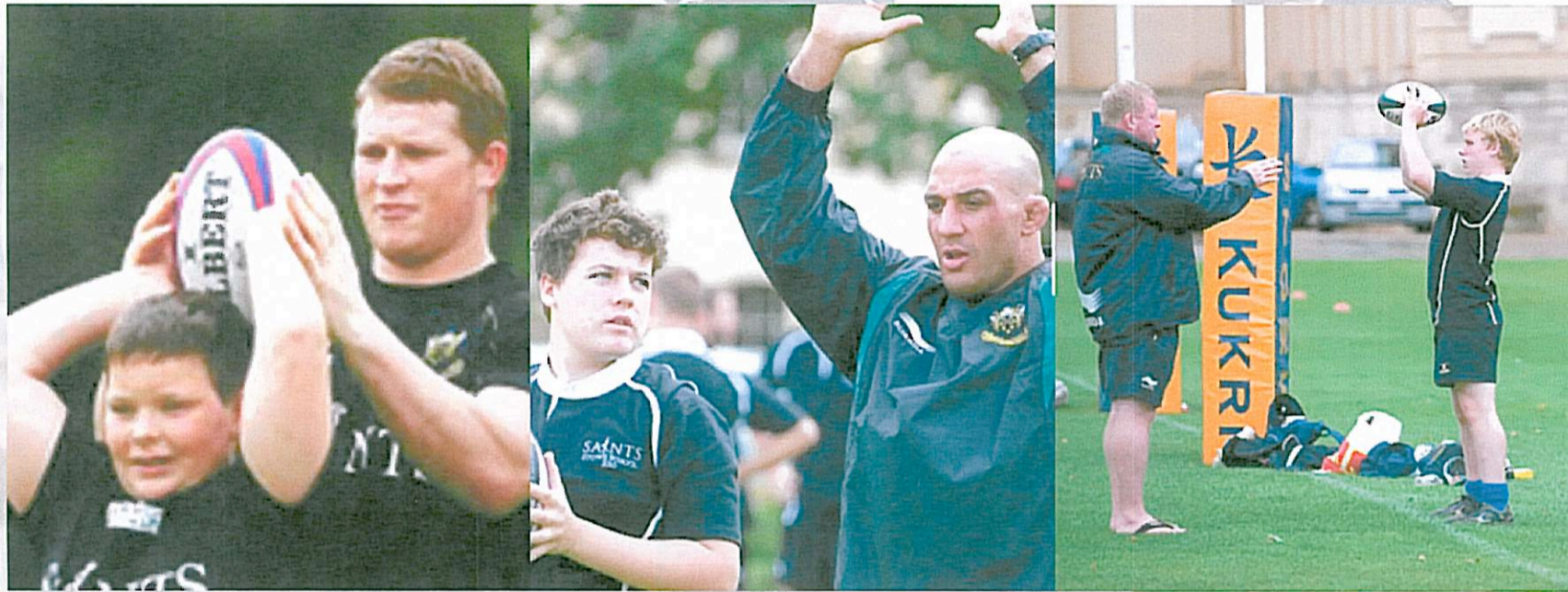




Northampton Saints Rugby Camps

West Bridgford RFC



Northampton Saints are pleased to announce their 3 day summer course at West Bridgford RFC, due to take place on 30th - 1st September, 2011.

- ✓ Led by Academy Coach Ross Stewart, EPDG Manager.
- ✓ Rugby Coaching from experienced RFU qualified and CRB checked coaches
- ✓ Increase the players knowledge and understanding of specific areas of the game
- ✓ Contact Management ~ Rucking and Mauling ~ Defensive Organisation ~ Handling, Running/ Evasion skills ~ Decision Making ~ Set-piece, position specific training ~ Kicking

Dates	Venues	Length	Cost
Aug 30-1st Sept	West Bridgford RFC	3-day	£90

Courses can be booked online at:

www.northamptonstalks.co.uk/community

For more information call 01604 599116