

Be strong as granite.

Be fluid as water.

Be fast as the wind.



NATIONAL FITNESS COURSE (for club coaches)

25th, 26th & 27th June 2010 @ the National Sports Centre, Inverclyde, Largs

The weekend course will commence on Friday 25 June at 1.00pm (further info on website). Accommodation is provided at the Centre. There will be a Dinner on the Saturday evening with guest speakers. The course will finish at 4.00pm on Sunday 27 June. You will have access to all the Centre's top class sports and training facilities during the weekend – further info on the website.

Course Fees:

The fee for the course is £150 (inc. VAT) – this includes accommodation + some meals – see website for details. A cheque for the full amount should be sent along with the registration form to book your place. Early booking is advised as only 60 places are available

Visit www.scottishrugby.org/coaching for booking information

