

TACKLE DEVELOPMENT

GAME DEVELOPMENT

RUCK & MAUL INTRO

SUPPORT PLAY

TEAMWORK

HAND EYE COORDINATION

SCRUM INTRO

SPEED & AGILITY



WINCHESTER RUGBY FOOTBALL CLUB

U9-U12 SUMMER ACADEMY 2014

COURSE CONTENT

Winchester Rugby Club are opening its doors for under 9s - under 12s to come and enjoy this year's highly anticipated Rugby Summer Academy.

Enjoy learning new skills and developing existing ones!

You will learn all parts of the game that are specific to your age group. The sessions will be fun and constructive in the safe environment of your club.

Players will need to bring appropriate kit for wet and dry weather, a packed lunch, water bottle and mouth guard.

NO MOUTH GUARD
- NO CONTACT

COURSE COACHING

The academy is specifically aimed at under 9s, 10s, 11s and 12s. It will be run by the club's very own Community Development Officer (Rob Gould) with the help of selected external coaches.

Medals will be given out each day for Player of the Day and Most Improved Player.

* Free T-Shirt with every 4 full day booking

DATES & PRICING

Age Groups

U9 - U12 (2014/15 season)
WRFC membership not required

Dates & Times

12-15th August 2014

Venue

Winchester RFC

Prices

4 Days (9.30am - 3pm)*	£90
3 Days (9.30am - 3pm)	£65
2 Days (9.30am - 3pm)	£45
1 Day (9.30am - 3pm)	£25

4 Half-days (9.30-12.30) £45

Please contact Rob Gould by email at communityrugby@winchesterrugby.com for more information and booking details.