



SCOTTISH RUGBY CAMPS EASTER 2012

Train like the
professionals!



Have
Fun!

Meet the
players!

Improve
your Skills!

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Playing for Scotland has been my lifelong goal but it takes years of dedication, hard work and practice. I'm sure you work hard all season with your school or club team, but attending a Scotland, Edinburgh or Glasgow training camp during your Easter holidays is a great way of dedicating extra time to improving your skills. Come along and train like a professional, meet your favourite players and have a fantastic time!



**Allan 'Chunk'
Jacobsen,**

**Prop, Edinburgh Rugby
and Scotland**



TYPICAL ITINERARY PER DAY

Each camp is slightly different, depending on the camp's location and the age and experience of the participants. The exact itinerary for your chosen camp will be confirmed when you get in touch. A typical day might include some of the following:

- 9am** Arrival and registration
- 9.15am** Individual exercises with a rugby ball.
Warm-up games ~ football, cricket or volleyball
- 10am** Group exercises ~ passing, movement or support play. Grid-based drills in small groups
- 10.30am** Games in small groups
- 11am** Break ~ water and fresh fruit supplied
- 11.30am** TAG rugby games.
Evasion and 'quick feet' drills
- 12 noon** Problem-solving and strategy drills. Game-based situations
- 1pm** Departure





GLASGOW

Scotstoun, Glasgow

Monday 9 April 9am - 1pm

Tuesday 10 April 9am - 1pm

Wednesday 11 April 9am - 1pm

EDINBURGH

Murrayfield Stadium, Edinburgh

Tuesday 10 April 9am - 1pm

Wednesday 11 April 10am - 2pm

Thursday 12 April 9am - 1pm

SCOTLAND

Moray RFC, Elgin

Wednesday 11 April 9am - 1pm

Thursday 12 April 9am - 1pm

Friday 13 April 9am - 1pm

All participants will receive:

1. Coaching from qualified, disclosure-checked coaches.
2. Fresh fruit and water for break times.
3. An individual action plan and a special gift.
4. The opportunity to meet and join in fun activities with professional rugby players.

Qualified First Aid provision is available at each camp.

MEET THE PLAYERS

Edinburgh Rugby and Glasgow Warriors players will visit your camp on one day.

There might be a 'Beat the Pro' challenge, autographs or a 'Question & Answer' session for everyone to take part in.





LEARNING THE GAME

Our camps make sure that rugby is fun! Basic techniques of passing, tackling, running and support play will be taught and practised in game-based situations. Each youngster will be coached in decision-making and problem-solving, with an individual action plan given out after the three-day camp.



APPLICATION FORM

Rugby Camps £60 per child (inc. VAT)

GLASGOW **9 - 11 April. Scotstoun.**

EDINBURGH **10 - 12 April. Murrayfield Stadium.**

SCOTLAND **11 - 13 April. Moray RFC, Elgin.**

Child's Name 1 _____

School and/or Club _____

Male **Female** **School year (P4 to U16)** **DOB** _____

Any medical condition _____

Child's Name 2 _____

School and/or Club _____

Male **Female** **School year (P4 to U16)** **DOB** _____

Any medical condition _____

Address _____

_____ **Postcode** _____

Email _____

Home telephone number _____

Emergency telephone number _____

Name of Parent / Guardian _____

Fee enclosed £ _____

(cheque made out to Rugby Camps Scotland Ltd.)

Signed _____ **Name** _____

Date _____

If you do not wish your child to be photographed please let us know in writing. Conditions of enrolment: Confirmation of enrolment will be sent to a camp member on receipt of application and camp fee. Application is accepted on a first come, first served basis. Rugby Camps Scotland Ltd. reserves the right to cancel or amend the camp. In this event all camp fees will be refunded. Personal property is the responsibility of the individual. The camp members agree to abide by the rules laid down by the camp co-ordinator.

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To book your place, complete and return the application form, with full payment, to:

Rugby Camps Scotland Ltd,
27 Stewarton Road, Dunlop KA3 4AD

Cheques should be made payable to
'Rugby Camps Scotland Ltd'.

For more information

Email: scottishcamps@gmail.com

Contact: Graham Kilgour - 07545 298 615



We are Scotland