

# TRYTIME



## BACK TO RUGBY CAMP

**A programme designed by highly qualified coaching staff to ensure a great, enjoyable and fun experience, whilst physically preparing players to ensure a safe and confident return to rugby.**

**WHO:** All St Pius Rugby Players (age group split sessions)

**DATES:** Thursday 2<sup>nd</sup> & Friday 3<sup>rd</sup> July 2020

**TIME:** 9am – 3pm (both days) Drop off available from 8am (After Camp Care available)

**VENUE:** St Pius Playing Fields - 1 Dreadnought Road, Oxford Falls

**WHAT:** Players of all levels are encouraged to attend this camp. Specialist coaches will work with all players to further enhance their specific skills, whether they are new to game or have played for a number of years.

**Please note due to COVIDsafe rules, unfortunately we will NOT be able to supply any food, including morning and afternoon tea snacks. Please provide all food for the duration of the day(s) for your child. Thank you.**

**REGISTER:** [www.trytimerugby.com/camps](http://www.trytimerugby.com/camps)

**PRICING SHOWN ON REGISTRATION WEBSITE**

### About the camp:

- > This holiday camp has been set exclusively for St Pius rugby players of all ages and levels to help them get physically & mentally ready to return to rugby after the holidays
- > We will place a large emphasis on safety in contact areas of the game, including coaching the correct body position in scrums, lineout lifting, rucking and how to tackle effectively to decrease the chance of injury and increase enjoyment and success
- > High quality coaching from first grade Shute Shield coaching staff.
- > Position specific training as well as development of game understanding
- > We thrive on assisting young players by encouraging them to be the best they can be, both on and off the field. We promote hard work, commitment, dedication, and respect to ensure players have good habits even when no one is watching

### CONTACT DETAILS:

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