

TRYTIME

U15-U18 Rugby Camp



Trytime Rugby in conjunction with the Manly Rugby Foundation invite players, male & female, U15 – U18, from ALL areas of Sydney to attend a camp that will give them the best chance of success in 2021

The program will include

Elite on field skills coaching to further enhance skills, decision making and game understanding.

Position specific coaching from top level coaches who can share their expert knowledge

Expert strength and conditioning coaching as well as nutritional guidance and recovery protocols

Strategies to deal with pressure both on and off field. Self review and goal setting to achieve optimal performance.

A great learning environment where players will be challenged to improve themselves as players and people

Your Expert Coaches:



Shannon Fraser

Junior Wallabies Assistant Coach
Waratahs Skills & Development Coach



James Brodie (J-Train)

Manly Rugby Club Head of Athletic Performance / Owner J-Train Athletic Performance Gym



Mike Cross

Owner Trytime Rugby NSW U19 Head Coach
NSW Academy coach
NSW Gen Blue Coach



Nathan Grey

Junior Wallabies Head Coach / Former Wallabies Assistant Coach

PLUS first grade

Shute Shield

Coaches & Players

Dates: 16th & 17th April

Time: 8:30am – 12:30pm

Venue: Kierle Park

Register: trytimerugby.com/camps

SPECIAL DISCOUNT
Enter code
MANLYFOUNDATION
at the checkout for
a \$30 discount