



## ST PIUS HOLIDAY RUGBY CLINIC

**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:** St Pius Rugby Players of all levels are encouraged to attend.

**WHAT:** 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. There will be age group split sessions

**WHEN:** Wednesday 16th & Thursday 17th April 2024, 9:30am – 2:30pm  
- 9:00AM: Bus depart Chatswood from Archer Street to Oxford Falls  
- 2:30pm: Bus depart Oxford Falls to Chatswood

**UNIFORM:** Students are asked to wear rugby training gear including all protective equipment and to bring morning tea and lunch.

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

**COST:** \$130 all inclusive.

**Register via this Clipboard link:** <https://portal.clipboard.app/stpiusx>



### About the clinic:

- Our first priority is getting players physically & mentally ready to return to rugby confidently
- We will place a large emphasis on safety, including coaching the correct body position in scrums, how to tackle effectively, and to be aware of body position to decrease the chance of injury and increase enjoyment and success
- High quality coaching from Trytime coaching staff
- Position specific training as well as game development
- 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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