

# Elite Coaching Camp

**1<sup>ST</sup> AUGUST – 3<sup>TH</sup> AUGUST and 22<sup>ST</sup> AUGUST – 24<sup>TH</sup> AUGUST**

**9.00am till 5.00pm**

**Membership of Nottingham Rugby not required**

We will be running two three day elite camps in August, focusing on ages 13 to 17. Both camps will be the same. The aims of the camps will be to educate the players about everything involved in becoming a better rugby player.

The sessions will be delivered by:

- expert coaches
- first team players from NRFC
- strength and conditioning coaches
- physiotherapists
- high profile rugby players
- Video analysis

1. The course will cover rugby specific and positional coaching, e.g. kicking, propping, hooking, scrum half's, lineout jumping/lifting, back row lines, counter attacking e.t.c
2. We will also be working on core skills to play rugby, e.g. handling, contact, attack and defence
3. Nutrition, what to eat, when to eat, how much to eat. How to work out what's in your food, proteins, carbs and fats
4. Basic weight training methods and training arrangements
5. Fitness and training basics, how to run, techniques movement, skills and drills.
6. Injury prevention
7. Physiotherapist to talk about the body and injuries
8. Guest appearance by a high profile rugby player
9. Question and answer sessions
10. Looking at how computer/video analysis can improve your game
11. Fun rugby and fitness skill games

At the end of the three day camp the players will be presented with an individual assessment covering their specific position.

Nottingham Rugby, Holme Road, Lady Bay, West Bridgford, Nottingham NG2 5AA

T 0115 9070070 F 0115 9070079

Elite Coaching Camp

Cost - £80 for 3 days

Player Name.....

School..... Club (if applicable).....

Parent/Guardian Name(s).....

Address.....

Post Code..... Age..... Positions.....

Email .....

Telephone Numbers (including Emergency Contact Numbers)

Home ..... Work 1 ..... Work 2 .....

Mob 1 ..... Mob 2 ..... Mob 3 .....

Medical Conditions (if applicable).....

Attendance (please circle )

Tues 1<sup>st</sup> Aug - Thurs 3<sup>rd</sup> Aug

Tues 22<sup>nd</sup> Aug - Thurs 24<sup>th</sup> Aug

Cheque enclosed in the sum of £..... made payable to 'Nottingham RFC'

Please return this form to the address below. If you have any queries please contact John Dainton (0115) 907 0072 or [john.dainton@nottinghamrugby.co.uk](mailto:john.dainton@nottinghamrugby.co.uk) or Craig Hammond (0115) 907 0073

Nottingham Rugby, Holme Road, Lady Bay, West Bridgford, Nottingham NG2 5AA

T 0115 9070070 F 0115 9070079

[www.nottinghamrfc.co.uk](http://www.nottinghamrfc.co.uk)

[www.nottinghamrugbyshop.co.uk](http://www.nottinghamrugbyshop.co.uk)