

CHOBHAM RUGBY

EASTER CAMPS

in association with Jag Rugby

RUGBY SKILLS DEVELOPMENT CAMP

8th & 9th APRIL - £64

AIMED AT YEAR GROUPS U6s to U14s

What to expect:

- Finding your place in the team
- Learning your way around the game
- Improving your basic skills
- Spatial awareness and eye for space

RUGBY PERFORMANCE CAMP

10th APRIL 2019 - £32

AIMED AT YEAR GROUPS U12s to U16s

What to expect:

- Train like a Pro for the day
- Strength & conditioning work shops
- Goal setting and Performance
- One to One sessions on player improvement needs

For both camps, 9am drop off and registration - 4:30pm pick up.

Coaching session run between 9:30am and 4:00pm

Book Online through the Chobham RFC website using the link below:

www.chobham-rugby.co.uk/shop

Please ensure your child brings a packed lunch, water bottle, playing boots, mouth guard and a change of clothing depending on the weather



Chobham Rugby
www.chobham-rugby.co.uk

