



GLOUCESTER RUGBY CAMPS 2009/10

DEVELOPING THE FUTURE



BOOK YOUR PLACE TODAY!

0871 871 8781 OPTION 2



WWW.GLOUCESTERRUGBY.CO.UK

CALLS TO THIS NUMBER WILL COST 10 PENCE PER MINUTE FROM BT LANDLINES. CALLS FROM OTHER NETWORKS AND MOBILES MAY VARY



AIMS AND OBJECTIVES

The Premiership Rugby Academy is the only official rugby camp provider to all of the Premiership clubs. As a part of our camps we have exclusive access to the best players in the Premiership and the very best coaching staff.

The Premiership has established itself as the best domestic club competition in the world, and contains some of the biggest names in world rugby to learn from!

The rugby camps provide youngsters

with a fantastic learning environment. The training sessions are based on how Premiership teams train with a variety of core skills covered including handling, running, decision making and contact.

We pride ourselves on being able to provide a great rugby coaching experience as well as providing the chance for young people to learn team skills and sportsmanship.



PACKAGE AND COSTS



Our camps aim to enthuse and inspire all players, the coaching sessions are designed to develop core skills such as new handling techniques, running lines and tackle technique, all courses aim to provide new and innovative ways of playing rugby.

1. **U8's-U14's – 2 Day Coaching Camp** £60 (£65 for Old Richians Rugby Camp - Includes lunch)
2. **U14's-U17's – 1 Day Skills Master-Class** £40
3. **U14's-U17's – 3 Day Master-Class** £80

*booking fee may apply

Participants on all rugby camps will receive the following:

- * **Coaching from Gloucester Rugby Professional Coaches**
- * **Gloucester Rugby branded apparel/matchday ticket**
- * **Opportunity to meet and be coached by Gloucester Rugby Academy and 1st XV players**
- * **Please see all camp details such as venues on the back page**

OUR RESPONSIBILITY

Gloucester Rugby recognise the responsibility to ensure the safety and well-being of all participants. On every course we have a nominated Child Welfare Officer as well as first aid qualified staff.

All of our coaches meet a set criteria including, enhanced CRB checks, Safeguarding and Protecting Children, Equity and a minimum of a level 1 RFU coaching certificate. Coach to child ratio is 1:10 ensuring that every participant can enjoy the course to his/her maximum potential.

Due to age ranges and mixed abilities at the rugby camps, we at Gloucester Rugby divide players into groups following assessments and information gathered at the time of booking.



COACHING STAFF

Our coaching staff are all qualified and trained in the latest techniques available. Each coach has been through a selection process and given enhanced training by getting involved within elite coaching programmes such as the Academy.

Gloucester Rugby players attend camps throughout the season and will assist in coaching as well as being on hand to sign autographs, for photos and for Q&A sessions.



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BOOKING FORM

FIRST NAME	SURNAME	ADDRESS	POSTCODE

PLAYING EXPERIENCE (IN YEARS)	AGE	DOB	COURSE VENUE

Please give details of any allergy, medical conditions, medication and disabilities of the above child/children making clear the name of the child/children affected:

Rugby is a sport involving inherent risk of injury. Your child's participation in the Rugby Camp may result in physical injury. Although Gloucester Rugby will take reasonable steps to avoid serious injuries being suffered by participants, the participants voluntarily assume the risk of injury. By signing below, you confirm that you are the parent or guardian of the child/children listed above and have custody and control of him/her/them and you confirm that:

- 1) You have read and accept the Booking Conditions.
- 2) You irrevocably consent to:
 - Your child's participation at the Rugby Camp;
 - Your child being photographed/filmed whilst at the Rugby Camps, and that such photographs or films can be used in future promotional material produced by Gloucester Rugby;
 - Any data relating to your child collected by Gloucester Rugby in connection with the Rugby Camps being used for the purposes of the Rugby Camp and their promotion by Gloucester Rugby.
- 3) You consent to trained medical professionals caring for your child in the case of an accident.
- 4) Your details, and those of your children, being used for future data driven marketing by Gloucester Rugby.
- 5) You accept that there is an inherent risk of injury involved in the sport.

SIGNED:





PAYMENT DETAILS



NAME: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE: _____

EMAIL: _____ **CREW MEMBER:** YES NO

Please make cheques payable to: **Gloucester Rugby Ltd** (writing your child's name and the venue on the reverse of the cheque). I have read, and on behalf of the named person(s) detailed in the Booking Form, I agree to the **Gloucester Rugby Premiership Rugby Academy Camps Booking Conditions**.

SIGNED: _____

DATE: _____

I wish to pay by Maestro/Switch/Visa/Mastercard (delete as appropriate)

PLEASE CHARGE: £ _____ **TO MY DEBIT CARD**

CARDHOLDER'S NAME: _____

EXPIRY DATE: _____ **ISSUE NO. (IF APPLICABLE):** _____

CARD NO.:

SECURITY CODE: _____

Please send this Booking Form and payment to: Gloucester Rugby Ltd, Kingsholm Stadium, Kingsholm Road, Gloucester GL1 3AX Fax: 01452 383321 Email: cdp@gloucesterrugby.co.uk



1) Payment constitutes your acceptance of the booking conditions.

2) The Rugby Camps are run on a first come first served basis and are subject to availability. If your Booking Form cannot be accepted, we shall endeavour to offer an alternative Rugby Camp. If this is not acceptable to you or if there is no alternative Rugby Camp, your payment will be refunded promptly. Bookings are unlikely to be accepted less than two weeks prior to the Rugby Camp start date.

3) Following receipt of the Gloucester Rugby Camps' Booking Form and your payment, we will send you a confirmation letter.

4) Fully detailed Rugby Camp packs will be sent to you as soon as bookings are confirmed.

6) If you need to cancel your booking, you must inform us immediately. All cancellations will be acknowledged by us and are subject to the following cancellation charges:

- 30+ days - full refund
- Less than 30 days - 50% refund
- On, or after start date for the Rugby Camp - no refund

7) We reserve the right to increase the price of the Rugby Camp in the event of circumstances arising that are beyond our control.

8) In exceptional circumstances it may be necessary for us to cancel Rugby Camp arrangements. You will then be given the option of either transferring to another Rugby Camp (subject to availability), or receiving a full refund.

9) Gloucester Rugby nor any person involved with the organisation of the Gloucester Rugby Camps accepts liability for the personal injury or death of any participant unless caused by its negligence. Gloucester nor any other person involved with the organisation of the Gloucester Rugby Camps will be responsible for any losses or additional expenses incurred by any participant or their parents or guardians due to injury or sickness whilst at a Rugby Camp, weather, strikes, war or any other cause beyond their control.

Gloucester Rugby Ltd, Kingsholm Stadium, Kingsholm Road, Kingsholm, Gloucester, GL1 3AX

Email: cdp@gloucesterrugby.co.uk



DATES AND VENUES

OCTOBER

22-23 Oct 2 Day Camp (8-14) - Old Richians RFC
26-27 Oct 2 Day Camp (8-14) - Hereford RFC
29 Oct 1 Day Kicking Masterclass - (14-17)
Kingsholm Stadium

DECEMBER

22-23 Dec 2 Day Camp (8-14) - Kings School,
Gloucester

FEBRUARY

15-16 Feb 2 Day Camp (8-14) - Kings School,
Gloucester
17 Feb 1 Day Passing Masterclass - (14-17)
Kingsholm Stadium
18-19 Feb 2 Day Camp (8-14) - Cirencester RFC

EASTER HALF TERM

6-7 April 2 Day Camp (8-14) - Hucclecote RFC
8-9 April 2 Day Camp (8-14) - Whitecross
School and Sports College, Hereford
12-14 April 3 Day Masterclass (14-17) -
Hartpury College
15-16 April 2 Day Camp (8-14) -
Tewkesbury School

* Dates subject to change, please check website for updates



MASTER-CLASS SKILLS CAMPS

Master-Class camps are an ideal opportunity for rugby players to learn from professional coaches and players. Coaching sessions on kicking technique, scrumhalf passing, scrummaging and tackle technique will all take place throughout the season. Gloucester players will be on hand to pass on tips that will help improve your game along with elements of analysis to assist your development.

ITINERARIES

The Camps aim to deliver a programme that teach match specific skills and advance techniques to improve general motor skills, flexibility, agility and speed. We focus on the development of core skills, handling, running, tackling and decision making.

Each Rugby Camp will include elements of the following:

- Warm-up/ Conditioning/ Nutritional Sessions – active stretching • SAQ sessions • running skills and footwork
- Handling/ Running Skills – support • depth • angles • evasion • decision making
- Positional Skills – individual master-classes
- Unit Skills – Scrums • lineouts • restarts • counter attack • kicking strategies
- Conditioned games – Attack and Defence
- Competition – Opportunity to win Gloucester Rugby Tickets and signed memorabilia

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