



# AUTUMN RUGBY CLINICS

*Planting the seed for a lifelong love of Rugby*

## **TACKLE A 'TAH SPECIALIST RUGBY CLINIC: 15-17 April 2013, 8.30am-12.00pm**

3 Day Rugby Clinic featuring Super Rugby Waratah Guests

COST \$180 (\$60pd)

## **TACKLE A 'TAH SPECIALIST RUGBY CLINIC +PLUS: 15-17 April 2013, 8.30am-3pm**

Rugby +Plus includes additional activities from 12-3pm including swimming and challenging activities aimed at developing rugby related skills and tactical awareness.

COST \$270

The Seed Sports Rugby Clinics feature a **Waratah/Wallaby Special Guest\*** and look to develop core skills as well as introduce players to the latest innovations in coaching, thereby taking the game to the next level.

A general day incorporates several drills which are disguised in the form of modified games, making our camps fun and inspiring. All players are grouped according to their age/skill.

Seed Sports Rugby Clinics operate during the Easter and Winter school holidays at Newington College located in Stanmore NSW.

\* Past Guests include: Lachie Turner, Adam Frier, Rob Horne, Lote Tuqiri and Phil Waugh.

### **WHAT TO BRING**

- Mouthguard (essential)
- Headgear (optional)
- Waterbottle
- Running shoes in case of exceptionally wet weather
- Swimming attire for recovery sessions
- Snack to eat
- FREE BBQ on Wednesday or Thursday
- Rugby spirit!

### **REGISTRATION**

- Newington College Sports Centre

### **MEETING POINT**

- Pick up will be at the Old Boys Oval or Newington College Sports Centre for Rugby +Plus

### **PLEASE NOTE:**

- Camps are suited for children aged 7-14
- After care available from 3-5.30pm for \$30pd (siblings free)
- Join the +PLUS Clinic from 12-3pm for \$30 extra pd – bring swimming attire
- Swimming is supervised by qualified and trained staff



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