



WINTER RUGBY CLINICS

Planting the seed for a lifelong love of Rugby

RUGBY CLINIC 1: 24-26 June 2013, 8.30am-12.00pm

3 Day Rugby Clinic featuring Super Rugby Waratah Guests COST \$180 (\$60pd)

RUGBY CLINIC 2: 1-3 July 2013, 8.30am-12.00pm

3 Day Rugby Clinic featuring Super Rugby Waratah Guests COST \$180 (\$60pd)

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

- Glasson Pavilion on Old Boys Oval

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

REGISTER www.seedsports.com.au/register

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