



# AUTUMN RUGBY CLINICS

*Planting the seed for a lifelong love of Rugby*

## TACKLE A 'TAH SPECIALIST RUGBY CLINIC:

1. Mon 23 June to Wed 25 June 2014, 8.30am-12pm
2. Mon 30 June to Wed 2 July 2014, 8.30am-12pm

3 Day Rugby Clinic featuring Super Rugby Waratah Guests

COST \$180 (\$60pd)

## TACKLE A 'TAH SPECIALIST RUGBY CLINIC +PLUS:

1. Mon 23 June to Wed 25 June 2014, 8.30am-3pm
2. Mon 30 June to Wed 2 July 2014, 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 \$250

Tackle a 'Tah Rugby clinics look to develop core skills using tried and tested coaching methods as well as the latest innovations in sports coaching. The clinics approach skill development from a games centred approach, meaning that skills are harnessed in a fun and interactive manner.

All players are grouped according to their age/skill and are suitable for beginning players right through to experienced players.

Tackle a 'Tah Rugby Clinics operate during the Easter and Winter school holidays at Newington College located in Stanmore NSW.

Recent guest players include: Berrick Barnes, Matt Toomua, Tala Grey, Lachie Turner, Lote Tuqiri, Phil Waugh and Adam Frier.

### 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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