

ACADEMY RUGBY CAMP

BUILDING CONFIDENCE



This camp combines youth resistance training, speed and agility, nutrition and psychology. This is as close as you can get to elite youth sports coaching outside the professional academies.



THE AIM OF THE COURSE IS TO:

- Provide all players with professional coaching led by Middlesex county coaches
- Develop strength and speed with highly qualified Strength and Conditioning coaches
- Educate the importance of preparing the body for sport (physical, nutrition and mental)
- Give players an insight in to what a professional player goes through on a daily basis
- Talent identification for Middlesex County age groups



AGE GROUPS

11-14 years & 14-18 years



WHAT DO I NEED?

Boots, trainers, gumshield appropriate clothing, water bottle & packed lunch



LOCATION

IMBER COURT SPORTS CLUB
Ember Lane, East Molesey KT8 0BT



PRICE

£50 per person (1 day)
£84 per person (2 days)
£126 per person (3 days)
(inc. VAT at 20%)



DATES & TIME

11-14yrs 9th - 11th April
14-18yrs 12th - 13th April
9.00am - 4pm

BOOK ONLINE: [LIONSSPORTS.ACADEMY](https://www.lionssports.academy)