



LEARNING THE GAME

Our camps make sure that rugby is fun! Basic techniques of passing, tackling, running and support play will be taught and practised in game-based situations. Each youngster will be coached in decision-making and problem-solving, with an individual action plan given out after the three-day camp.



SCOTTISH RUGBY CAMPS EASTER 2011

To book your place, complete and return the application form, with full payment, to:

Rugby Camps Scotland Ltd,
27 Stewarton Road, Dunlop KA3 4AD

Cheques should be made payable to
'Rugby Camps Scotland Ltd'.

For more information

Visit: www.scottishrugby.org

Email: scottishcamps@gmail.com

Contact: Graham Kilgour-
07545 298 615



We are Scotland



SCOTTISH RUGBY CAMPS EASTER 2011

Train like the professionals!



*Have
Fun!*

*Meet the
Players!*

*Improve
your Skills!*

SCOTTISH RUGBY CAMPS EASTER 2011

Playing for Scotland has been my lifelong goal but it takes years of dedication, hard work and practice. I'm sure you work hard all season with your school or club team, but attending a Scotland, Edinburgh or Glasgow training camp during your Easter holidays is a great way of dedicating extra time to improving your skills. Come along and train like a professional, meet your favourite players and have a fantastic time!

Allan

Allan 'Chunk'
Jacobsen,
Prop, Edinburgh Rugby
and Scotland



TYPICAL ITINERARY PER DAY

Each camp is slightly different, depending on the camp's location and the age and experience of the participants. The exact itinerary for your chosen camp will be confirmed when you get in touch. A typical day might include some of the following:

9am	Arrival and registration
9.15am	Individual exercises with a rugby ball. Warm-up games ~ football, cricket or volleyball
10am	Group exercises ~ passing, movement or support play. Grid-based drills in small groups
10.30am	Games in small groups
11am	Break ~ water and fresh fruit supplied
11.30am	TAG rugby games. Evasion and 'quick feet' drills
12 noon	Problem-solving and strategy drills. Game-based situations
1pm	Departure



GLASGOW

Scotstoun, Glasgow

Monday 11 April	9am - 1pm
Tuesday 12 April	9am - 1pm
Wednesday 13 April	9am - 1pm

EDINBURGH

Murrayfield Stadium, Edinburgh

Tuesday 12 April	9am - 1pm
Wednesday 13 April	9am - 1pm
Thursday 14 April	10am - 2pm

SCOTLAND

Moray RFC, Elgin

Wednesday 13 April	9am - 1pm
Thursday 14 April	10am - 2pm
Friday 15 April	9am - 1pm

All participants will receive:

1. Coaching from qualified, disclosure-checked coaches.
2. Fresh fruit and water for break times.
3. An individual action plan and a special gift.
4. The opportunity to meet and join in fun activities with professional rugby players.

Qualified First Aid provision is available at each camp.

MEET THE PLAYERS

Edinburgh Rugby, Glasgow Warriors or Scotland players will visit your camp on one day.

There might be a 'Beat the Pro' challenge, autographs or a 'Question & Answer' session for everyone to take part in.



APPLICATION FORM

Rugby Camps £55 per child (inc. VAT)

GLASGOW ☐ 11 - 13 April. Scotstoun.

EDINBURGH ☐ 12 - 14 April. Murrayfield Stadium.

SCOTLAND ☐ 13 - 15 April. Moray RFC, Elgin.

Child's Name 1 _____

School and/or Club _____

☐ Male ☐ Female School year (P4 to U16) DOB

Any medical condition _____

Child's Name 2 _____

School and/or Club _____

☐ Male ☐ Female School year (P4 to U16) DOB

Any medical condition _____

Address _____

Postcode _____

Email _____

Home telephone number _____

Emergency telephone number _____

Name of Parent / Guardian _____

Fee enclosed £ _____

(cheque made out to Rugby Camps Scotland Ltd.)

Signed _____ Name _____

Date _____

If you do not wish your child to be photographed please let us know in writing. Conditions of enrolment: Confirmation of enrolment will be sent to a camp member on receipt of application and camp fee. Application is accepted on a first come, first served basis. Rugby Camps Scotland Ltd. reserves the right to cancel or amend the camp. In this event all camp fees will be refunded. Personal property is the responsibility of the individual. The camp members agree to abide by the rules laid down by the camp co-ordinator.