

**ROYAL HIGH CORSTORPHINE RUGBY CLUB**



**Youth Rugby**

**RUGBY SKILLS CAMP**

DATES:- 4th , 5th & 6th August 2010

**THE AIMS OF THE RUGBY CAMP**

**For Micros,P4 to P7**

HAVE FUN  
IMPROVE SKILLS  
MAKE FRIENDS  
INCREASE FITNESS  
TRY A SPORT IN A NON THREATENING ENVIRONMENT

**For S1 to U16**

HAVE FUN  
INCREASE SKILLS  
IMPROVE POSITIONAL PLAY  
DEVELOP AWARENESS  
FITNESS AND NUTRITIONAL ADVICE  
BENEFIT FROM HIGH CLASS COACHING  
SHARPEN YOUR GAME  
PROVIDE TOOLS TO IMPROVE GAME

**EVENT STRUCTURE**

Full Half days from 9am to 1pm  
Short coaching sessions followed by modified games

**COACHING**

All coaches are hand picked and are highly qualified sports professionals  
All hold enhanced Disclosure Scotland Certificates  
Coaches have extensive experience and advanced safety procedures at their disposal  
This ensures that participants learn new skills in a secure and fun environment

## **WHO SHOULD ATTEND**

The Camp is open to Senior players and Junior players of all skill levels  
We especially welcome beginners at any level

## **WHAT TO BRING**

- Mouthguard
- Rugby Boots(Football boots are acceptable)
- Trainers
- Water Bottle
- Rugby Kit, waterproofs ,T shirts and warm clothing
- Change of clothes

## **BOOKING**

Booking form must be completed and returned with payment to

**RHC COUGARS CAMP ADMINISTRATOR**

Mr Philip Williams

10 Silverknowes Gardens

Edinburgh

EH4 5NB

Contact No 07771954985

**CHEQUES TO BE MADE PAYABLE TO**

**“RHC COUGARS YOUTH RUGBY”**

**COST FOR THREE DAYS £30**

FOR ANY QUESTIONS CONTACT DETAILS- Phone Steven Leckie on 07787112926  
Or email rhccoach@googlemail.com

**RHC**  
  
**COUGARS**  
**RUGBY SKILLS CAMP**  
**BOOKING FORM**

**Course Details**

|         |  |
|---------|--|
| Course  |  |
| Date(s) |  |

**Participant Details**

|               |  |
|---------------|--|
| Name          |  |
| Address       |  |
| Postcode      |  |
| School/Club   |  |
| Age           |  |
| Date of Birth |  |

**Parent Contact**

|           |  |
|-----------|--|
| Name      |  |
| Address   |  |
| Telephone |  |
| E-mail    |  |

**Emergency Contact**

|                             |  |
|-----------------------------|--|
| Name                        |  |
| Address                     |  |
| Telephone                   |  |
| Relationship to participant |  |

**Any Allergies or Medical Conditions**

|  |  |
|--|--|
|  |  |
|--|--|

**Booking terms and conditions**

The organizers reserve the right to cancel, alter or amend the date of the camp.

The players parents/guardians consent to video recordings being carried out to be used to enhance player improvement and the use of photography taken at the camp being used for advertising and promotion of the RHC Cougars.

The organizers do not accept any responsibility for loss or damage, to property or for personal injury.