

**Naas RFC Summer Programme**

**2010**

**Camp dates**

**Monday 16 August to Friday 20 August inclusive**

**10.00 to 2.30 each day for Players aged between 6 and 11 on 1 January 2010 (U7 to U12 next season)**

**Details below for other age groups**

**Venue**

**Naas RFC**

**Applications:  
Summer Camp  
Naas RFC  
Forenaughts  
Naas  
Co Kildare**

**Daily skills training**

- Exercise for fun
- Ball Handling
- Introduction to tackling

**More advanced skills practice for experienced players**

- Continuity skills
- Evasive running
- Defensive skills
- Line out lifting (Under 16 and Under 17)

The Programme will cost € 70 for the five days

Where there are 2 or more children from the same household a reduction of €10 will apply in respect of each child.

**Each player should bring lunch and drinks and wear appropriate footwear. In wet weather a change of clothes should be provided**

## Naas RFC Summer Programme

### Target Groups:

**Camp 1:** Minimum Age 6 on Jan 1 2010 - target group Mini Section next season - Lead Coach -

**Camp 2:** Commencing @ 1.30 am on Monday with registration and 2 every other day. Camp concludes 5.30pm daily for players who are 12, 13, 14, 15 or 16 on 1 January 2011 - Target Group Under 13, 14, 15 and 17 next season.

As there is LIFTING IN THE JUNIOR CUP and Under 17 consideration will be given to the inclusion of players likely to make the JCT squad next season.

**The Camp will provide an opportunity for boys and girls to experience rugby in a fun atmosphere and will provide a suitable introduction to new entrants who wish to consider playing rugby next season.**

## Registration

### Separate form for each child

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of Birth \_\_\_\_\_

Signature \_\_\_\_\_

Parent(s) name \_\_\_\_\_

Parents Phone No \_\_\_\_\_

Parents Signature: \_\_\_\_\_

Has your child any allergies (Specify) \_\_\_\_\_

Enclosed : Deposit €20 per child \_\_\_\_\_ Full payment € 70 \_\_\_\_\_

Balance payable by August 16

**Cheques payable to NAAS RFC No 2 Account**