

New Milton Rugby Club Summer Camp Information Sheet

Introduction:

After an amazing reception and feedback from last year's Summer Camp, New Milton Rugby Club is pleased to announce the dates for the Summer Rugby Camp 2016.

The Camp will be run at New Milton Rugby Club at Ashley New Milton from Monday 15th through to Wednesday 17th August. This year we have extended the age group which will now include those looking to play in the under 8s next season, so is intended for all players age 8-16 to have fun and prepare for the new season with their team mates and friends. It is being organised and run by club officials with guest coaches and all proceeds going to NMRFC. It will be run in accordance with the RFU & Hampshire RFU guidelines and all measures to safeguard the participants will be taken.

Registration will take place between 9.15 - 9.30am on Monday 15th August and the first session will commence at 9.45am.

Rugbytots Camp

Rugbytots will be running a camp alongside the NMRFC camp at New Milton so that younger children can get involved. These sessions are for children aged 5-7. For booking and further information please go online to: www.rugbytots.co.uk/viewclasses.aspx enter postcode SO41 and you will see the camp or call Hogie Wood on 0345 3133244

Rugbytots Camp registration has to be made directly to Rugbytots.

Typical Day at NMRFC Rugby Camp:

9.15-9.30 Registration
9.30 – 9.45 Dave Dunn Daily Objectives
9.45 – 10.30 Skills Session 1
10.30 – 10.45 Water Break & Change Round
10.45 – 11.30 Skills Session 2
11.30 – 11.45 Water Break & Change Round
11.45 - 12.30 Skills Session 3
12.30 – 1.15 Packed Lunch
1.15 – 2.00 Games for Understanding
2.00 – 2.15 Water Break
2.15 – 3.00 Controlled Games
3.00 – 3.30 Warm Down, Daily Wrap Up & Depart

The above is a rough indication of how the days will pan out. However, each morning will consist of three coaching sessions developing individual small group and unit skills. After a break for lunch two further sessions will cover rugby related games and other activities to improve game understanding.

There will be age related groups in operation:

Group 1 – Under 8s
Group 2 – Under 9s & Under 10s
Group 3 – Under 11s & Under 12s
Group 4 – Under 13s & Under 14s
Group 5 – Under 15s & Under 16s

Each session will be lead by an RFU qualified coach and assisted by age group coaches from within the club. Any contact will be controlled and age appropriate, though it must be stressed that the first rule of contact is to avoid it!

Behaviour

The camp is designed to be enjoyed by every participant. We expect the highest standards of behaviour on the camp, and should any player misbehave or bully other participants, we shall have no option but to send them home, and payment will be withheld. I am sure that you will understand this and as Parent/Guardians you will reinforce these points to your children.

Cancellation

Cancellation made 2 weeks prior to the camp start will have the option of a 50% refund of the course fee. Any cancellation made after this time will not be refunded unless we can resell the place.

Kit List

Participants should wear what they would do normally on a Sunday training session. Rugby boots or appropriate footwear should be worn. If your child is new to rugby, a football top or something similar and shorts will be fine. Although contact will be kept to a minimum it is essential for sessions where there will be contact that your child has a well fitted gum shield.

Hopefully it will be nice and sunny, as such please ensure you protect your child with sunscreen & if possible ensure they take some with them. However, if it is a wet day, please ensure your child has appropriate water proof clothing and a hat.

Food & Drink

Food and drink is not provided. Each child should bring a packed lunch with a drink and something for a morning/afternoon snack. Each child should bring a water bottle which they should drink at regular intervals throughout the day, and can be filled up at the club when necessary. If your child has any strong allergies to other foods, please let us know. i.e. nuts

First Aid

We will have qualified first aiders on site, and by registering for this camp you accept that basic first aid will be provided and serious cases will be referred to the local Ambulance service and you will be contacted accordingly.

Spectators and Attendance by Parents / Guardians

It is not necessary for you to stay for the day and you are welcome to leave your child, but feel free to watch if you like. All parents are invited however to the Wednesday afternoon to watch rugby related games after which the presentations will take place.