

E4R

Everything4Rugby

TRAINING CAMP

@ Esher RFC - 31st July to 2nd August 2018



PROGRAMME

E4R



We're delighted to announce our latest training camp in association with Esher RFC, one of Surrey's most successful rugby clubs and a valued Everything4Rugby Club Partner.

Having held camps throughout the UK that have seen budding young rugby stars coached by former professional players we are excited to be coming to Esher RFC, who provide a fantastic venue with professional standard facilities for both the kids and coaches.

Everything4Rugby Camps teach kids the integral skills of rugby both on and off the field. From developing and improving skills and techniques to emphasising the importance of off-field aspects such as nutrition and team building, our team of coaches from the professional world, led by E4R Director Tom May, deliver a fun and engaging programme built on the key values of rugby.

The coaches are all like-minded in their approach and have a passion for nurturing the future generations of the sport!

SCHEDULE

DAY ONE

DAY TWO

DAY THREE

10:00am - 10:10am

Drop Off & Registration

Drop Off

Drop Off

10:10am - 10:30am

Performance Warm Up

Performance Warm Up

Performance Warm Up

10:30am - 12:00am

Skill Development

Skill Development

Skill Development

12:30am - 01:30pm

Lunch

Lunch

Lunch

01:30pm - 03:00pm

Core Skills & Communication

Attack Focused Games

Variation Games

03:00pm - 03:30pm

Pick-Up

Pick-Up

Pick-Up



E4R COACHES



Everything4Rugby Camps are led by current or former professional players who are passionate about the game and keen to pass on their knowledge and experience to the next generation of rugby stars.

The coaching team, led by E4R Director Tom May, will offer insight into the life of a pro both on and off the pitch.

THE ESHER TRAINING CAMP COACHING TEAM INCLUDES

**TOM
MAY**

Fly Half / Center

England [2]



Played for Newcastle Falcons, Toulon and Northampton Saints. 247 appearances in the Aviva Premiership.

19 Year Rugby Union Career

**PAUL
DORAN-
JONES**

Prop

England [6]



Current Wasps Prop. Former player at London Welsh, Northampton Saints, Harlequins and Gloucester.

14 Year Rugby Union Career



Age Range

This camp is open to boys and girls aged 8 to 13

Experience Required

Coaching will be geared to the participant's age and abilities and is suitable for all levels.

Coaching Team

All coaches are professional and members of the PVG scheme.

Medical Informaton

All medical information must be supplied in advance, and any prescribed medications should be brought to camp. Should there be any changes to medical conditions or requirements between the time of the booking and the commencement of camp, this information must be supplied in writing. The information will be passed on to coaches.

It is recommended by Everything4Rugby that the parents take out personal injury and third party liability insurance on behalf of the participant.

WHAT TO BRING



We would recommend that those attending the camp bring the following kit with them each day.

Packed Lunch

Rugby Boots

Hoodie

Trainers

Water Bottle

Rugby Shorts

Waterproof

Rugby Socks

Mouth Guard (compulsory)

Head Guard (optional)

Shoulder Pads (optional)



From Tuesday 31st July
to Thursday 2nd August

Drop Off 10am / Pick Up 3pm

£90 (£120 for non Esher members)

Payment to be made out to

Everything 4 Rugby

Account : 93052559

Sort : 20-29-23

Please send confirmation of your booking to camps@everything4rugby.com with the following details

Name	Parent Name
Date of Birth	Contact Number
Address	Allergies & Injuries
Email Address	Skill Level



T : +44 (0) 131 586 4444

E : camps@everything4rugby.com

www.everything4rugby.com

www.facebook.com/everything4rugbycamps

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PARENTAL AUTHORITY

The Parent/s authorise/s the coaches while in loco parentis to take and/or to authorise, in good faith, all decisions that safe-guard and promote the welfare of the participant. The Parent/s consent/s to such physical contact with the participant as may be lawful, appropriate and proper for coaching and to provide comfort if the participant is in distress, or to maintain safety and good order. The parent/s also consent to medical treatment, including general anaesthetic and operation, under NHS or at a private hospital.

CONDUCT

Both Everything4Rugby and Esher Rugby Club attach importance to courtesy, manners and good discipline. The coaches are responsible for the care and good discipline of participants. The parent/s however, authorise the use of such physical restraint and encouragement for the participants as may be legal.

INJURY & INSURANCE

The Parent/s accept that no claim may be made against Everything4Rugby, for injury or loss, unless this specifically results from an act of omission or negligence on the part of staff or coaches. It is recommended by Everything4Rugby that the parents take out personal injury and third party liability insurance on behalf of the participant.

PROTECTIVE EQUIPMENT

Mouth guards are compulsory. Use of items such as head/shoulder protection is at the discretion of parents and must be in accordance with the sport's rules

