



## WILMSLOW RUGBY CLUB TRAINING CAMP FOR PLAYERS AGED 8-12YRS



**19-20th FEBRUARY 2018**  
**COST £40 PER DAY OR £70**  
**IF ATTENDING BOTH DAYS**

Child care vouchers accepted

Memorial Ground  
Kings Road  
Wilmslow  
SK9 5PZ



[AFYASPORTSTRG.COM](http://AFYASPORTSTRG.COM)



## AFYA RUGBY FITNESS AND NUTRITION

Want to excel at your sport? Then you need to get faster, fitter and stronger the right way. Our expert coaches have a track record of bringing out the best in every child. We will work with you to teach you what to do and how to do it.

### The Solution

AFYA are introducing the first ever specific strength and conditioning camp, which follows the most up-to-date research on long term athletic development. This is your chance to get ahead of the game.

What we will cover...

### Educational Lessons

Knowing why you're doing something makes the difference.

### Functional Movement Screen

This is the foundation from which all training programmes evolve from. Put simply it assesses the movement capacity of the player and provides the coach with vital information about how the player moves and, perhaps more importantly, where movement dysfunctions lie. This in turn guides future coaching.

### Strength & Power

Basic upper and lower body strength testing. These will be estimated from submaximal tests and all scores are expressed in absolute and relative measures which is crucial in maturing athletes.

### Speed & Agility

Acceleration, speed and momentum are measured over specific distances.

## WHO WE ARE

The AFYA leadership team is made up of experienced coaches, trainers and teachers who have a background in a variety of sports including Rugby Union, Netball, Tennis, Athletics, Swimming, Golf and Cricket. Other disciplines include Combat Training, Judo and Taekwondo plus Fencing, Golf, Climbing and Bushcraft.

The AFYA team consists of internationally recognised coaches and sports educators from around the world, stretching as far as Australia and New Zealand.

We have incorporated multiple skills and sports programmes into an approach to educating and training young children and athletes in order to provide holistic, enjoyable and demanding courses.



Expect every day to be action-packed with lots of new sports and activities to try. Here's an idea of what you could be doing on a typical day:

## TIMETABLE

### Day 1

9.30	ARRIVE. NUTRITION AND DIET TALK
10.15	GROUP ONE RUGBY SKILLS GROUP TWO RUGBY HANDLING SKILLS
11.00	BREAK
11.15	GROUP TWO RUGBY SKILLS GROUP ONE RUGBY HANDLING SKILLS
12.00	LUNCH & VIDEO
1.30	CONTACT SKILLS RUGBY DEFENCE DEFENCE V STACKED ATTACK
2.30	POSITIONAL SKILLS BREAK
3.30	TARGET SETTING WITH COACHES
4.30	FINISH



### Day 2

9.30	ARRIVE. VIDEO AND ACTIVATION
10.15	GROUP ONE RUGBY SKILLS GROUP TWO WRESTLING
11.00	BREAK
11.15	GROUP TWO RUGBY SKILLS GROUP ONE WRESTLING
12.00	LUNCH & VIDEO
1.30	RUGBY SKILLS SMALL SIDED GAMES ZORB RUGBY
2.30	SHADOWMAN TACKLE TECHNIQUE BREAK
3.30	RUGBY – ATTACKING THE EDGES, SUPPORT LINES
4.30	FINISH



## Contact Us

Would you or your kids like to attend one of our training camps? Fill out the form ENCLOSED and let us know when/where you'd like to book – a member of our team will be in touch to confirm and arrange for payment.

Alternatively, email [bookings@afyasportstrg.com](mailto:bookings@afyasportstrg.com) or call now on 0151 326 2253.

**Cost £40 per day or £70 if attending both days**



Improve defensive skills



Teaching perfect tackle technique



Passing drills and much more!

## Booking Form

Name of child/ children	_____
Age and DOB	_____
Dates booked	_____
Known medical conditions	_____
Permission to give minor first aid	_____
Contact number for the day	_____
Email address	_____
Club And School	_____
Position	_____
Height	_____
Weight	_____

Payment accepted with child care vouchers using Care4U, KiddiVouchers, Computershare, Edenred, My Family Care BACS via sort code 20 29 50 account number 83713059 or by cheque made payable to AFYA Sports Training. AFYA Sports Training Ltd. Stanton House, Eastham Village Road, Wirral, CH62 0BJ



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