



# RUGBY ACADEMY

Shiplake College

9 – 17 years

See centre information on pages 40

The coaching delivered by professional coaches will focus on all aspects of the game and may include tackling, taking the ball into contact, ball handling skills, performing skills under pressure. The coaching methods will depend on the age of the students.

The sessions will be given in English and will include key vocabulary for the game.





## WHO CAN TAKE PART

Students from all over the world return each year to improve their skills in English language and rugby whilst being trained by some of the best coaches from a professional team.

For the coaches who may travel with groups of students, there is a great opportunity to exchange ideas with the academy coaches and pick up the latest techniques from the coaches of some of the World's best rugby players.

## INCLUDED

- 12 hours of rugby coaching by professional coaches
- 1 Full Day Excursion (per week)
- 1 Half Day Excursion (per week)

## SELLING POINTS

- Residential coaches.
- There will be competitions and incentives to give the course a 'competitive edge'.

## MISCELLANEOUS

Every course is designed by experienced coaches who use the latest techniques and training methods available. These coaches are responsible for nurturing some of today's top talent and they are constantly looking for new young talent from around the world.

# SHIPLAKE COLLEGE RUGBY ACADEMY



## 2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME TO ARDMORE		
Monday	Rugby Training	Lessons	Welcome Icebreaker Games
Tuesday	Rugby Training	Lessons	Egg Protector
Wednesday	Half Day Excursion to Windsor Castle	Lessons	Talent Show
Thursday	Rugby Training	Lessons	Casino Night
Friday	Rugby Training	Lessons	Disco
Saturday	Full Day Excursion to London Walking Tour and Entrance to Twickenham Stadium		Sports Tournament
Sunday	Sports and Activities on Campus/ Optional Excursion		Movie Night
Monday	Rugby Training	Lessons	Capture the Flag
Tuesday	Rugby Training	Lessons	Find Dr Ardmore
Wednesday	Half Day Excursion to Reading Town and Museum	Lessons	Karaoke
Thursday	Rugby Training	Lessons	Rounders
Friday	Rugby Training	Lessons	Disco
Saturday	Full Day Excursion to Oxford, Oxford Castle and Universities Walking Tour		Mini Olympics
Sunday	GOODBYE ARDMORE		

### ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

\* The Programme may vary due to operational reasons