

# Sheffield Tigers RUFC Training Camp For Minis/Juniors 28<sup>th</sup> & 29<sup>th</sup> May 2008

Two days of coaching for all levels, from one to one, forward and back play, kicking, team play and preparation.  
Not all the activities will be on the field as DVDs will be used and discussions will be held to develop awareness.

Weight training education for 15-17 year olds.  
Team building games will also be played.  
Healthy eating will be promoted so all food and drink will be provided unless otherwise requested.

11-17 years of age 9.00am-4.30pm cost £50 lunch provided.  
7-10 years of age 9.00am-1.30pm cost £35 lunch provided.

All coaching by Tigers Coaches and 1<sup>st</sup> team players.

Please fill in the form below and return to R. Senior or send to  
84 Marsh House Road Sheffield S11 9SQ along with payment.  
Cheques made payable to Sheffield Tigers RUFC.  
A full information pack will be supplied 10 days prior to event.

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Childs Name \_\_\_\_\_ Age\_\_ Parents Names \_\_\_\_\_

Address \_\_\_\_\_

Contact Phone number (Home) \_\_\_\_\_ (Mob) \_\_\_\_\_

Team coach and age group: \_\_\_\_\_

Positions of choice if any: \_\_\_\_\_

Specific coaching needs if any: \_\_\_\_\_

Please tick appropriately: 7-10 Years of age \_\_\_ 11-17 years of age \_\_\_