

GIRLS RUGBY WEEK – SCOTLAND – SUMMER 2016

RUGBY CAMP FOR GIRLS - Draft Camp Schedule (Sessions based on Age & Stage)

Day 1 (Evening)

3.00-5.30pm	Registration and allocation of Mentor Player Profile handed out Unpack Campus tour Rugby Ready
5.45-6.30pm	Dinner served in Dining Hall
6.30-7.00pm	Welcome meeting
7.00-9.00pm	Team Building & Social Time
9.30-10.00pm	Supper in house
10.30pm	Lights out Coaches Meeting

Day 2

7.30am	Coaches run
8.00-8.30am	Showers and prepare for day
8.30-9.00am	Breakfast in Dining Hall
9.15-9.45am	Players and coaches meeting (Completed Player profile returned to Mentor)
10.00am-Noon	Skills Session 1 – Passing and Handcatch (Rehydrate and Refuel mid-session)
12.30-2.00pm	Lunch in Dining Hall followed by down time in house
2.00-4.00pm	Session 2 – Mixed Fitness Session (Outdoor SAQ Session/Indoor S+C Session)
4.30-5.15pm	7s (touch)
5.30-6.00pm	Dinner in Dining Hall
6.00-7.00pm	Nutrition and lifestyle workshops
7.30-9.00pm	Movie Night in Theatre
9.30-10.00pm	Supper in house & ready for bed
10.30pm	Lights out Coaches Meeting

Day 3

7.30am	Coaches run
8.00-8.30am	Showers and prepare for breakfast
8.30-9.00am	Breakfast in Dining Hall
9.15-9.45am	Players and coaches meeting
10.00am-Noon	Session 3 – Tackling, Offloading and Ball Presentation (Rehydrate and Refuel mid-session)
12.30-2.00pm	Lunch in Dining Hall followed by down time
2.00-3.30pm	Session 4 – Ruck and Defensive structure (Rehydrate and Refuel mid-session)
3.45-4.45pm	Pool Recovery Session
5.30-6.30pm	Dinner in Dining Hall
7.00-9.00pm	Talent Night
9.30-10.00pm	Supper in house & ready for bed
10.30pm	Lights Out Coaches Meeting

Day 4

7.30am	Stretch Session
8.00-8.30am	Showers and prepare for breakfast

8.30-9.00am	Breakfast in Dining Hall
9.15-9.45am	Players and coaches meeting (Announce teams for matches)
10.00am-Noon	International Player Appearances Q & A Session
12.30-1.30pm	Lunch and Down Time
1.30-2.30pm	Warm up
2.30-4.30	Games (Contact – local opposition)
4.30-5pm	Showers & change
5.30-6.30pm	Dinner in Dining Hall
6.45-7.30pm	Debrief meeting in Theatre
7.30-9.00pm	Free Choice (eg Movie in house, recreational swim, tennis, etc)
9.30-10.00pm	Supper in house & ready for bed
10.30pm	Lights Out Coaches de brief

Day 5 (Morning)

8.00-8.30am	Showers and prepare for breakfast
8.30-9.00am	Breakfast in Dining Hall
9.15-9.45am	Completed Individual Player Profiles (IPP's) will be given out to players with key coaching points from the camp, advice for the future.

Camp Rules and Regulations

NO Underwired bras for any of the sessions (As per World Rugby Laws).

NO Jewellery to be worn for sessions, if it cannot be removed it must be taped down.

Hair must be tied back or ponytail for sessions, NO hair grips.

Healthy Snacks are to be brought at the start of camp, meals will be provided.

ALL players must bring a 500ml sports water bottle to ensure sufficient hydration.

ALL players must bring sun cream.

Coaches must be made aware of ANY medication to be taken during the camp and all medicines (Including Asthma Inhalers) must be Suitably Labelled with Name and Dosage.

Nails must be trimmed short for the duration of the camp, an inspection will be done after the welcome meeting and nail clippers will be on site!

Mobile phones are to be left in rooms or in the valuables bag during any coached session.

Coaching Team

All lead coaches qualified to at least UKCC Level 2, with involvement in coaching Women & Girls rugby in Scotland.

Coaches will have been CRB checked via Disclosure Scotland and hold a PVG certificate.

All coaches will be certified Rugby Ready (World Rugby)