



Residential Course for the Development of Performance and Excellence open to this season's Under 14 Squad

Hampshire RFU is offering 40 places on this Summer's development course which will be based at the **Aldershot Military Sports Campus**. The programme will be staffed by RFU Coaches and include specialist work on running, handling, kicking and contact, with unit, team and recreational activities included. There will be a BBQ for players and families on the final evening.

Venue: Aldershot Military Sports Campus – the outstanding facilities include indoor swimming pool, sports hall, grass and artificial pitches which will be part of the training village being used for the 2012 Olympics.

Dates: Monday 26th to Friday 30 July 2010.

Accommodation: Full Board in shared rooms.

Staffing: (ratio 1:8) RFU Level 1-3 Coaches, plus Welfare Officer and Qualified Physio.

Cost: £250 to include insurance, kit: warm-up top, polo shirt, T shirt, shorts, 2 pairs of socks.

RFU Approved

Hampshire RFU U14's Application Form 26th-30th July 2010

I would like to attend the Under 14 Performance and Excellence Residential Course at Aldershot Military Sports Campus between 26th-30th July 2010.

Deposit of £25 enclosed

Keep up to date with Hampshire Rugby events at: www.hampshirerugby.com



Enjoy and achieve in your rugby

To take part complete the application form below and send to:

Mrs. Mary Surtees
HRFU County Office, Buddens Yard
Station Road, Wickham PO17 5JA

with deposit of £25
(returnable in the event of course being full)
cheque payable to 'Hampshire RFU Limited'.

Closing date: April 30th 2010

Note: Players must be free from long term injury and available for County U15 squad in 2010-2011 Season.

Please keep for your information

Name:

Date of Birth:

Telephone Number:

Email Contact:

Sponsor to be confirmed