

Rugby Camp

Camp Overview

This camp covers the breaking down and teaching of all areas of the rugby spectrum, such as skills, conditioning, nutrition and mental preparation in an enjoyable and friendly environment. It includes

- * 10 Days Rugby Training with top coaches and players from Ireland and Europe
- * Participation in the renowned IRI Rugby Sevens Tournament
- * Meet a Professional Irish Rugby Player for Q&A and more
- * Tour of the world famous Aviva Stadium on Lansdowne Road
- * Full Provision of high quality IRI Training Gear
- * Water Sports Activities at Surf Dock in Dublin City Docks
- * Interaction with young Irish rugby players who will also attend the course
- * Cultural / Educational Tour organised each week for participants
- * Organised Social Interaction with Irish Peer Groups

What you need to bring

- * Rugby Boots & Training Shoes
- * Gumshield/Protective Clothing (Pads, Headgear etc)
- * 3 x Training Kits
(Shorts, Socks, Jersey & a spare change of Kit)
- * Gym gear
- * Light Raingear

2018 Dates

2 week Programme

- * Monday 2nd to Friday 13th July
- * Monday 16th to Friday 27th July

Daily Timings

- * Monday to Friday
- * 09.00 to 16.00
- * Lunch : 13.00 to 14.00

Number of students on the camp in 2017

- * 110 students per week

Student Nationalities 2017

- * 25% Irish
- * 10% Spanish
- * 25% French
- * 40% other

Students of the same nationality are separated as much as possible

Age Range

- * 12 to 18
- * Average age 15

Boy to Girl Ratio

- * 9:1

Coach Numbers

- * 5 Skill Coaches
- * 3 Strength & Conditioning
- * 2 Speed

