



**Camps**

# Overnight Rugby Camp



	Sun Aug 10	Mon Aug 11	Tue Aug 12	Wed Aug 13	Thu Aug 14	Fri Aug 15	Sat Aug 16
7:45-8:45	Breakfast						Departure for International campers
9:00-12:00	Opening Remarks	Steal Pressure (Defence Theme)	Fight to Play (Keep The Ball Alive Skills)	Win the Contest (Set Piece & Restarts)	Match Challenge Day		
	Play to Space (Attack Theme)						
12:00-13:00	Lunch						
13:00-16:00	Arrival Time 14:00 - 16:00	Presentations				Match Challenge Day	
		Afternoon Primer					
		On Field Afternoon Session					
16:00 - 17:30	Orientation / Ice Breaker						
17:30-18:30	Dinner						
18:30 - 20:00	On Campus Activity <i>Evening Activity</i>	On Campus Activity <i>Evening Activity</i>	Off Campus Activity <i>Evening Activity</i>	On Campus Activity <i>Evening Activity</i>	Off Campus Activity <i>Evening Activity</i>	On Campus Activity <i>(International campers only)</i>	
20:00-21:00							
21:00 - 21:30	Snack						
21:00-22:30	Free Time						
22:30	Lights Out						