

## APPLICATION FORM

BOY'S NAME: \_\_\_\_\_

PARENT/GUARDIAN'S

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_

CONTACT TELEPHONE NUMBER: \_\_\_\_\_

\_\_\_\_\_

EMERGENCY CONTACT TELEPHONE NO: \_\_\_\_\_

\_\_\_\_\_

SCHOOL: \_\_\_\_\_

CLASS: \_\_\_\_\_

CLUB: \_\_\_\_\_

MEDICAL INFORMATION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please tick the day(s) you wish to attend:

Full Week	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I enclose a cheque/cash for € \_\_\_\_\_

€20 per day or €60 for the week (with the following concessions for brothers: 2<sup>nd</sup> child: €50; 3<sup>rd</sup> child: €40).

### Undertaking

I have read and agree to be bound by the terms and conditions of the camp and I also consent to the publication by CBC of photographs in which my son may be included, taken during the course of the camp.

\_\_\_\_\_  
(Signature of Parent or Guardian)

## MORE ABOUT THE CAMP

The Rugby Coaching Camp will take place from Tuesday 6 April to Friday 9 April 2010, at the school rugby grounds (Lansdowne), weather permitting. During inclement weather, the venue may be switched to the School Gym and/or School Astro, located at Sidney Hill.

The camp will start at 10am and finish each day at 2pm, with a 30 minute lunch break.

There will be several groups working at the same time and these will be organised during the first day depending upon age, experience, ability etc. The camp is open to primary school pupils from 1<sup>st</sup> class to 6<sup>th</sup> class.



# PREPARATORY School



## Easter Rugby Camp

Participants will experience a variety of skills-based drills, game play, position specific activities and tactical awareness training.

This will be achieved through innovative training programmes, multi-sport activities and fun games. Participants will also have the opportunity to test themselves against specific skills tasks.

**VENUE:** Lansdowne/Gym/Astro

**DATES:** Tuesday 6 April to Friday 9 April

**TIME:** 10.00am to 2.00pm

## HEALTH AND SAFETY

- Rugby Camps hours are from 10am-2pm.
- CBC Preparatory School is not responsible for children left unsupervised outside these hours.
- Places will be filled on a first come first served basis.
- Payment is considered as acceptance of the booking conditions.
- Cancellations made up to two weeks before the camp will receive a 50% refund.
- Any cancellations made after this time will not be refunded.
- The Camp is staffed by accredited coaches who will implement the highest safety measures, however, they cannot be held liable or responsible for damages, injuries or loss of possessions.
- CBC strongly recommend that all valuables be left at home.
- The Camp Co-ordinator reserves the right to suspend any child who misbehaves.
- A confirmation will be sent by e-mail or post as proof of booking.
- Parent/Guardian must be contactable during camp hours.
- CBC Preparatory School will endeavour to ensure that professional players visit the camp during the week.

## CAMP PROGRAMME

On each day participants will experience a variety of skills-based drills, game play, position specific activities and tactical awareness training. This will be achieved through innovative training programmes, multi-sport activities and fun games.

The type of activities includes:

- Rugby Skills
- Speed, Agility, Quickness (SAQ)
- Hand, eye coordination drills
- Controlled games
- Movement skills

Participants will also have the opportunity to test themselves against specific skills tasks.

## WHAT TO BRING

All participants are advised that they should bring trainers and/or boots; clothing appropriate to the weather and rugby should be worn; a gum shield is essential. All participants should bring snacks, a packed lunch and plenty of non-fizzy drinks. Indoor facilities will be available in the case of extreme wet weather.

## RUGBY in CBC

CBC is Munster's most successful Rugby school, winning the inaugural Munster Senior Cup in 1909 and the centenary cup in 2009. In between, CBC has had more Senior Cup wins than any other school. In 2009 the Munster Branch of the IRFU recognised CBC as 'Rugby School of the Year'.



**CBC Preparatory  
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