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## 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 Camp & day(s) you wish to attend:

CAMPS	Tuesday	Wednesday	Thursday
<b>Oct/Nov '12</b>			
March 2013			

I enclose a cheque/cash for € \_\_\_\_\_  
**€20 per day** or **€50** for three days (with the following concessions for brothers: 2<sup>nd</sup> child: **€40**; 3<sup>rd</sup> child: **€30**).

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.

## MORE ABOUT THE CAMPS

Both Rugby Coaching Camps will take place over three day periods from Tuesday to Thursday, 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 camps 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 Preparatory School pupils from 1<sup>st</sup> class to 6<sup>th</sup> class and their friends from other schools.



# Preparatory School



## Rugby Camps

RECENT RUGBY CAMPS were a great success, judging by the reaction of the participants – Prep School boys and their friends from other schools – and the very positive feedback from parents. Two camps are planned for this school year as follows:

*Oct/Nov Camp:* **Tues 30th to Thurs 1st**

*March Camp:* **Tues 26th to Thurs 28th**

*TIMES:* **10.00am to 2.00pm**

*VENUES:* **Lansdowne/Gym/Astro**



## 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'.



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