



ONE CLUB
ONE FAMILY

Biggar Rugby Football Club
Hartree Mill, Biggar
ML12 6JJ

Dear Parents/Guardians,

Biggar RFC are running a Summer Rugby Camp from **7th August until 11th August 2017**.

Drop off at Biggar RFC is from **9.00am -9.30am** and pick up is from **4.00pm until 4.30pm**. The cost of the camp is **£100.00 for Non Members** and **£80.00 for Club Members**.

The nature of the camp is first and foremost to have fun and meet new friends in a rugby environment.

The context of the camp will be the following:

- Improve fitness for the start of a new season
- Improve skills
- Understanding of the game
- Improve passing kicking, catching, breakdown technique, scrummaging, lineout lifting and jumping.
- Strength and Conditioning sessions (S3 upwards)
- Athletic Ability Assessments (P6 to S2)
- Speed Agility Quickness
- Controlled small sided games

The children need to bring rugby equipment with them i.e. Boots, gum shield, water proof clothing, packed lunch, water bottle and lots of enthusiasm.

Medical

If a child has any medical needs or has any medicine this must be brought to the Camp as well where it will be kept with the first aid officer in a safe area.

Where

Biggar RFC Hartree Mill Biggar ML126JJ

The camp will be a fantastic place for your child to get a head start for the new rugby season and meet new friends in a welcoming and safe environment!

Please find the application form on the Biggar RFC Website under Camps and make all Cheques payable to Biggar RFC and return to Andrew Barnett Development Officer Biggar RFC.

Kind regards,

Andrew Barnett

Biggar RFC Development Officer

INCLUSIVE

COMMUNITY

ACHIEVEMENT

RESPONSIBILITY

ENJOYMENT