



'READY FOR RUGBY 2024'

A post-Christmas rugby camp to prepare for the season ahead by sharpening up fitness levels and core skills.

DATES & TIMES:

Tuesday 2nd / Wednesday 3rd / Thursday 4th / Friday 5th

JANUARY

Boys in Year 3, 4 & 5

8.45-10.45 @ Cheam School

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Boys in Year 6, 7 & 8

11.00-13.00 @ Cheam School

Cost £100

All abilities welcome / Limited places in each age group

We will endeavour to use the school's rugby pitches but should they be out of action we will utilise the all-weather pitch in case of inclement weather.

Please contact Tom Chapman for further details or information:

chapmant@cheamschool.co.uk

- **The course will provide boys an opportunity to develop essential rugby skills to inspire confidence in the Spring term.**
- **The course will include: Handling & passing skills / Evasive skills / Using space / Support play / Techniques in contact and the tackle area and much more.**
- **This course will encourage knowledge of the rules, laws, strategies and tactics of the game.**
- **Mr Pike and other Cheam coaching staff will assist on the course.**

Please complete an ONLINE TRANSFER FOR THE AMOUNT OF **£100** to confirm your son/s attendance on the rugby course.

Account Name: Cheam Holiday Courses

Sort Code: 20-59-14

Account Number: 00112771

(Barclays Bank)

Please reference the payment with surname & rugby

e.g. – Chapman rugby

N.B. Once you have completed an online payment please could you email Mr Chapman to confirm chapmant@cheamschool.co.uk