

# ABINGDON SCHOOL

## High Performance Rugby Camp 2015



**Monday 20 to Friday 24 July**  
**9.00am-3.00pm • Age 11-16 years**

### Course content:

- skills workshops • becoming an elite player
- injury prevention • sports nutrition
- rugby specific physical conditioning
- daily post-training hydrotherapy

Individual post camp feedback

Led by England Schoolboy & Wasps Academy coach  
Assisted by Wasps & London Irish Academy and  
England Schoolboy internationals

Cost for week: **£190** limited places available

# Interested?

email: [peter.coke@abingdon.org.uk](mailto:peter.coke@abingdon.org.uk)



Further information and to book online:  
[www.abingdon.org.uk/sports\\_coaching\\_camps](http://www.abingdon.org.uk/sports_coaching_camps)



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