

# ABINGDON SCHOOL

## High Performance Rugby Camp 2018



**Thursday 18 to Friday 19 October 2018**  
**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 former Gloucester, Scotland U21 player and Abingdon School 1st XV coach.

Assisted by Junior Academy players and England Schoolboy internationals.

Cost for two day course: **£80** limited places available

**Interested?** email: [neil.hunter@abingdon.org.uk](mailto:neil.hunter@abingdon.org.uk)

Further information and to book online:

[www.abingdon.org.uk/sports\\_coaching\\_camps](http://www.abingdon.org.uk/sports_coaching_camps)

