

APPLICATION FORM

Please complete the following application form and return to:

Russell Ingram
Brumbies Rugby
LPO Box 5039
University of Canberra ACT 2617

First Name:

Last Name:

Address:

State:

Post Code:

Date of Birth:

Age:

Parent/Guardian

Full name:

Home:

Mobile:

email:

**Closing date for applications is
Friday 15th November 2013**

**Successful applicants will be
notified by Friday 6th December
2013**

**Payment will only be requested
after this date if application is
successful**

2014 BRUMBIES TALENT DEVELOPMENT CAMP

Contact: Russell Ingram
Ph: (02) 6283 8520
Mobile: 0414 425 970
r.ingram@brumbies.com.au

2014

BRUMBIES TALENT DEVELOPMENT CAMP

20-22 JANUARY 2014

Australian Institute of Sport
Canberra

For players aged 15-17 years



**PROUD
TO BE A
BRUMBY**



WHAT IS THE AIM?

The development camp aims to identify players from Canberra and the surrounding region who have the potential to play representative rugby. Individually, the camp aims to assist with the core skill development of players across all positions.

WHEN IS IT ON?

The camp will run for three days from Monday 20th to Wednesday 22nd January 2014 at the Australian Institute of Sport, Bruce ACT; Australia's leading sporting facility.

AGE RESTRICTIONS

Participants must be at least 15 years of age and under the age of 18 at the time of the camp to be accepted.

COST \$528 PER PLAYER (INCL GST)

The camp cost is \$528 per player which covers accommodation, meals, training facilities, training kit and all fitness testing.

WHO ARE THE COACHES

- Brumbies Development Officers
- Brumbies Elite Coaches
- Brumbies Players

ON THE FIELD

- Fitness Testing
- Recovery Sessions
- Ball Handling
- Foot Speed Drills
- Core and Individual Skills
- Contact Skills
- Set Play and Phase Play
- Scrums, Lineouts and Restarts
- Defensive Systems

OFF THE FIELD

- Breakfast, Lunch and Dinner
- 1 x Brumbies Polo Shirt
- 2 x Brumbies Training Shirts
- 1 x Cap
- 1 x Water Bottle
- Fitness Testing
- Tactical Session
- Brumbies and Wallabies players Q&A

APPLICATION FORM

Mens t-shirt size: S M L XL XXL

Current club/school:

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Teams you played with in 2013:

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Preferred playing positions:

1

2

3

Height:.....

Weight:

Are you on a current weights program?

Yes No (please circle)

Representative history - all sports and all levels:

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