APPLICATION FORM

Please complete the following application form and return to:

Russell Ingram
Brumbies Rugby
PO Box 3865
Manuka ACT 2603

First Name:.....
Last Name:.....
Address: .....
State:.....
Post Code: .....
Date of Birth: .....
Age:.....

Parent/Guardian
Full name: .....
Home:.....
Work:.....
Mobile:.....

Closing date for applications is Friday 16th November 2012

Successful applicants will be notified by Friday 7th December 2012

Payment will only be requested after this date

2013 BRUMBIES TALENT DEVELOPMENT CAMP

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

HART SPORT

BRUMBIES TALENT DEVELOPMENT CAMP

23-25th JANUARY 2013

Australian Institute of Sport, Canberra

For players aged 15-17 years

BRUMBIES RUGBY

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 Wednesday 23rd to Friday 25th January 2013 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 $495 PER PLAYER (INCLUDING GST)

The camp cost is $495 per player which covers accomodation, meals, training facilities, training kit and all fitness testing.

WHO ARE THE COACHES?

- Brumbies Development Officers
- Brumbies Elite Coaches

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:

.....

Teams you were playing with in 2012:

.....

.....

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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