

# APPLICATION FORM

Please complete the following application form and return to:

Adam Fahey  
Brumbies Rugby  
PO Box 3865  
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## Brumbies Rugby 2009 Talent Development Camp

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# BRUMBIES TALENT DEVELOPMENT CAMP

First Name:.....

Last Name:.....

Address:.....

.....

State:..... Post Code:.....

Date of Birth:..... Age:.....

### Parent/Guardian

Full Name:.....

Home:.....

Work:.....

Mobile:.....



21<sup>st</sup> - 23<sup>rd</sup> JANUARY 2009

AUSTRALIAN  
INSTITUTE OF SPORT,  
CANBERRA

CLOSING DATE FOR  
APPLICATIONS IS  
FRIDAY 31<sup>st</sup> OCTOBER 2008

SUCCESSFUL APPLICANTS WILL  
BE NOTIFIED BY  
FRIDAY 5<sup>th</sup> DECEMBER 2008

PAYMENT WILL BE SOUGHT  
AFTER THIS DATE



FOR PLAYERS AGED 15-17 YEARS



## WHAT IS THE AIM?

The development camp aims to identify players from Canberra and the surrounding region who may be eligible to join the Brumbies Academy upon finishing school.

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 21<sup>st</sup> to Friday 23<sup>rd</sup> of January 2009 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: \$440 PER PLAYER  
(Including GST)**

The camp cost of \$440 per player covers accommodation, meals, training facilities, training kit and all fitness tests.

## WHO ARE THE COACHES?

- Brumbies Development Officers
- Brumbies Academy Coaching Staff
- Brumbies Elite Coaches
- Brumbies and Wallaby players

## ON THE FIELD?

- Fitness Testing
- Recovery Sessions
- Ball Handling
- Foot Speed Drills
- Individual Contact Skills
- Ruck & Maul Phase Play
- Scrums & Line Outs
- Back Line Attack

## OFF THE FIELD?

- Cooked Breakfast, Lunch and Dinner
- 1 x Brumbies Polo Shirt
- 2 x Brumbies Training T-shirt
- 1 x Cap
- 1 x Water Bottle
- Fitness Testing
- Strength & Conditioning Lecture
- Use of AIS Facilities



## APPLICATION FORM

Men's t-shirt size: **S M L XL XXL**

Current club/school:

.....

Team you were playing with in 2008:

.....

Preferred playing positions:

1.....

2.....

3.....

Height: .....

Weight: .....

Are you on a current weights program?

**Yes No (please circle)**

Representative History – all sports & all levels:

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