

Pre-Season Development Camp 2020

RATS JUNIOR HQ - Sydney Academy of Sport, Wakehurst Parkway, Narrabeen

**11am Saturday 7th – 1.30pm Sunday 8th March 2020**

**Cost: $150.00 per player**

**TEAM: Warringah U16 Representative Squad**

Included:

\* All meals and accommodation.

\* Pillows and Doonas provided.

\* Specialised skills sessions with Waratahs Gen Blue coaches and pathway manager

\* Team Building activities.

\* Tomorrow Man Sporting Workshop (Breaking male stereotypes and resilience workshop)

\* Sports visualisation and mental performance session

\* Advanced agility training with Ben Bidencope.

\* Skills pathway to Colts Session with Losi Tagickibau (Coaching Director – Colts)

\* Pool, Hot/Cold recovery sessions

**Complete online registration by no later than Saturday 15th February 2020**

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

Booking Number: 568896

Start Date: 7/03/2020

Booking venue: Sydney Academy of Sport and Recreation

Organisation: Warringah Junior Rugby

**Full Payment via EFT no later than 29th February 2020**

Westpac

Warringah JRU

BSB 032 191

Acct# 176 274

Please include players surname & team when making payment. E.G Smith U16s

Bring:

* Toiletries.
* Casual clothes and everything required for training including mouthguard, boots and headgear.
* Hat, sunscreen and water bottle.
* Bring linen. Suggest sleeping bag and pillowslip or sheets (if you think your son will make his bed).
* Swimming gear and towel
* No Phones or Devices

**Contacts:**

**Todd Marks**

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