



RUGBY FUNDAMENTALS & RUGBY SKILL DEVELOPMENT

AUG 10-14

AGES 6-9 YRS & 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Rugby	Field Sport: Rugby	Field Sport: Rugby	Field Sport: Rugby	Field Sport: Rugby
SNACK	SNACK	SNACK	SNACK	SNACK
Court Sport: Floorball	Outdoor Sport: 3X3 Basketball	Court Sport: Kinball	Court Sport: Volleyball/Smashball	Court Sport: Tumble FMS Obstacle Course
SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT

Schedule is subject to change

ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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