



WYCHWOOD

SCHOOL • OXFORD

Rugby

In partnership with



Rugby

Dates: 22nd - 26th July 2024

Age: 11-15 years

Gender: Open to all

Rugby Experience: Beginner or Experienced

Package fee: £300

Package includes:

- Expert coaching
- Lunch and snacks
- Training at the Oxford Quins' grounds

What you can expect:

- **Train with Oxford Quins RFC coaches** and develop your skills on the pitch.
- **Make friendships** with students from all over the world, creating memories that will last a lifetime.
- **Experience the warmth and hospitality** of our welcoming team, ensuring you feel right at home.



Programme Overview

Train with Oxford Harlequins RFC this summer!

Whether you are interested in playing rugby for the first time, or looking to improve your skills, our programme offers the opportunity to learn from the best. **Tom Vardell**, former **England international** and premiership hall of famer, will be leading our team of coaches from the **Oxford Quins RFC**.

This programme will take place at the **Oxford Harlequin RFC grounds**. The week will include **professional instruction, drills, fun games, activities, and team building sessions**. The week will finish with a **mini-sevens tournament** where you will put into practice everything you have learned. An **award ceremony** and **team celebration** will conclude the week.

About the programme:

- Learn the basics of sevens rugby from the experts at Oxford Harlequins.
- Professional coaching from the Oxford Harlequins team.
- Improve your passing, kicking, tackling and game awareness.
- Focus on core rugby skills like passing, evasion and catching.
- Speed, strength and conditioning sessions.
- Fun activities to develop teamwork.
- Tournament day and celebration: put your skills to the test in exciting mini-seven tournaments.
- Use of the Harlequins grounds.



Sample Timetable

	Monday Foundations of Sevens Rugby	Tuesday Speed and Conditioning	Wednesday Evasion Skills and Game Strategy	Thursday Strength and Conditioning	Friday Tournament Day and Celebration
10:00am - 12:00pm	Registration and Welcome Introduction to Sevens Rugby Basics Passing and Evasion Skills	Dynamic Warm-Up and Stretching Speed Training Sessions	Passing and Evasion Drills Game Strategy Session	Recovery Session Strength Training Circuit	Mini-Sevens Tournaments
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.00pm- 3.00pm	Speed and Agility Drills Small-Sided Fun Games	Strength and Conditioning Circuit Team Building Activities	Team Scrimmages Fun Relay Races	Team Building Games Scrimmage and Strategy Review	Awards Ceremony and Team Reflection Closing Remarks

Wanting to do more?

Like all our programmes, our Rugby programme can be combined with other programmes to make a 2, 3 or 4 week programme.

Combine with our **Rowing** programme if you want to try another sport option.

If you are interested in developing your skills in science, we would recommend combining with the **Introduction to Practical Science programme or STEAM: 'Cracking the code'** programme.

If the stage is more your thing, take a look at our **Musical Theatre** programme.

Please see our Programmes page for more information.





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