



# WYCHWOOD

SCHOOL • OXFORD

# Rugby

In partnership with



# Rugby

**Dates:** 21<sup>st</sup> - 28<sup>th</sup> July 2024

**Age:** 11- 15 years

**Gender:** Open to all

**Rugby Experience:** Beginner or Experienced

**English Level:** A2+

**Package fee:** £1495

## Package includes:

- all meals
- accommodation
- supervision
- course programme
- trips
- excursions
- activities

**Accommodation:** Boarding school accommodation

## 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.
- **Immerse yourself in British Culture** with exciting excursions to famous British landmarks.
- **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.



## Accommodation

This programme offers you the opportunity to spend time as a boarder in a traditional British boarding school in the heart of Oxford. Staying at Wychwood School is a wonderful experience.

We provide a secure, safe and happy community where students can learn effectively and enjoy relaxed social times with their friends. Our wonderful location enables our students to make the most of Oxford in the form of evening excursions.

Our characterful, cosy, and traditional dormitory rooms are configured in 1- 4 beds. Single rooms will be allocated to older students.

Our caring and supportive house parents make sure that students have a safe and enjoyable stay. Our house parents and staff will be on hand to attend to medical needs when required.

## Airport Transfers

We can arrange individual and group transfers. Please enquire upon booking.

Alternatively, we are well connected by public transport to the major London airports.

Please take a look at the most recent [timetables and routes](#).





## Excursions

- **London:** walking tour of the capital city, to see famous landmarks such as Buckingham Palace, The Houses of Parliament, Big Ben, The London Eye and The Globe Theatre.
- **Walking Tour of Oxford:** explore the spires of Oxford, including the iconic Radcliffe Camera, the Sheldonian Theatre, The University Church of St. Mary's, the Bridge of Sighs and Bodleian library.
- **Wembley Stadium Tour:** Walk in the footsteps of legends and experience the magic of Wembley Stadium with this behind-the-scenes tour! **This trip is on a Sunday for students staying for two weeks or more.**

## Activities

In the afternoons and evenings, you will have the chance to socialise with other students and take part in fun activities. Evening activities will be organised depending on student interest and may include the following:

- Rounders tournament
- Capture the Flag
- 5 a side football
- Basketball
- Just Dance
- Talent Show
- Arts and Crafts
- Karaoke
- Summer Barbeque
- Welcome/Farewell Party



## Sample Timetable

	<b>Sunday</b>	<b>Monday</b> Foundations of Sevens Rugby	<b>Tuesday</b> Speed and Conditioning	<b>Wednesday</b> Evasion Skills and Game Strategy	<b>Thursday</b> Strength and Conditioning	<b>Friday</b> Tournament Day and Celebration	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Arrival Day	Breakfast	Breakfast	Breakfast	Breakfast		Full Day Excursion to London	Departure Day  Or  Excursion to Wembley if combining programmes and staying for another week.
<b>Morning</b>		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 Tournament  Mini-Sevens Tournament		
<b>Lunch</b>		Lunch	Lunch	Lunch	Lunch	Lunch		
<b>Afternoon</b>		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		
<b>Dinner</b>		Dinner	Dinner	Dinner	Dinner	Dinner		
<b>Evening</b>		Welcome Party	Games evening: Football, Basketball, Table Tennis, Board Games etc.	Arts and Crafts	Oxford Treasure Hunt and River Walk	Summer Barbeque and Farewell Party		

## Staying for longer?

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

If you are looking to improve your English and experience British culture, we would recommend combining with the **British Culture and Language Programme**.

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.

It is also possible to combine with our **Rowing** programme if you want to try another sport option.

Please see our Programmes page for more information.





# WYCHWOOD

SCHOOL • OXFORD

[info@wychwoodinspires.org](mailto:info@wychwoodinspires.org)

[wychwoodschoo.org](http://wychwoodschoo.org)

Phone: 01865 557 976