



**ALL ATTENDEES GET
10% OFF THE 2019
SUMMER ACADEMIES**

HIGH PERFORMANCE RUGBY CLINIC - LIMERICK

Villiers School, 10:00hrs – 14:00hrs, Saturday 30th March 2019

Open to 10 to 17 year olds, boys and girls
€25pp covers half day programme
delivered by our elite coaches including;

- ✓ 3hrs of Core Rugby Skills Development
- ✓ 30mins Speed, Agility, Quickness (SAQ) coaching
- ✓ 30mins C.A.R.D.S Activity.

09:30hrs Registration
10:00hrs Clinic Starts
13.45hrs Debrief / Q&A
14:00hrs Depart

CLICK TO BOOK NOW

