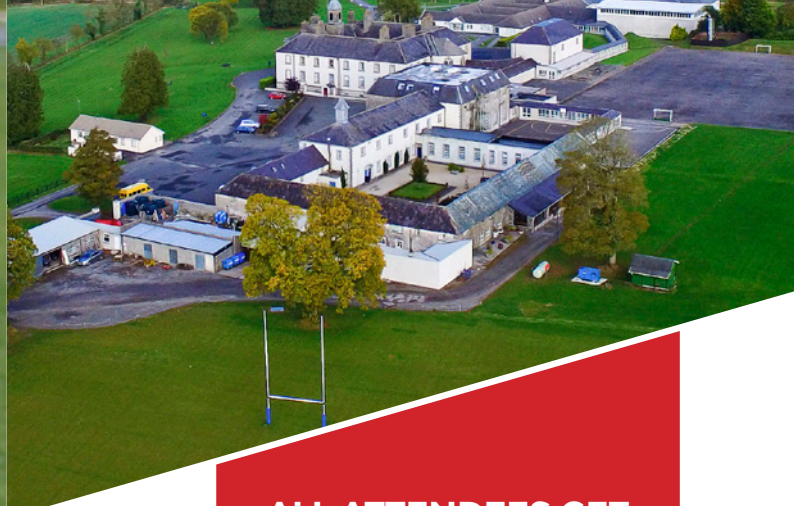


#maximiseyourpotential



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

# HIGH PERFORMANCE RUGBY CLINIC - WESTMEATH

Wilson's Hospital School, 10:00hrs – 14:00hrs, Sunday 7th April 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 Refreshments & Depart

[CLICK TO BOOK NOW](#)

