

## RUGBY CLINIC-2011

Dear Parents

Your son has shown an interest in attending a **RUGBY CLINIC** being hosted at **SACS JUNIOR SCHOOL** on the 7<sup>th</sup>(Thurs), 8<sup>th</sup> (Fri), 9<sup>th</sup> (Sat) April. We feel strongly that boys should attend as this will help them in the season ahead. The cost of the clinic will be **R285** for the three days.

09h00 - 11h00	U9 and U10	<u>Times+Age Groups</u>
12h00 - 14h00	U11, U12 and U13	Refreshments will be provided!

Please find attached details concerning the rugby clinic.

**SACS JUNIOR SCHOOL RUGBY STAFF** members - Mr Marshall, Mr Wilmans, Mr Faure and Mr Kirsten will run the course.

The emphasis of the **RUGBY CLINIC** is to introduce and practise a variety of drills that have been in effect during the rugby season. Time will also be given to fitness training as well as focusing on how the laws will affect the way the boys play the game.

There will, however, be **limited contact sessions**. Due to the age groups, we are sensitive to the different levels of power and expertise as well as not wanting to expose the boys to potential injury situations.

The **RUGBY CLINIC** promises to be a lot of fun as well as valuable preparation for the 2011 rugby season.

Should you wish that your son attend the course please complete and return the **REPLY SLIP** below and send it to **SACS** by **Thursday 31 March**.

Cheques are to be made payable to **SACS 150 Development Fund** and are to be placed in an envelope marked: **ATTENTION: Rugby Clinic 2011**.

**EFT: SACS 150 Development Fund**

**FNB Rondebosch**

**ACC: 501 7007 8429**

**Branch code: 201 509**

**Ref: Rugby Clinic ( please send copy as proof of payment)**

Looking forward to seeing your son at the clinic.

Yours sincerely

Kirsten Marshall and Jason Wilmans

**For further information contact Mr Marshall at 083 4570828.**

**REPLY SLIP**

I hereby give permission for my son, \_\_\_\_\_ (Name and surname), to attend the RUGBY CLINIC being hosted at SACS JUNIOR SCHOOL during the holidays. (Please tick the appropriate block.)

	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>
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Tele. Number: \_\_\_\_\_ Signed: \_\_\_\_\_