

# **AQUINAS COLLEGE RUGBY CLUB**

## **2011 OFF-SEASON AND PRE-SEASON TRAINING PROGRAMME**

The Aquinas Rugby club is conducting an Off-Season and Pre-Season Training programme in preparation for the 2011 Season and encourages all boys who are considering playing rugby to come along to these training sessions that have been prepared by top level rugby professionals exclusively for our school.

It is our goal as a club to have Aquinas College known for its strong and successful rugby teams and all the attendant benefits this brings for the boys and the school community as a whole.

We strongly encourage all boys to attend these sessions. They will focus on among other things:

- Strength
- Speed and Endurance
- Space Awareness
- Core Skills
- Mental Toughness – forming good habits, self reliance, handling adversity, understanding and motivation
- Aerobic Fitness

They will not be like usual rugby training sessions, but will involve work with bands and body weight and games and exercises working on the above.

Rugby training as the boys currently know it will overlap with this pre-season training with their coaches towards the end of Term 1 next year.

**The first block will run from:**

**8<sup>th</sup> November till 10<sup>th</sup> December (5 weeks) on a Monday and a Friday at 7am. The cost per block is \$40 per student.**

The sessions will be run by Kevin Schuler and Tony Burgess assisted by the coaches as necessary and is open to all age levels from Year 7 and 8 through to 1<sup>st</sup> XV level.

We look forward to seeing your son at the training sessions. To Register, please complete the form attached and return to the school in an envelope clearly marked: **AC Rugby Club – Off Season Training.**

Regards,  
Lynda Royal  
Communications  
AC Rugby Club

For Any Queries contact Lynda on 021 434 193 or email: [aquinasrugby@gmail.com](mailto:aquinasrugby@gmail.com)

This information and more can be found on our website: [www.acrugby.org.nz](http://www.acrugby.org.nz)

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**Yes, please register me for the AC Rugby Off-Season Training Block 1 8<sup>th</sup> November to 10<sup>th</sup> December at a cost of \$40.**

Students Name: \_\_\_\_\_

Delete One: My payment for \$40 is enclosed/Please charge \$40 payment to my school account.

My email address is: \_\_\_\_\_

Delete one: I prefer to receive correspondence: via email/via mail

Parents Signature: \_\_\_\_\_