



3 DAY RUGBY PERFORMANCE CAMP

HONG KONG OCTOBER 2019

If you want help to achieve your goals, then get along to Inside Running Academy. Great team, great facilities and great programme.

LIAM MESSAM

HONG KONG | 25-27 OCTOBER 2019 | 3 DAY PERFORMANCE CAMP



Experience NEW ZEALAND RUGBY culture and get a real taste of New Zealand professional level training.

Inside Running Academy will be holding two intensive, rugby focussed Camps in Hong Kong this coming October.

Facilitated by established coaches, the Camps follow the Inside Running Academy training systems and are designed to give young players a true taste of New Zealand style rugby.

Learn how to break down barriers and be provided with insight into a range of targeted drills and skills.

Join us to have **FUN** and learn from **THE BEST!**

The 3 Day Camp Focus:

Our 3 Day Performance and Development Camp experience is focussed on educating players in key areas of rugby development, together with covering some fundamental aspects of skill development.

Ultimately, this Camp will provide the opportunity to sample life as a New Zealand professional full time rugby player, together with exposure to top level coaching and expertise.

Open To:

This Programme is available to male and female athletes 13-18 years of age.

Camp Cost: NZ\$500

Camp Dates:

HONG KONG:

25-27 October 2019

Based at Harrow International School

To Book or for More Information:

Contact Mike Rogers: mike@insiderunning.com

BOOK AT: <https://www.rugbyacademy.global/hong-kong>

**INSIDE RUNNING
ACADEMY**

The Ultimate Rugby Development Experience