



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

**LIAM MESSAM**

# 3 DAY RUGBY PERFORMANCE CAMP

## SINGAPORE OCTOBER 2019

SINGAPORE | 18-20 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 Singapore 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:

**SINGAPORE:**

**18, 19 & 20 October 2019**

**Based at GEMS School**

### To Book or for More Information:

Contact Mike Rogers: [mike@insiderunning.com](mailto:mike@insiderunning.com)

**BOOK AT:** <https://www.rugbyacademy.global/singapore>

**INSIDE RUNNING ACADEMY**

The Ultimate Rugby Development Experience