



3 HOUR RUGBY DEVELOPMENT 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 | 28 OCTOBER 2019 | 3 HOUR DEVELOPMENT 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 Hour Camp Focus:

Our 3 Hour Development Camps are designed to allow rugby players to sample and experience New Zealand rugby culture and expertise, together with providing a focus on rugby development, covering the fundamental aspects of skill development.

Open To:

This Programme is available to male and female athletes 8–18 years of age.

Camp Cost: NZ\$100

Camp Dates:

HONG KONG:

Monday 28 October 2019

Start Time: 4.30pm – 7.30pm

Based at Hong Kong Football Club

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