



3 HOUR RUGBY DEVELOPMENT CAMP

SINGAPORE
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

SINGAPORE | 21 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 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 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:

SINGAPORE:

Monday 21 October 2019

Start Time: 5pm

Based at Centaurs Rugby Club

To Book or for More Information:

Contact Mike Rogers: mike@insiderunning.com

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

**INSIDE RUNNING
ACADEMY**

The Ultimate Rugby Development Experience