



WOMEN'S RUGBY AUSTRIA

Emerging Nations Training Camp II Katowice, Poland

Participating Nations:

Austria/Bulgaria/Croatia/Czech Republic/Finland/Poland

Raising the level & standard from the "Bottom" up for a better rugby challenge for all!

PRELIMINARY INFORMATION

Date: Friday 27 April to Tuesday 01 May 2007

(Don't forget to inform us of your exact arrival date and time for the hotel booking)

Training Camp Venue: Katowice, POLAND (Academy of Physical Education)

<http://www.awf.katowice.pl/angielska/bas.html>

Accommodation: Hotel near pitch (more details to follow)

Fees: €18,- per day for accommodation, breakfast, lunch and dinner

Transportation costs: vary depending on means of transportation and point of departure/arrival

In addition: teams would be asked to bring bottles of their favourite wine or cases of beer and snacks or sweets or something culturally specific to their country to "share" with other teams. We will have a sharing evening, hopefully while watching some rugby or while talking rugby!!

Your participation includes:

- 5 to 6 rugby sessions over a period of 4 Days full of exciting, high quality rugby instruction with FIRA's own **Benoit Oszustowicz** who was trainer of the Équipe de France for several years. (Some of the EN Coaches met him already at the Women's Rugby Stages Expert in Belgrade Nov.2006)
- 1 Tournament day (Monday 30 April) with games among all the participating nations
- Potential national team player evaluations may be conducted throughout camp by your respective coaches

For coaches:

learn while watching **Benoit** in action throughout the training camp
question and answer period possible at the end of various sessions

A special **Coach Training Session** with Benoit will be organised on **Monday from 16:30 - 18:30** if there is enough interest and participation. For this session you would be required to contemplate and express your needs and wants in advance so that Benoit can be sure to bring the necessary materials to best suit your interests. There will also be some coach sessions at the end of some of the days.

For further requests or information please contact:

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Emerging Nations Training Camp II

Draft Training Camp Program

This is a draft and has been altered to fit the needs of the participants and coach(es)

Thursday/Friday – Arrival days

Players assemble Thurs. evening (Finland -Thurs. morn.?) & get good nights rest. Some arrive Friday throughout day; please inform us in advance for hotel bookings.

22:00 -

Meet all who arrived & briefing on updated TC schedule

Friday - Day #1

12:30 – 13:30

Lunch (at hotel)

14:00

warm up

14:30

Session one

17:00

Conclude Day #1. There may be time for some individual coaching at this time

19:00

Dinner (at hotel)

20:00 – 22:00

Players watch some women's rugby games while Coaches & Managers pick Benoit's brain & assess next day's plan and discuss coaching issues

22:00 -

Meet all new arrivals & briefing on updated TC schedule

Saturday- Day #2

08:30 – 09:00

Breakfast (at hotel)

09:30

Warm-up

10:00

Session Two

12:30 – 13:30

Lunch (at hotel)

14:00

warm up

14:30

Session Three

17:30

Conclude Day #2. There may be time for some individual coaching at this time

19:00

Dinner (at hotel)

Sunday- Day #3

09:30 – 10:00

Breakfast (at hotel)

10:30

Warm-up

11:00

Session Four

13:30 – 14:30

Lunch (at hotel)

14:30 – 15:00

Rest / nap time

15:30

Warm-up

16:00

Session five

18:30

Conclude Day #3. There may be time for some individual coaching at this time

19:30

Dinner (at hotel)

20:30 – 21:30

Coaches & Managers pick Benoit's brain

Monday- EN Tournament Day

08:00 – 08:30

Breakfast (at hotel)

09:00

Warm-up

- Mental Preparation for Games

09:30 – 12:30

Emerging Nations Tournament Session one

12:30 – 13:00

LIGHT Lunch break

13:30

Warm-up

14:00 – 16:00

Emerging Nations Tournament Session Two

16:00 – 16:30

Emerging Nations Awards Ceremony

Hand in Team Sheets & determine EN Tournament Ranking

16:30 – 18:30

Coaches official training session with Benoit

19:00

Dinner (at hotel)

20:00 – 21:00

Coaches & Managers pick Benoit's brain

Tuesday- Day #4

08:30 – 09:00

Breakfast (at hotel)

09:30

Warm-up

10:00

Session Six – Tournament Feedback Sessions

- Game Analysis / Work on weaknesses / Lessons Learned

12:30 – 13:00

Lunch (at hotel)

13:00

Departure for some, free play for rest